

WEEK FOUR

CONNECTING TO OTHERS: WORKING THROUGH LONELINESS



AWAKE (10-15 MINUTES)

CHECK-IN
INTRODUCTION
LOVING-KINDNESS MEDITATION



AWARE (5 MINUTES)

THE WHY



ALIVE (20-25 MINUTES)

JOURNAL
DEEP LISTENING EXERCISE



ABIDE (5-10 MINUTES)

LOVING-KINDNESS MEDITATION



ARISE (5-10 MINUTES)

REVIEW HOME PRACTICES
CLOSING BLESSING