



“Become a person adored and respected by your own conscience.”

-Pt. Tigunait

End of Day Reflection

In preparation for closing down the day and going to bed, put your living quarters in order, make any preparations for the upcoming day, and after any pre-bed rituals (eg, washing your face and brushing your teeth, a short meditation, etc), take a quiet moment to allow the events of the day to present themselves to you.

- Acknowledge whatever arises, particularly any twinges of conscience
- Be happy with what went well in the day; and notice where you may have been out of alignment with your better intentions
- Forgive yourself for missteps; resolve to do better; and make peace with your mind and heart
- Pray for inner connection, guidance, strength, and support

Sleep well!

Beginning of Day Reflection

To finish your morning practice (wherever in your routine you are most inwardly focused and still, and before beginning the day), lightly and briefly:

- Acknowledge the tender strength of your inner being and resolve to bring your highest and best intentions into your thoughts and actions
- Bring to mind any resolutions from the evening reflection
- Open your mind to inner guidance
- Cultivate a feeling of gratitude

Welcome the day!