

Intonement 3,4,5

New Meditations & Ambient Tones



Your -Regimen for
July- September 2025



The Silence of the Light

February Retreat 2025



Journal-July- September 2025

Please Journal each day until the September 2025

Monday: **Quietude Three**

Tuesday: **Intonation 3**

Wednesday: **Intonation 4**

Thursday: **Intonation 5**

Friday: **Intonation 4**

Saturday: **Vipassana**

Sunday: **Vipassana**

Please practice some form of catharsis.

***My realization of my life today
is:***

***The Silence that I was willing
to hear today was:***

***The Mercy I was willing to offer
to myself today is:***

***End of week summation
Today was the last time I will
ever:***