

**The way** in life, death, and beyond—realization of limitlessness—dimensions: [psyche](#), [nature-culture-society](#), [the universal](#) ▶

**Activities**—[constitutive](#) (mainly experiential and [spiritual](#)) and [supporting](#) (mainly [material](#)) ▶

**Main active projects** ([develop and write the way](#), [immersion and travel](#), [publish and share the way](#)) ▶

**Immediate and essential**—([current essentials](#), [travel prep](#), [health](#), [people](#))

[Essentials](#)—step back, [review](#) > know-dedicate-**redirect** pain<sup>↑</sup> > work-[\\$30K-counsel](#) | **place**: travel base hum-trin-us-mex > 18-φ CA

[Calendar](#)—year – taxes, birthdays, Christmas; 2022—year’s isolation, nature-culture journeys | develop below ▶

[Travel](#), immersion, and trips—next > details below > Hike / pack daily > USFS > cash, laundry, bank > pack, min > fresh veg ▶

[Health](#)—posture, exercise > water, one meal a day (**diet research**: home and packing) > ↓ meds (0.5 tab), ↓ sugar, mole, no beer

[People](#)—R > 0.5 h prep, 1 day / month, no deferment; boundaries | G > neutrally | S > deal, dismiss | C > her initiative ▶

### Today

▶  [Wake](#) → Dedicate-affirm → Rise  > Water  > [Review](#) life, the way, the day | times-alarms \_\_\_\_\_

[Attitude](#)  > Awareness > redirect  > Neutral engagement  > Meditative presence  > Patience > identity integrity

▶  [Projects](#) and activities, above, especially [bare content](#)  Music \_\_\_\_\_

> Continue projects after \_\_\_\_\_ below \_\_\_\_\_

▶  > Walk  > Stretch, weights, grip, knee bends  > Meditate  > Lunch \_\_\_\_\_

> [Chores](#) for the day (Sun—relax, Tue—R) \_\_\_\_\_

[Thu / Sat—Chores](#) ▶

▶   > [Exercise](#) TTHSAT \_\_\_\_\_ &OR  > [Walk-bike](#) with nature photography MWF \_\_\_\_\_

▶  [PM](#)  > [PMX](#)  > [Review](#) this-print, rest-shr | [Realize](#)  > projects  > engage  > meditate | φ beer-movie

> Sleep

### ▶ Notes, detailed planning