

READING

Starting with the Upanishads, browse through the three texts you have and when you find a passage you understand or like, mark it. Try to find seven sutras you can relate to on some level.

PRACTICE THE OM TRACKING TECHNIQUE

1 or 3 minutes at a time

pg 306 of Spiritual Science of Kriya Yoga #9

BEGIN TO MEMORIZE THE NISHPRAPANCHAYA MANTRA