

## Summer Break Sadhana

1. Practice the Meditation you outlined from the Coping with Stress series 3x.
  - Be prepared to describe your analogy of the meditation for us—see handout.
  - Be aware of the stages and purpose of each stage of the meditation as you do it.

2. **Meditation Full Sequence**—Do at least one portion daily. Note it in your Meditation Log.

- **Preparation: Find Your Seat**

- **Begin:**

- Pranayama Sequence
  - 3 Sipping
  - 3 EEE
  - 3 Alternate Nostril
- Dedication with Four Immeasurables

- **Middle:**

- **Ishta Attunement**

Visualize your Ishta in front of, and slightly above you with beams of light filled with the quality your Ishta embodies streaming from its Sun Center, Mercury Chakra, and Heart Chakra into your Sun Center, Mercury Chakra, and Heart Chakra.

With your inhale drink in and receive the blessings. With your exhale give yourself back to your Ishta. 3x

- **Slip nto Hong-Sau**

- **End: Close with Kriya Invocation of Refuge**

I take refuge in Enlightenment, the Great Pathway.

I take refuge in the Dharma of Truth, the Great Teacher.

I take refuge in Guru, Internal. Eternal. Great Friend and Great Companion.

I give refuge to Stillness, the Great Revelation.

★ **REST IN THE AFTEREFFECT**