

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

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| Item | Time | Everyday activities—individual and group |
|------|------|---|
| 1. | | <i>Rise</i> early—before the sun, dedicate to the way and its aim, affirm the universal nature of being. Morning reflection in nature, set attitude to self, tasks, and others – enlightenment as acceptance of pleasure and pain on pathways. Breakfast. |
| 2. | | <i>Meditative-contemplative review</i> of priorities and plans—the way, life, the day. Reflect on realization, priorities, and means; employ simple reflection. <i>Shamatha</i> —calming meditation for re-orientation of purpose and energy—to experiential transformation toward oneness. <i>Vipasana</i> —analytical to visionary meditation—to see what is essential now and in other time frameworks. |
| 3. | | <i>Realization</i> —work; care, relationships—networking; <i>ideas</i> and action – developing and implementing the way of being; experimental and structured <i>yoga-exercise-meditation-share</i> in practice and action; <i>engagement</i> in the world—languages, art, other activities. |
| 4. | | <i>Tasks</i> —daily and long term; midday meal. |
| 5. | | <i>Physical activity</i> —exercise; <i>exploration</i> of nature and culture for experience and inspiration; photography. |
| 6. | | <i>Afternoon</i> tasks, planning – preparation – dedication for the next day and future. <i>Evening</i> rest, renewal, review; shower, supper; options—meditation, realization, network, and community. Sleep early. |