



Meditations

The Relaxation Recipe

Starting a new program can seem hard if we take on too much, too soon. Start with a small commitment that is easy to keep.

Week One:

Listen to the Restorative Sleep meditation each night before you fall asleep. By week's end you may even be drifting off before the end of the track!

Week Two:

Set aside 10 minutes each day to listen and practice the muscle relaxation exercises in the Total Relaxation meditation. Keep listening to the Restorative Sleep track at bedtime.

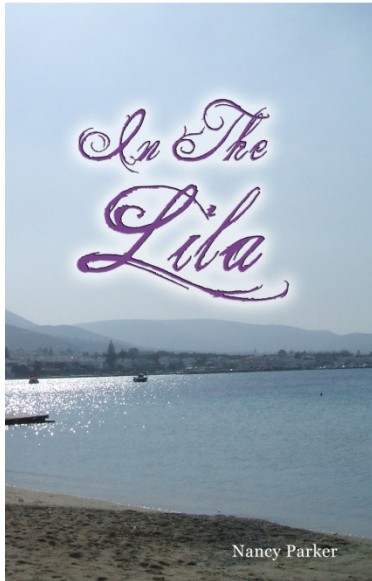
Week Three:

Using the same 10 minute time slot that you have created for yourself last week, begin to alternate one day with the Total Relaxation Track and the next day with the Watching What Is exercise .You may either sit in a chair with your feet grounded on the floor and your back straight (not leaning against the chair) or on the floor, cross-legged with perhaps a small pillow under your sit bones. Alternate back and forth all week, one day reclining with Total Relaxation and the next day sitting up tall with Watching What Is. Keep listening to the Restorative Sleep track nightly.

Week Four:

In three weeks, you have established some new patterns and have gained insights into how your body holds tension or stress. In this final week continue Watching What Is and see if you can find three days where you can expand your 10 minute program to a full 20 minutes of uninterrupted stillness. Listen to the Five Towers meditation on these 20 minute program days.

After one month you can look back and see what things you have learned, what tensions you have been able to release and what special moments of peace you have been fortunate to savor. Perhaps you will consider continuing your own sitting practice of 10, 20 or even 30 minutes each day. Or perhaps you would like to explore some of the other CoolKarma Collections and continue this incredible journey.



If you like our meditations check out our new book, *In The Lila*. Available in paperback or kindle at Amazon.com.

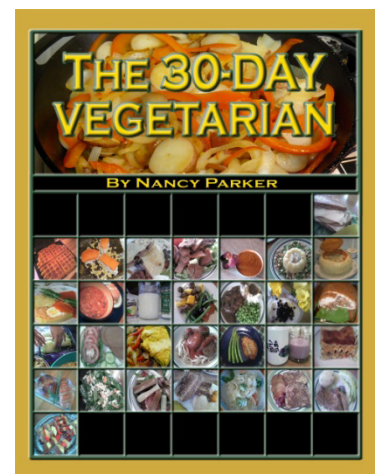
<http://InTheLila.com>

The word Lila is sanskrit for the cosmic play.

In The Lila is a warm story of courage and perseverance, our main character Dot is drawn into the enquiry not unlike many modern day seekers of Truth. But in her high-tech dotcom domain the ashram and sangha are found in a most unlikely of circumstances. Amidst the medical jargon of life limiting illness and the 2D world of a social networking game, this unusual account of a healing journey takes us out of our own egoic story and into a place of endless possibility. There are no spoilers to be had by saying that there is no magic bullet or fairytale endings. But within the groundlessness of the teaching

there is something here for each of us to open up the sacred conversation about Life in the Lila.

Looking for something new to serve your family? Our cookbook, *The 30-Day Vegetarian* has healthy whole foods meal your family will love. With 90 meals this cookbook will take you through a full month of vegetarian eating for every occasion! From special dinners perfect for holidays to simple comfort food that will make your body smile. Color photographs and simple step-by-step instructions make this a perfect resource for those who are just starting out. Each week includes a meal plan and list of foods that you will need on hand. There is even an index that organizes foods that contain dairy, or are wheat free as well as plenty of vegan selections. This cookbook is a must for anyone who wants to explore cruelty-minimized eating or finds themselves cooking for friends and family who have adopted this lifestyle choice. But you don't need to be a vegetarian to enjoy the bounty of good eats contained in these pages -- you just need to enjoy good food!



<http://30DayVegetarian.com>