



Satsang Month 2: Accessing Your Inner Guru

Activities that Cultivate Listening

(These are examples. I'd love to hear yours.)

- Meditation
- Mantra
- Movement: yoga, dance, walking, hiking, etc.
- Enjoying Nature
- Shower or Bath
- Quiet Solitude (tea drinking, day dreaming, etc.)
- Painting, Sculpting, Drawing, Building, Coloring
- Journaling
- Massage
- Declaring Your Desired Feelings (I highly recommend [The Desire Map](#) by Danielle LaPorte to uncover your Core Desired Feelings as guideposts from your Soul)