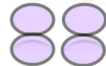


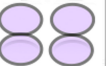

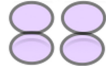
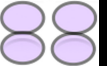









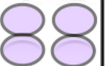


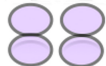




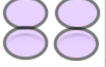


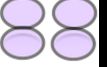











**TOM GILLETTE**  
**THIS NEXT BREATH**

month

year

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>24 15</b> </p> <p>What you practice gets stronger</p>	<p><b>24 15</b> </p> <p>What you focus on gets bigger</p>	<p><b>24 15</b> </p> <p>What you keep doing is who you become</p>	<p><b>24 15</b> </p> <p>Practice Kindness</p>	<p><b>24 15</b> </p> <p>Practice Forgiveness</p>	<p><b>24 15</b> </p> <p>Practice Gratitude</p>	<p><b>24 15</b> </p> <p>What you keep doing is who you become</p>
<p><b>24 15</b> </p> <p>Praanaayaama is the soul of yoga</p>	<p><b>24 15</b> </p> <p>Practice Right Now</p>	<p><b>24 15</b> </p> <p>Withdraw energy from thinking, thinking, thinking</p>	<p><b>24 15</b> </p> <p>Come into a Wordless Presence</p>	<p><b>24 15</b> </p> <p>Drop your awareness six feet below your body</p>	<p><b>24 15</b> </p> <p>Smile into the soft palate</p>	<p><b>24 15</b> </p> <p>Meditate on the emptiness of the central axis</p>
<p><b>24 15</b> </p> <p>Extend your exhales</p>	<p><b>24 15</b> </p> <p>Anchor the mind on the tip of the nose</p>	<p><b>24 15</b> </p> <p>How present are you? 100%, 50%, 15%, 0%?</p>	<p><b>24 15</b> </p> <p>If you observe partial presence, you will increase Presence</p>	<p><b>24 15</b> </p> <p>All mind states are legal. No "bad" mind states.</p>	<p><b>24 15</b> </p> <p>Practice continuously. You will be successful</p>	<p><b>24 15</b> </p> <p>Begin Again. Start with This Next Breath</p>
<p><b>24 15</b> </p> <p>Inhale, press down through the feet</p>	<p><b>24 15</b> </p> <p>Exhale, lift the bottom of the heart</p>	<p><b>24 15</b> </p> <p>Inhale, ground down through the sitting bones</p>	<p><b>24 15</b> </p> <p>Exhale, pull up through the top of the head</p>	<p><b>24 15</b> </p> <p>Smile backward from the inside of one ear to the other ear</p>	<p><b>24 15</b> </p> <p>Ride the breath like a horse</p>	<p><b>24 15</b> </p> <p>It always comes back to the breath. This next breath.</p>
<p><b>24 15</b> </p> <p>Lift the bottom of the heart</p>	<p><b>24 15</b> </p> <p>Still the attention in the heart</p>	<p><b>24 15</b> </p> <p>Open the sunshine in the middle of the chest</p>	<p><b>24 15</b> </p> <p>Still the attention in Shiva's Cave</p>	<p><b>24 15</b> </p> <p>Dissolve the mind in the fontanelle</p>	<p><b>24 15</b> </p> <p>Fix the mind in the spaces above the head</p>	<p><b>24 15</b> </p> <p>I hear and I forget. I see and I remember. I do and I understand.</p>