

SCORE

337. MEDITATE

**Gather The17 in a comfortable
and familiar place**

Dim the lights

**Remove all other distractions
from the room**

Sit in silence for 17 minutes

**When the 17 minutes has come to an end
all participants should simultaneously enunciate
one individual word**

**Members can do this in any way
they feel appropriate**

**Members should not discuss, question
or record each others contributions**