

Chapter Four

Deep Meditation: Balancing Your Aspects

[Day Four Itinerary]

Introduction & Check-In

Assigned Reading: Chapters 12 & 13 from *The Mind*

Begin 18 Hours of Silence

The Master's Touch: The Science of Shuniya

Meditation: Kriya for Thoughtlessness

Break

Core Alignment Meditations

The Defender: Aspect 1 from *The Mind*, p. 156.

Break (Silence)

The Manager: Aspect 2 from *The Mind*, p. 160

Break (Silence)

The Preserver: Aspect 3 from *The Mind*, p. 164

Closing

[Day Four Content]

Silence: An Intention

After our initial check-in this morning, we will begin conscious silence together. We ask that you set your intention and commit your mind—and your tongue—to experiencing deep silence together. Continue this practice even in your homes. We understand this will take some preparation and an understanding family, but we hope that you can give yourself the opportunity to immerse yourself in silence and in this way, allow the pulse of the *Naad* to surround you, penetrate you, and carry you through these next 18 hours.

The Master's Touch: An Experience with Yogi Bhajan

The Science of Shuniya

November 16, 1994

Meditation: *Kriya for Thoughtlessness* [insert here]