

## First Trimester

Begin with:

Beginner's Guide to Meditation	Goswami Kriyananda
Mindfulness for Beginners	Jon Kabat-Zinn
The Self-Acceptance Project	edited by Tami Simon
The Four Foundations of Mindfulness in Plain English	Bhante Gunaratana

Eventually you will need:

The Surrender Experiment	Michael Singer
Spiritual Science of Kriya Yoga	Goswami Kriyananda

There is no rush about this so *don't panic* if you don't have all the books right away. Just do your best to find them and start getting them shipped to you. Many of these are available on the kindle. The books by Goswami Kriyananda are also available through: **The Temple of Kriya Yoga website.**

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### How to read your assigned texts during the first month

There is reading. There is digesting. There is assimilating.

For this first month—unless I have given you specific pages to read, which I will be doing—I'd like you to start training and trusting your intuition by doing the following:

1. Look at whichever of the first four books on your list you have. Pay attention to a nudge that draws you to one of them.
2. Pick up the book, or click on the book in your kindle, and hold it between both hands. Be still and open as you hold the book/kindle.
3. Open the book, adapt this for the kindle, in whatever way it happens, and read what your eyes first land on.
4. Read a line, a paragraph, or a page... but no more.
5. Take a moment to reeect on what you read and how it relates to you. Is it relevant to your immediate life? Is it new information? Does it resonate? Does it clang? etc....