

K1 Default W/e 1 Practical Homework

Set your vibration for the day. You are going to happen to the day before the day happens to you.

- 1 Go to bed early enough. Set your intention to wake up with the eyes closed at your chosen (early) time See AT manual P214 for additional info.
- 2 Wake up with the eyes closed. See AT manual P247 for full Wake Up instructions.
- 3 Affirm awareness of source (connection/tune in). See AT manual P78 for instructions.
- 4 Morning Call. See AT manual P429 for full instructions - additional info on P215.
- 5 *A set/chosen practice may follow or precede the morning call e.g. Meditation into Being - AT manual P433 or Adi Mantra for Individual Meditation - AT manual P413.*
- 6 Relax, Contemplate and Seal your practice - see AT manual P153 & 283 guidance.
- 7 Start happening to the day.