

*Adaptable everyday Template*¹— is tailored to a regular schedule. *Source*—[The way of being](http://www.horizons-2000.org) (<http://www.horizons-2000.org>).

Item	Time	<p style="text-align: center;">Activity</p> <p style="text-align: center;">For individuals and groups</p>
1.		<p><i>Rise early</i>²—before the sun, <i>dedicate</i>³ to the way and its aim, <i>affirm</i>⁴ the universal nature of being. Morning reflection in nature. Breakfast.</p>
2.		<p><i>Meditative-contemplative review</i>⁵ priorities and plans—the way, life, the day. Reflect on realization, priorities, and means; employ simple reflection, (calming—Shamatha—for re-orientation of purpose and energy, contemplative or analytical meditation—Vipasana—to see what is essential now and in other time frames; see the discussion of experimental meditation and yoga).</p>
3.		<p><i>Realization</i>—(a) work, (b) care and relationships—networking, (c) ideas and action, (c) experimental and structured yoga-exercise-meditation-share in practice and in action, (d) other activities or ‘engagement in the world’—e.g., languages, art.</p>
4.		<p><i>Tasks</i>—daily and long term; midday meal. Attitude—in tasks and toward others and the world—an element of realization; light; yoga in action. May merge with Realization.</p>
5.		<p><i>Physical activity</i>—exercise and <i>exploration</i> of the worlds of nature⁶ and culture⁷ for experience and inspiration.</p>
6.		<p><i>Evening</i>⁸ rest, renewal, review, meditation and realization, network, community, tasks, supper, preparation-dedication for the next day and future. Sleep early.</p>

Endnotes

- ¹ *Summary*. Rise before the sun > review and plan the way, life, the day > realization—work, relationships, yoga, engage the world > tasks, meals, yoga in action > physical activity, exploration of culture and nature > evening rest, renewal, meditation, realization, networking, tasks, supper, preparation for the next day and future > sleep early.
- ² *Explanation*. Rising before the world, enables looking at the world as special, sets a good tone for the day. It is an efficient use of daylight.
- ³ *Dedication*—I *dedicate* my life to The Way of Being (to living in this world and the ultimate as one). *The Way or Means*—To shared discovery and realization of the way under pure and pragmatic dimensions of experiential being in form and formation as the word. *The Path*—To shedding bonds of limited self so that I can see the way so clearly that even in difficulty life is flow over force—and so moving toward positive light. *Summation*—To realizing the ultimate in this life and beyond.
- ⁴ *Affirmation and ritual reminder of identity of self and Being*— “That pure unlimited consciousness—transcending all principles of form... that is supreme reality. That is the ground for the establishment of all things—and that is the essence of the universe. By *That* the universe lives and breathes, and *That* alone am I. Thus, I embody and am the universe in its ordinary and most transcendent form.” Abhinav Gupta, 10th century philosopher and mystic of Kashmir.
- ⁵ *Explanation*. This Vipasana meditation may be unstructured. The extent of the review depends on need. An accumulation of expectation and planning may occasion extensive review, perhaps of a few hours to days.
- ⁶ *For nature*. [Beyul](#)—a tradition of Tibetan Buddhism is travel and being in nature, sometimes to remote places, in search of extended experience of self and the ultimate, with openness to inspiration. Nature photography.
- ⁷ *For culture*. Experience traditions for learning and impact on identity.
- ⁸ *Explanation*. Review for improvement. Plan and layout the next day for efficiency and to preserve productive time.