

PRACTICE THE OM TRACKING TECHNIQUE

1 or 3 minutes at a time

pg 306 of Spiritual Science of Kriya Yoga #9

Use the Meditation Log to track your practice.

CONTINUE TO MEMORIZE THE NISHPRAPANCHAYA MANTRA

Excellent going this week everyone. I was delighted to see how many of you are well on your way to memorizing the mantra.

WORKING WITH YOUR SUTRA

Put the books aside for this next ten day period and take this next ten days to integrate a teaching into your life.

Use the Meditation Log to track your practice. Shoot for at least once a day having some contact/relationship with your sutra.

1. **Choose the sutra you want to work with.** Choose either the first one, which as Evan so beautifully said, is “heartfelt sparkly and beautiful” or the second one, “also sparkly and beautiful, but yet challenging and would have the biggest impact in your life if you were actually to live it.”

There are no extra kudos for choosing the challenging one. The point of the exercise is to begin to familiarize you with a traditional technique you’ll be using in the weeks to come. So know yourself well enough to know which one is enjoyable and doable for you, at this moment of your life. Got it?

2. **Memorize it.** If the sutra is longer than a sentence or two, choose they key line to memorize. As part of the process of memorizing, look up the meaning of key words in both the thesaurus and dictionary to find the nuances of the meaning.

3. **Contemplation Practice**

If possible, try doing this sitting practice at least once over the next ten days.

- a) Repeat the mantra nine times either:
 - a. **With your eyes closed:** Feel it in your heart center and allow space after each repetition for the mantra to percolate in your consciousness.
 - b. **With your eyes open:** After each repetition looking around you with this enlightened thought as a filter through which to see the world around you.
 - c. The practice is to hold the mantra without intellectualizing or analyzing it. Allow the attention you give the mantra to be what activates the meaning of the mantra and allows it enter into your conscious and unconscious mind.
 - d. **Ask yourself:** What are the thoughts that come up for me? What do I recognize when I hold this thought? What are the implications for me in my life?
 - e. Write the answers and any insights in your journal. *Optional if time is short.*

4. Walking-Around Practice

- a) Choose a moment, as you go through your day—at home, work, in the garden or anywhere—and hold the thought of your sutra.
 - a. For example, if the Sutra is, “As a person acts, so s/he becomes in life,” you would hold the thought, “As a person act, so they become in life.” If it feels right, shift it to, “As I act, so I become in life.”
 - b. If you see another person, hold the thought, “As that person (feel free to use their name) acts, so they become in life.”
- b) Note how holding this enlightened thought affects your day. Share this with your group when you meet.
- c) When you have a decision to make, a challenging emotion or situation, hold this thought and see if, or how, it affects your perception of the situation. Share this with your group when you meet.
- d) As my teacher says, “This is not a one-time practice. To have its deepest effect, practice doing it whenever you remember.”