

## CONTINUE PRACTICING 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.

## TEXT ME A PICTURE OF YOUR MEDITATION LOG

503 816-5431

## CONTINUE TO MEMORIZE THE NISHPRAPANCHAYA MANTRA

## CONTINUE TO MEMORIZE YOUR SUTRA

- OPTIONAL: Memorize the name of the Upanishad your sutra came from.
- Continue to contemplate your sutra and do the walking around practice.
- Start thinking about what you would say if someone asked you to share a five minute teaching on the topic.

## RE-FAMILIARIZE YOURSELF WITH THE FOLLOWING

PRANAYAMAS: 1. Resurrection Breath

2. Three Part Breath

3. Sipping Breath

4. EEE Mantra

5. Alternate Nostril Breathing

6. Ujjayi Breath

7. Hong-Sau

