

POKE, PROVOKE, CONFRONT & *ELEVATE*

HELP OUR 3HO/SDI COMMUNITY SEVER TIES WITH ICE



RECOGNIZE THE OTHER PERSON IS YOU

40-DAY GLOBAL SADHANA

**Mantra: Humee Hum, Tumeo Tum, Wahe Guru
I Am Thine, In Mine, Myself, Wahe Guru**

Posture/Mudra: Sit in Easy Pose with a straight spine. Place your right fist at your side with the Jupiter finger (index finger) pointing up, and place the left hand over the heart center, bottom of the hand parallel to the floor. You can also do this meditation sitting back to back with a partner.

Focus: Focus the eyes at the brow point.

Time: 11 minutes

Suggested Music: Humeo Hum by Mirabai Ceiba

akalandice.weebly.com

BEGINS FOURTH OF JULY 2019

“Injustice anywhere is a threat to justice everywhere...Whatever affects one directly, affects all indirectly.”

— Martin Luther King Jr., Letter from the Birmingham Jail