



RITUAL OF FORGIVENESS

Continue doing the Ritual each day. We will do the last one together on Sunday, Oct 9.

COPING WITH STRESS

On your course page you will find the video: *The power of Gratitude aka The Orange Juice Analogy. It's just 3 minutes and is worth watching.*

In the online member content of the website:

- Watch the Videos for lessons 1 - 5.
- Listen to the Meditations for lessons 2 - 5.

Lesson 1 — Orange Juice Analogy

Lesson 2 — What's Your Agenda

Meditation: Releasing Your Agenda

Lesson 3 — Resistance

Meditation: It Is What It Is

Lesson 4 — Open to Mystery

Meditation: Finding Your Symbol

Meditation: Surrender to Mystery

Lesson 5 — What Is Real

Meditation: Holding Center