

THE SIX BASIC EXERCISES

1. THINKING

Focussed attention & objectivity

3. EQUANIMITY

Balance in our feeling life

4. POSITIVITY

Developing a positive attitude to life

5. OPEN-MINDEDNESS

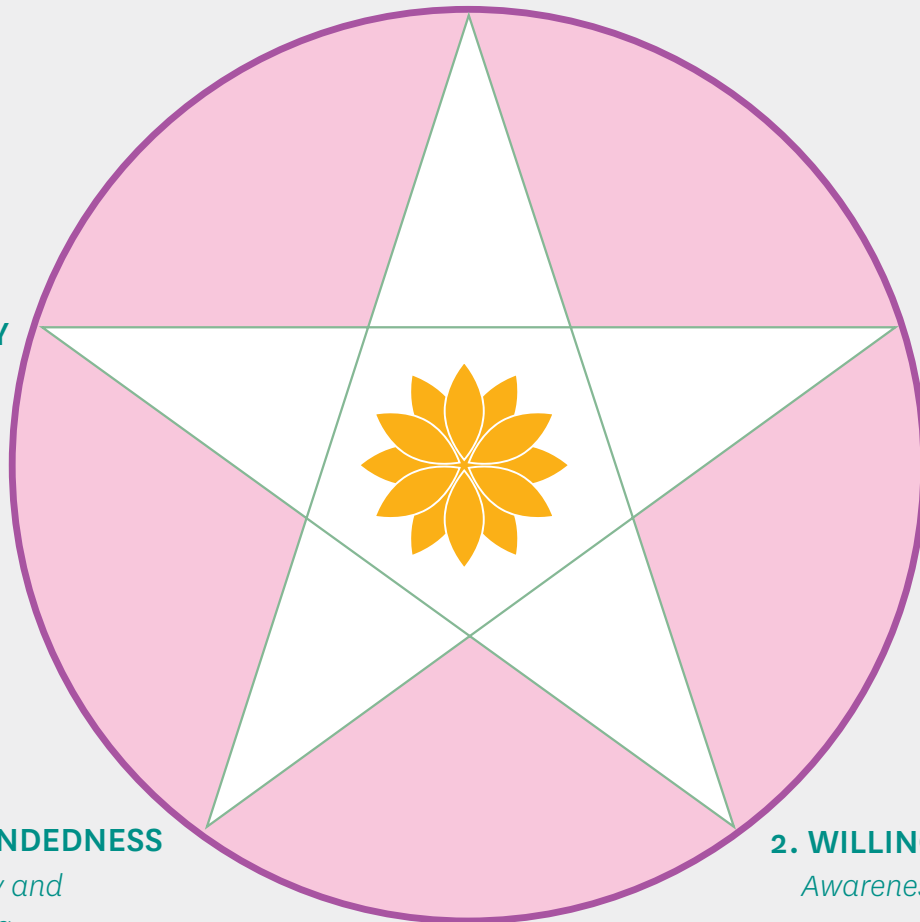
Receptivity and suspending judgement

2. WILLING

Awareness of our actions

6. HARMONY

Integration of the previous 5 exercises into daily life



INNER DEVELOPMENT OF THE
HUMAN SUN
LIFE • LIGHT • LOVE