

# *School of Love*

## Daily Actions

What follows are a few daily actions that Mother would like you to take while you move through ***School of Love***. If you're just creating your *Me Practice*, these things might comprise the whole thing for now. If you already have a daily *Me Practice* you love that doesn't include the 3 things below, then you'll need to find extra time in your day to do these activities.



### *Deep Breathing, Meditation & Yoga Nidra*

Deep breathing and Yoga Nidra are tools that over time help you to unwind old stress patterns and calm your central nervous system. Please explore your deep breathing and Yoga Nidra apps for great information on these practices. Mother would like you to have the experience of deep relaxation. She doesn't include watching television, movies, Internet, or even reading as true relaxation, as all are designed to engage and stimulate your mind and emotions. Deep relaxation comes when you can disengage from the attachment to the outside world, get connected to yourself and the divine, and just be.

Mother would like for you to start your day with 5-10 minutes of deep breathing, 10 minutes of meditation, and 10-15 minutes of writing, for a total of 30 minutes. You can of course do more but She would ask that you experiment with a minimum of 20. Using your deep breathing app set the duration of your inhalation and exhalation so as not to strain any muscles. You can increase the duration as you get comfortable with the practice. Challenge – don't push! For the writing portion you can journal, work on your Love Pages, or any of the other suggestions from Mother's Tool Box. For the 10 minutes of meditation please do the one given in the Unit you're presently on. Set your timer so you can focus on what you're doing and not let worries about time distract you.

Mother would like you to do 10 minutes of Yoga Nidra when you get home from work in the evening or do it one hour to 45 minutes before bed. You can do a longer version if you wish. It's done lying down on the floor. If that is painful for you, then you can lie down on your bed or recline in a comfortable chair. Yoga Nidra is a fantastic tool for helping you enter twilight consciousness – the state of not being quite awake but not asleep either. This is the place where deep relaxation occurs. Some people use it to help with their sleep. If you have trouble falling and staying asleep, you may want to do a 10-minute version once you're settled in bed, in addition to your evening Yoga Nidra.

Above are simply suggestions on where to start. Ultimately Mother would like you to start your day feeling calm and connected to yourself and end your day the same way. However that ends up working for you may take some experimentation on time of day and duration of each of these tools. Remember that She would much rather you do Yoga Nidra in the afternoon, for example, than *not at all*, if that's what works best and you're willing to do it.

If you choose not to include your Love Pages in your morning *Me Practice*, you will need to set aside time during the week to do them. Use a timer and start with only 20-30 minutes in each sitting so the mind can't convince you that it's "work" or that it's so hard because you're spending so much time on them. Your shadow's job is to slow down your expansion so you don't get too much light all at once but it's vital to remember that you're in charge of your shadow not the other way around. It's inside you to serve you. Understanding how to direct and overcome shadow behavior that's seemingly set in stone is why you're here. So dive in and let's get started!