

Everyday away from home template for *The Way of Being*

Anil Mitra, Copyright © 2015 – 2024

[Home](#)

To use the template

- (i) tailor or replace the content according to your needs,
- (ii) print just the template page

Everyday template—for use in travel, exploration, immersion

| Item | Time | Everyday activities |
|------|------|---|
| 1. | | <i>Rise</i> early— dedicate to the way and its aim, affirm the universal nature of being. Breakfast. |
| 2. | | <i>Meditative-contemplative review</i> of plans for the day. |
| 3. | | <i>Exploration</i> —exercise and immersion in nature or society and culture or both—aimed at sharing and learning toward the immediate and the ultimate |
| 4. | | <i>Tasks</i> —needs for travel, place to stay, exploration; midday meal. <i>Attitude</i> —toward others and the world—an element of realization; light; yoga in action. Merge with Realization. |
| 5. | | <i>Exploration continued</i> – exercise and exploration of the worlds of nature and culture for experience and inspiration; photography. |
| 6. | | <i>Evening</i> —network, supper, planning-preparation-dedication for the next day(s), review, rest, meditation, renewal, network. Sleep early. |