

**This week, your main SADHANA practice is to:**

**Be kind, gentle, and understanding, with yourself.**

If there is resistance to study, to pranayama, to meditation, greet it with kind understanding. Let it know, *“You don’t have to do this. How about we just sit for a minute? Just one.”*

Then when you sit, ask it, *“Why don’t you want to study, watch the video, do the pranayama, meditate?”* Then listen to what it says with gentle kindness and understanding. Don’t argue with it. Just listen with sincere curiosity. Journal afterwards.

- Continue looking to find your meditation spot if you haven’t found it.
- Experiment to find a time of day that might work for you to meditate for ten-ish minutes.

## DEVELOPING YOUR INTUITION

Open one of your books to a random page and let your gaze fall on a phrase or sentence. Explore it for a few moments and note any insight or relevance to you.

## MEDITATION ROUTINE FOR THE WEEK

### Option 1: Find Your Seat

Sit in your “spot” for a moment to see how it feels. Take a moment to notice if it feels good or not. Then get up.

### Option 2: Short Meditation Routine

*Be sure to take a moment to enjoy the aftereffect after each pranayama.*

- Find your Seat
- Invocation
- 3 Three Part Breaths
- 3 Relaxation Breaths
- 3 rounds of Counting Breath
- Meditation Using Hong-Sau 9:59 mins
- Closing Blessing of your choice.

## MEDITATION LOG

- Keep a Meditation log by marking when you sit for either Option 1 or 2.
- Try to sit every day this week.