

This week, your main SADHANA practice is to continue to be:

**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

Continue to open one of your books to a random page and let your gaze fall on a phrase, sentence, paragraph or page. Note any insight or relevance to you.

This week use only **Mindfulness for Beginners** and **Self-Acceptance Project**.

## 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: Meditation Routine

Meditation to Start Your Day

Short version 10 mins | Long version 25 mins.

Meditation to Close the Day

Short version 10 mins | Long version 25 mins.

Meditation Using Hong-Sau 9:59 minutes

Opening to Stillness 25 minutes

This meditation uses Alternate Nostril Breathing.

## MEDITATION LOG

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