

◆ **THE WAY-LIFE-AND BEYOND**—**realization** ▶ peak—dimensions: experiential being – *psyche, nature-culture-society, universal* ▶

Development projects *develop-write-publish* the way – **immersion** ▶ *share-travel* ▶

Path activities **essential** (*experiential*) and *supporting (material)* ▶

Now *essentials, travel, health, people* ... min this, *important (abbr, incorp)* ▶

◆ **TODAY**—home routine and chore days (also see *special days*)

▶ Wake dedicate-affirm-review rise review the way-life-the day > water > times-alarms > music _____ ▶

Attitude meditative presence > neutral engagement awareness ± > hold without judgment > direct / redirect ...
 patience > integrity of identity... **till etoh solved**

▶ Projects and activities, above, plan, execute set deadline to begin to write in the world > this.brief research

bare content (next work) plan.html, points, sources, concept list

very bare content source for concept list, informal

▶ Walk . stretch, grip, weights, climb . meditate.breath... . lunch

▶ Resume projects after _____

▶ Brief research Live Turkey, Guyana, S. America, C. Asia
 Lost Coast, Sinkyone, 101 – 299 trip

▶ Chores for the day (Sunday—relax, First Tuesday—R) _____

Thu / Sat chores – needs ▶

▶ TTHSAT exercise _____ MWF walk-bike with nature photography

▶ PM.option x min review this.print rest.shr realize projects engage media.mail enjoy .

prep for tomorrow teeth - meditate

Sleep

Notes

