

10 DAYS

IT'S ALREADY INSIDE OF YOU

THE CHALLENGE Checklist

What To Bring With You & Tips To Keep With You While Attending Your 10 DAY.

What to Bring:

- Enough COMFORTABLE clothes to wear during your 10 DAYS. (You can only hand wash items.)
- Comfortable shoes.
- If you have allergies, bring your allergy meds.
- Bedding for a single bed, fitted & flat sheet, as well as pillow cases.
- Blankets and pillows (Sleeping bags work too.)
- Essential toiletries. (Shampoo, conditioner, moisturizer, deodorant, tooth brush, tooth paste, etc.)
- You will be spending the majority of time meditating either in your residence or in the meditation hall, if you happen to already be a meditator, bring your meditation chairs, cushions, etc. If you are like me, and never really meditated, the centers do facilitate these things.

This is a list of tips I had received the night before I went, it came in handy...

- Bring a backpack.
- Don't go there with an intention.
- Go there to follow instructions with no expectations.
- There are discourses at night. Some have antireligious comments. Disregard the comments as what you're doing is not religious, it is an observation to see what happens from a place of awareness and not mental projections.
- **DON'T QUIT!!**
- Don't Disregard instructions.
- Don't get ahead of yourself.
- Don't tell yourself any stories about any experiences you may have along the way.
- And don't fart during the meditations.