

Week 4: Meditation & Contemplation Homework

Please continue to follow the basic protocol that we did last week, since we will be continuing the practice as our basic entrance into meditation. This includes the Heart meditation with HamSa and the Awareness of Presence behind the heart.

Walking Around (Open-Eyed) Practices

Set a timer on your phone or watch to go off every hour. ([Insight Timer](#) has a nice bell for this purpose on their free app.)

When it does, take a moment to ask yourself: *“Right now, how can I bring my mind into union with Ishwara?”* Then, spend a few minutes consciously doing this.

And here’s a suggestion for doing just that: Say to yourself, especially in moments of stress, *“I place my mind in the peaceful mind of God.”*

From time to time, stop and ask yourself: *“Am I seeing this situation through a filter of samskaras?”* Then see if you can notice what the filter is!

When your mind is busy, remember to remind yourself—“All these samskaras, whether in the form of thoughts or emotional reactions, are divine. They are all infused with Shakti.” Notice how they tend to dissolve when you meet them with this awareness.

Please see the Contemplation and Study Homework for open-eyed practices related to the Yamas, which we will be practicing with every day this week.

My suggestion is that you use your open-eyed practice time for working with the Yama of the Day.

Love,
Sally