



**Cultivation for Week 1**  
January 2, 2023.

Please listen to the lecture before reading these exercises.

1. As you wake in the morning, notice your feelings.
2. Begin every day with a glass of warm water.
3. Every day, write down:
  - a. One thing you are grateful for
  - b. Two things you have done already that day
  - c. Two things you know that you will accomplish that day
4. At the beginning of every meal, every snack and every drink, say the words, “I enjoy everything that I put in my body.”
5. Remember your original confidence for one minute per day.
6. Take a walk or do one qigong exercise per day. One qigong exercise is supplied on the portal page.
7. Practice either the meditation supplied on the portal page, or select your own.
8. Begin to contemplate the Nine Palaces: Health, Wealth, Prosperity, Relationship, Creativity, Adventure & Travel, Knowledge & Vocation, Wisdom and Home.

Be sure not to think too much! Treat these half seriously, half lightly. They are infinitely more powerful than they appear on paper.

See you soon,  
Ann