

Designing your own practice:

- Create a space that you enjoy being in; you can bring in lights or candle. Use a diffuser or incense to create a health and mood. You could make an altar space with symbols, pictures, gemstones, ect, that allow your vibration to move inward and upward. You could have a Yantra hang on the wall or painted on the wall. But even if you only have a small space such as a closet or the bathroom, have something that you can see, touch and/or smell that brings you into your practice. Maybe it is as simple as sitting on a mat or a pillow or bolster.
- If you can, try to practice near the same time everyday. If you do this after awhile, you will automatically move inward about that same time. But if you can't do the same time everyday, then practice when you can.
- Practice on an empty stomach. If you must eat before your practice, choose a light snack that is easily digestible.
- **S**tretching: Do some stretching and physical postures to open the body. You could begin with a seated or standing *Tadasana* (mountain pose). Grounding down through the root chakra and sending roots down into the Earth. A forward bend would be nice to open the 2nd or sacral chakra. If you are seated for the forward fold you could have a leg crossed onto the opposite knee as a hip opener with the forward fold. Then a gentle twist to the right and then twist to the left would activate the 3rd Chakra. A heart opener to awaken the heart chakra could consist of an easy back bend. You could have your arms over your head while you lift the chest and look up towards the ceiling. This would serve to open the throat chakra also.
- **P**ranayama. Choose one or more pranayamas from the list or from your own experience:
 - Ujjayi
 - 6:3:6 Breathing/Mindful Breathing
 - Nadi Shodana
 - Kriya Rotation
- **A**scend to your high place of meditation. After you have drawn your energies inward and upward to the sun center chakra, ascend to your high place of meditation. Move your awareness out and up at a 45 degree angle ascending as high as you can go; to the cosmos and beyond.
- **M**editate. Choose a meditation practice or just be in the space of your high place and see what comes up. You could choose one of the following meditations:
 - Waterfall of Healing Light
 - Chakra Meditation
 - Object of Beauty
 - Transformation
 - Vipassana
- **M**antra. Choose a mantra or affirmation. Maybe you have your own mantra or meditation or you can choose from one or two of the following:
 - Sarveshaam Mantra
 - Peace Prayer of St. Francis
 - Om Shanti Mantra
 - Ganesha Mantra

Come out of your practice as gently as you came into it. This transition is important as you remember that you are trying to take this calmness, centeredness and clarity into your everyday life. As Goswami Kriyananda says "*All Life is Sacred*". The more you do you practice the easier it will become but also the more you will take your mindfulness and meditation into your everyday life.

Ganesha, please sweep clear my path that I might find greater joy and Santosha in my daily living.