



*Search for the knowledge of the Truth
and become established in the awareness of the Self.*

PREPARATION EXERCISES

In the days and weeks leading up to the Global Siddha Yoga Shaktipat Intensive, here are the recommended ways to prepare:

CONTEMPLATION AND STUDY OF THE SIDDHA YOGA MESSAGE FOR 2008

Take time to reflect on the Siddha Yoga Message for 2008, which is the title of this Shaktipat Intensive: *Search for the knowledge of the Truth and become established in the awareness of the Self.*

This Message was given to us by Gurumayi Chidvilasananda in the Global Siddha Yoga Audio Satsang for New Year's Day, *A Sweet Surprise.*

MEDITATION

Make a regular time to meditate each day leading up to the Intensive. At least once a week, make time to meditate for an extended period.

Record in your journal experiences or insights arising from your meditation.

POSTURE AND BREATH

- Practice hatha yoga or do other exercise that supports physical strength and flexibility so that you're able to sit comfortably for an extended period of time.
- Another way to prepare is to take a 15- to 20-minute walk each day. This will help your posture and breathing, and you can combine the walk with the practice of *japa*.

AFTER THE SHAKTIPAT INTENSIVE

In the days after the Shaktipat Intensive, many participants find it helpful to schedule some quiet time for reflection, journaling, and meditation. This will support you to further assimilate what you've experienced and learned during the Intensive.