

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

- I) (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 OMs...

- 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 (Ardha 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 (Ardha 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 Gyatri 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.