

Practical Guideline for daily practice

1. Wake up early

Spiritual practice begins by waking up early in the morning.

5:00am is ideal time. Normally it would be a little before the rising of the sun. That is the best time to wake up, both for the physical health, as well as for the spiritual wellbeing.

2. Prepare for meditation

Visit the bathroom and take a shower. Wear clean clothes. And sit in a silent and pure space for meditation.

3. Meditate for one hour

In a direct, or indirect way (through mantra, prayer, etc), turn your attention towards your true Being, remember your Self, awaken the Self, awaken as the one Self.

(More on this in the Guideline for Meditation)

4. Practice Asanas and Pranayama

Dedicate about one hour for your physical/energetical wellbeing.

Create one or two specific programs of Asanas that work well with you and practice them everyday, or each program on alternate days. It can be one program that is more energetic, like Surya Namaskar etc., and another program that is more focused on stretching and balancing, like Sirsasana, Sarvangasana, Patchimotasana, etc.

After finishing your Asana program practice Pranayama for about 15 minutes. Bhastrika and Nadi Sodhana are excellent practices.

The balancing of Prana-flow is perhaps the most effective way to maintain a good physical and mental health.

5. Study the scriptures for 15-30 minutes

You can read a chapter of the Bhagavad Gita, or a little of the Ramayana, or the works of Shri Sankaracharya, or any scripture that inspires you.

6. Close your morning practice with a little meditation/Japa, or with singing Kirtan.

7. After finishing your morning practice you can take breakfast and then start taking care of all your practical duties.

8. In the evening time sit for one more hour of meditation.

9. Fill up your day with kindness and selfless service.

Repeat your mantra throughout the day, and cultivate cheerfulness, sincerity and a playful attitude.

Be ever grateful for the gifts and blessings that surround you.

Be a source of Love and a source of Joy.

Be Love – be Joy!

That is how you should practice daily.