

Everyday at 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 at home

Item	Time	Everyday activities—individual and group
1.		<i>Rise</i> early—before the sun, dedicate to the way and its aim, affirm the universal nature of being. Morning reflection in nature. Breakfast.
2.		<i>Meditative-contemplative review</i> of priorities and plans—the way, life, the day. Reflect on realization, priorities, and means; employ simple reflection <i>Shamatha</i> —calming meditation for re-orientation of purpose and energy—to experiential transformation toward oneness. <i>Vipasana</i> —analytical to visionary meditation—to see what is essential now and in other time frameworks.
3.		<i>Realization—work; care and relationships—networking; ideas and action; experimental and structured yoga-exercise-meditation-share</i> in practice and in action; <i>engagement in the world—languages, art, and other activities.</i>
4.		<i>Tasks—daily and long term; midday meal. Attitude—in tasks and toward others and the world—an element of realization; light; yoga in action. Merge with Realization.</i>
5.		<i>Physical activity—exercise and exploration</i> of the worlds of nature and culture for experience and inspiration; photography.
6.		<i>Afternoon</i> tasks, planning-preparation-dedication for the next day and future. <i>Evening</i> rest, renewal, review; shower, supper; options—meditation, realization, network, and community. Sleep early.