

Everyday template (travel, exploration, immersion). To use the template, save or download, edit and print or just print the page

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Item	Time	Everyday activities
1.		<i>Rise</i> early— dedicate to the way and its aim, affirm the universal nature of being. Breakfast. Set attitude —realization as pleasure and through blocks.
2.		<i>Meditative-contemplative review</i> of plans for the day.
3.		<i>Exploration</i> —exercise and immersion in nature or society and culture or both—aimed at sharing and learning toward the immediate and the ultimate
4.		<i>Tasks</i> —needs for travel, place to stay, exploration; midday meal. <i>Attitude</i> —toward others and the world—an element of realization; light; yoga in action. Merge with Realization.
5.		<i>Exploration continued</i> – exercise and exploration of the worlds of nature and culture for experience and inspiration; photography.
6.		<i>Evening</i> —network, supper, planning-preparation-dedication for the next day(s), review, rest, meditation, renewal, network. Sleep early.