

Compact adaptable Everyday Template—the template is tailored to a regular at home schedule for individuals and groups; it can be modified to an away or special schedule. Source—<http://www.horizons-2000.org>.

#	<i>Time</i>	<i>Activity</i>
1.		<i>Rise</i> early ¹ —before the sun, dedicate ² to the way and its aim, affirm ³ the universal nature of being. Morning reflection in nature. Breakfast.
2.		<i>Meditative-contemplative review</i> ⁴ priorities and plans—life, the day, the way. Reflect on realization, priorities, and means; employ simple reflection, (calming—Shamatha—for re-orientation of purpose and energy, contemplative or analytical meditation—Vipasana—to see what is essential now and in other time frames; see the discussion of experimental yoga).
3.		<i>Realization</i> —(a) work, (b) care and relationships—networking, (c) ideas and action, (c) experimental and structured yoga-exercise-meditation-share in practice and in action, (d) other activities or ‘engagement in the world’—e.g., languages, art.
4.		<i>Tasks</i> —daily and long term; midday meal. Attitude—in tasks and toward others and the world—an element of realization; light; yoga in action. May merge with Realization.
5.		<i>Physical activity</i> —exercise and <i>exploration</i> of the worlds of nature ⁵ and culture ⁶ for discovery and inspiration.
6.		<i>Evening</i> ⁷ rest, renewal, review, meditation and realization, network, community, tasks, supper, preparation-dedication for the next day and future. Sleep early.

Footnotes

¹ *Explanation.* Rising before the world, enables looking at the world as special, sets a good tone for the day. It is an efficient use of daylight.

² *Dedication*—I dedicate my life to The Way of Being; to living in this world and the ultimate as one. *The Way or Means*—To shared discovery and realization of the way under emergent reason in its pure and pragmatic dimensions. *The Path*—To shedding bonds of limited self so that I can see the way so clearly that even in difficulty life is flow over force—and so moving toward positive light; and to realizing the ultimate in this life and beyond.

³ *Affirmation and ritual reminder of identity of self and Being*— “That pure unlimited consciousness—transcending all principles of form... that is supreme reality. That is the ground for the establishment of all things—and that is the essence of the universe. By *That* the universe lives and breathes, and *That* alone am I. Thus, I embody and am the universe in its ordinary and most transcendent form.” Abhinav Gupta, 10th century philosopher and mystic of Kashmir.

⁴ *Explanation.* This Vipasana meditation may be unstructured. The extent of the review depends on need. An accumulation of expectation and planning may occasion extensive review, perhaps of a few hours to days.

⁵ *For nature.* Beyul—a tradition of Tibetan Buddhism is travel and being in nature, sometimes to remote places, in search of extended experience of self and the ultimate, with openness to inspiration. Nature photography.

⁶ *For culture.* Experience traditions for learning and impact on identity.

⁷ *Explanation.* Review for improvement. Plan and layout the next day for efficiency and to preserve productive time.