

## The way of being

Everyday ..... ▶

every day on rising & as needed center ♦ dedicate ♦ set attitude → review general & daily activities, dates & times ..... ▶

Ground ..... ▶

material finance save.grants.work ♦ place nature.community → relations ♦ health x.diet ♦ discipline this.think ..... ▶

experiential focus – yoga in action-the real is here-now ♦ dedicate emotion to ultimate ♦ defuse class compulsion ..... ▶

Realize ..... ▶

realizing shared discovery.realization of the ultimate: negotiate-immerse in nature → civilization → universe ..... ▶

developing in the world—experience, read, reflect, discover-conceptualize-systematize ♦ share-write ..... ▶

publishing improve.publish essential documents—home, plan, and reading, and select linked documents ..... ▶

## Today...

Time                      Activities

1:15 am      *Rise* ..... ▶

2:00 am      *Realize* ..... ▶

6:00 am      *Review* ..... ▶

6:15 am      *Yoga* ..... ▶

7:15 am      *Realize – continue* ..... ▶

9:45 am      *Ground* ..... ▶

10:00 am      *Lunch* ..... ▶

10:45 am      *Exercise* ..... ▶

12:00 pm      *Afternoon* ..... ▶

2:00 pm      *Evening* ..... ▶

4:30 pm      *Sleep* ..... ▶