

RITUAL OF FORGIVENESS

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

COPING WITH STRESS

OUTLINE MEDITATIONS:

Listen to the meditation you've chosen and break it down into it's main components/ steps, just like we broke down Mountain Meadow Waterfall.

Here's the list of who's doing what:

Lesson 2 — What's Your Agenda

Meditation: Releasing Your Agenda

Andrea and Via

Lesson 3 — Resistance

Meditation: It Is What It Is

Chris and Shari

Lesson 4 — Open to Mystery

Meditation: Finding Your Symbol

Sasha

Meditation: Surrender to Mystery

Heidi and Lisa

Lesson 5 — What Is Real

Meditation: Holding Center

Mike and Lauren

EMAIL OR TEXT ME YOUR OUTLINE BY SATURDAY OCTOBER 15