Your Name:

BWY Membership No.:

**Week One**

Week starting:

*Focus upon the sensations experienced within the body, perhaps noticing we only perceive the body as a cloud of sensations, and that a lack of a boundary with the space around the body may be experienced.*

My Observations:

**Week Two**

Week starting:

*Gently focus upon the breath without the need for anything more complicated.*

My Observations:

**Week Three**

Week starting:

*Be aware of sounds without the need to label them, seeing if you can focus upon the silence from which sounds arise and into which they are released.*

My Observations:

**Week Four**

Week starting:

*Focus upon your field of awareness, and notice any thoughts or emotions passing through, welcoming them and then releasing them.*

My Observations:

**Week Five**

Week starting:

*Mentally practice the mantra ‘Om’, or if you prefer perhaps verbally and then mentally. If you prefer another simple bija mantra such as ‘shreem’ which has a nurturing energy, then that is perfectly acceptable, however you must stay with the same mantra in one session.*

My Observations:

**Week Six**

Week starting:

*Focus on the Ajna Chakra, the point between your eyebrows, using a very gentle form of Shambavi Mudra, and if it feels appropriate, when ready, you can allow your focus to gentle move backwards into the mind space of the forehead, the space of Chida Akasha.*

My Observations:

**Week Seven**

Week starting:

*With eyes open focus upon the space between objects and when ready, closing eyes, focus upon the spaciousness inside between any phenomena such as sensations, thoughts, emotions etc. passing through.*

My Observations:

**Week Eight**

Week starting:

*Closing eyes and settle inwardly using a gentle relaxing breath, then imagine you are trying to mentally pronounce the letter ‘K’ which without an accompanying vowel cannot be easily be pronounced, leaving you with a feeling of stillness & potentiality. Stay with the sense of stillness & potentiality.*

My Observations: