

## Priorities

Realization ..... ▶  
Ground ..... ▶

## Emptiness

About ..... ▶  
The essence ..... ▶

## Timeline

Life, death, and beyond ..... ▶  
Calendar ..... ▶  
Travel, immersion ..... ▶

## Today

<input type="checkbox"/>	2:00 am	Wake—center, reflect on day, dedicate ♦ Rise—coffee, nature ..... ▶
<input type="checkbox"/>	3:00 am	The way ..... ▶
<input type="checkbox"/>	7:00 am	Yoga—intrinsic <input type="checkbox"/> gym ..... ▶
<input type="checkbox"/>	8:00 am	Beyul ..... ▶
<input type="checkbox"/>	8:00 am	Cultural immersion ..... ▶
<input type="checkbox"/>	8:00 am	Task review and do—periodic and as needed ..... ▶
<input type="checkbox"/>	9:00 am	Lunch ..... ▶
<input type="checkbox"/>	10:00 am	Development and realization (continue) ..... ▶
<input type="checkbox"/>	12:00 am	Yoga—exercise outdoor <input type="checkbox"/> gym ..... ▶
<input type="checkbox"/>	2:00 pm	Afternoon – evening ..... ▶
<input type="checkbox"/>	5:00 pm	Sleep ..... ▶