

Sadhana 9

Puja - your own
Your cyclical practice
Guru Mantra Meditation (30 mins)

Sadhana 9 is an opportunity to explore your own creation of Sadhana aligned with your cycle, or the cycle of the moon. You are welcome to choose either, whichever feels most resonant.

From the knowledge you have gained over the course as well as the information you gathered in the cycle svadhyaya, create a short Sadhana practice for each of the 4 phases. There may be elements that remain across all four which are a subtle shift to acknowledge the change in phase, or you may like to create a completely separate practice for each phase. Again, you are welcome to choose either, whichever feels most resonant.

Menstrual Cycle

1. Menstruation
2. Follicular
3. Ovulation
4. Luteal

Moon Phases

1. New Moon
2. Waxing Gibbous
3. Full Moon
4. Waning Gibbous

Please complete the below and submit by 18 November. You should aim to begin your Sadhana by this date and continue through until our next mentor call on Thu 8 Dec. Please note that whilst you will submit a Sadhana practice for each of the 4 phases, you will unlikely practice all 4. You will begin in which phase you are in (menstrual or moon) and continue through until 8 Dec completing a reflection on the phases you were able to move through.

Name	<i>Insert your name here</i>
Please indicate which cycle you chose	Menstrual Cycle or Moon Cycle
Phase 1 Sadhana	<i>List your sadhana practice here</i>
Phase 2 Sadhana	<i>List your sadhana practice here</i>
Phase 3 Sadhana	<i>List your sadhana practice here</i>
Phase 4 Sadhana	<i>List your sadhana practice here</i>