**Daily Schedule**

4:00 AM – Awake
4:00 – 4:30 – Pranayama
4:30 – 6:30 – Meditation
6:30 – 7:30 – Yoga
7:30 – 9:00 – Shower/Breakfast
9:00 – 2:00 – Writing
2:00 – 3:00 – Afternoon Yoga
3:00 – 4:00 – Afternoon Meal
4:00 – 6:00 – Drawing
6:00 – 9:00 – Reading
9:00 – 10:00 – Meditation
10:00 PM – To Bed

Note: This schedule is an idealization. For example, there are periods when no writing is pressing, so the time from 9am to 2pm is better spent reading. It seems to be a matter of habit that Drawing gets consistently neglected, though this is the activity that perhaps needs the most attention.

**Morning Routine**

1) (4:00 AM) UPON WAKING, while still lying in bed...
   1) Carefully recall and record dream sequences.¹
   2) Afri-I routine:²

¹ Set intention with subconscious before going to sleep to remember dreams, thus practicing the potential of “lucid dreaming.”
² Afri-I (Gentle Spirit) was the name of an early yogic mentor, who wrote a workbook entitled “Self-Transformation Intensive Manual,” from which these exercises were taken. I attended several “Rebirthing” workshops, which would take place over the course of a week, hosted by Afri-I on his land in Eastern Washington, overlooking the Columbia Valley.
A) Eye exercises: First stretch face. Then: Move eyes in the vertical dimension, up and down, 12 times; move eyes in the horizontal direction, side to side, 12 times; move eyes in the diagonal direction, top to bottom, 12 times each side; fix eyes above the forehead, then rotate in semi-circle, top to bottom, first right then left, 12 times each; finally, fix eyes again above the forehead, then perform complete circular rotations, first clockwise then counter-clockwise, 12 times each. In all these movements, stretch the edge of comfort so that the eye muscles are exercised thus increasing their range and flexibility.

B) Place soles of feet together close to the perineum, lower knees as much as possible; rub hands together vigorously to generate energy; place palms over eyes to let warm energy be absorbed; then, using both ring fingers, gently massage meridians around circumference of eyes, top and bottom.

C) Raise up on coccyx, feet about 18 inches high, head about 12 inches high, arms outstretched forward, palms face down – Naukasana (Boat pose). Once set, do 120 Fire Breaths; focus intensity of breathing movement on taut stomach muscles.

3) Come down and move into Sethu Bandhasana (Bridge pose). Hold and stretch spine upward, raising chest toward sky. Now do 120 quick intentional breaths, emphasizing the out-breath, moving the belly button up and down, with the purpose of massaging the viscera.

4) Bring legs up to chest and lock with forearms, raise head and squeeze into tight ball – Supta Pawanmuktasana – a counter-pose for the spine; hold for 30 seconds, then rock back and forth 20 times massaging organs and, in the process, expelling gas.

5) Now do 80 alternate sit-ups, hands locked behind the head, touching right elbow to left knee and then left elbow to right knee, once again emphasizing out-breath. Then, bring head straight forward in a ‘crunch,’ touching forehead to knees, 10 times, emphasizing out-breath and taut stomach muscles.

6) Finish with Jathara Parivartanasana (Supine twist); while lying on back, bring right knee up and over outstretched left leg while head and upper body twist to the right; with left arm, push down on right knee to accentuate twist while right arm reaches out to its side. Repeat by mirroring this process on other side of body; 2 times each side.

II) Come down onto floor; get into Vajrasana (Kneeling pose), facing altar.

1) Place hands in heart mudra; bow and offer prayer of thanks to Divine Mercy, Heavenly Blessing, for such an incredible and beautiful life, and for
this opportunity at spiritual growth and transformation; raise head, straighten spine and do three deep OM...

2) Place hands gently on thighs and do 240 Fire Breaths, emphasizing in-breath, pulling the pelvic plexus (Swadhisthana chakra) up against the spine affirmatively on each in-breath. On last breath raise shoulders high and perform Jalandhara Bandha (chin lock), Uddiyana Bandha (abdominal contraction), and Moola Bandha (anus lock) simultaneously. Hold for as long as is comfortable; release by bending forward and audibly expelling any tension or discomfort, emotional or otherwise; and then rest for short time.

3) Still in Vajrasana, raise hands over head, interlock fingers, join index fingers pointing to sky; chant Sat Nam while affirmatively pulling belly-button (Manipura chakra) toward spine. Repeat until breath fades (approximately 20 times).

4) Shift into Simhasana (Lion pose); repeat 6 times.

III) (4:30 AM) Now get onto meditation cushion:
1) Perform Paschimottanasana (Head-knee pose) to loosen up legs for meditation.
2) Perform Ardha Matsyendrasana (Half spinal twist), once each side, to loosen up spine for meditation.
3) Now sit in Half-lotus (Arda Padmasana) with left leg on top of right thigh; perform Vipassana meditation for 1 hour, beginning with Anapana.

IV) (5:30 AM) Still on meditation cushion:
1) Perform Paschimottanasana (Head-knee pose) to loosen up legs for meditation.
2) Perform Ardha Matsyendrasana (Half spinal twist), once each side, to loosen up spine for meditation.
3) Now sit in Half-lotus (Arda Padmasana) with right leg on top of left thigh; perform chanting meditation for 1 hour; variations include chanting OM, chanting vowels, chakra chanting (lum, vum, rum, yum, hum, aum, om); alternatively, perform Anuloma Viloma Pranayama (Alternate nostril breathing).
4) Upon completion of meditation sequence, program receptive subconscious with autosuggestion (dhyana), a positive affirmation for the day.
5) Chant Gyaati Mantra, 3 times; chant Mahamrityunjaya Mantra, 3 times. Rest and absorb.

V) (6:30 AM) Move onto yoga mat: Morning Routine:
1) Surya Namaskara (Sun salutation), 3 rounds.
2) Full and flowing hip rotation, 12 times each side.
3) Virabhadrasana I (Warrior I), 12 breath count, twice each side.
4) Virabhadrasana II (Warrior II), 12 breath count, twice each side.
5) Trikonasana (Triangle pose), 12 breath count, twice each side; plus 2 variations, 6 breath count.
6) Standing Forward bend, 2 minutes.
7) Sirsha Angustha Yogasana (Head to toe pose), 12 breath count, twice each side.
8) Eka Padasana (One foot pose), 12 breath count, twice each side.
9) Bakrasana (Crane pose), 12 breath count, twice each side.
10) Vrikasana (Tree pose), 48 breath count, twice each side.
11) Sirshasana (Headstand), 48 breath count; working up to 5 minutes.
12) Shavasana (Corpse pose), 3 minutes.

VI) (7:30 AM) Go to shower.

Afternoon Routine

Version 1

1) Paschimottanasana (Back stretching pose), 3 reaches forward, 12 breath count.
2) Ushtrasana (Camel pose), 3 times, 12 breath count.
3) Shashankasana (Hare pose), stretch back long in counter pose.
4) Meru Wakrasana (Spinal twist), 3 times each side 12 breath count.
5) Bhu Namanasana (Spinal twist prostration), 3 times each side 12 breath count.
6) Ardha Matsyendrasana (Half spinal twist), 3 times each side, 12 breath count.
7) Navasana (Balance pose), raise 3 times, 12 breath count.
8) Utthita Hasta Merudandasana (Raised hand and spine pose), raise 2 times, 24 breath count.
9) Merudandasana (Spinal column pose), raise 2 times, 24 breath count.
10) Pada Angushthasana (Tiptoe pose), practice 3 times each side
11) Matsyasana (Fish pose), hold for slow and easy 36 breath count; practice sheetkari pranayama on last 12 breaths.
12) Halasana (Plough pose), hold for 24 breath count – plus 2 variations, one on each shoulder for 12 breath count.
13) Sarvangasana (Shoulder stand), 108 breath count; close with Padma Sarvangasana (Shoulder stand lotus pose) for 12 more breaths.
14) Shavasana (Corpse pose), 3 minutes.

Version 2

1) Tadasana (Palm tree pose), raise 12 times.
2) Tiryaka Tadasana (Swaying palm tree pose), 6 times each side.
3) Kati Chakrasana (Waist rotating pose), 6 times each side.
4) Utthanpadasana (Raised legs pose), practice variations at 30 degree, 60 degrees, and 90 degrees, holding long enough to push comfort edge.
5) Chakra Padasana (Leg rotation), rotate each leg 10 times in each direction; then hold both legs together and rotate 10 times each direction.
6) Pada Sanchalanasana (Cycling), 10 times forward and then 10 times backward with each leg.
7) Supta Vajrasana (Sleeping thunderbolt pose), slow and easy 36 breath count.
8) Shashankasana (Hare pose), stretch back long in counter pose.
9) Dhanurasana (Bow pose), raise 3 times, 12 breath count.
10) Yogamudrasana (Psychic union pose), bend forward and touch forehead to floor 3 times, holding for as long as is comfortable.
11) Matsyasana (Fish pose), hold for slow and easy 36 breath count; practice sheetkari pranayama on last 12 breaths.
12) Halasana (Plough pose), hold for 24 breath count – plus 2 variations, one on each shoulder for 12 breath count
13) Sarvangasana (Shoulder stand), 108 breath count; close with Padma Sarvangasana (Shoulder stand lotus pose) for 12 more breaths.
14) Shavasana (Corpse pose), 3 minutes.