

This week, your main SADHANA practice is to observe your mind both in formal practice and during your day:

Observe your thoughts.  
Kindly. Gently.

The Practice for these next 2 weeks is:

**Unpleasant. Pleasant. Neutral.**

**MEDITATION ROUTINE is the same:**

**Option 1: Still Finding Your Spot?**

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

**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. From here on out I will be asking you to text me a pic on a fairly regular basis—authenticity is more important than how many marks are on the page.
- Keep a Meditation log by marking each time you sit for either Option 1 or 2
- Try to sit every day even if just for a minute or two.