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| The way—priorities 3.30.21 | Important date time | Essential ⏵ Immediate   | The way |

[Home](..\index.html)

Other planning documents [site](..\plan.html) | [outline](..\narratives\brief%20outline.html)

X, x-*exercise* | pnsu-*psyche* *nature* *sangha*-*society* *universe* | Important date-time

 t  NM time relative to morning review |  T  NM preferred standard time

⏵ The WAY   – now – ultimate, eternal | atman-nature-sangha-Brahman | the immediate-ultimate as one [ means ]

P*syche*—Atman, person, experiential form and change [ [yoga](..\topic%20essays\traditional%20and%20modern%20approaches%20to%20living%20in%20the%20world.html) ⊃ meditative  [presence](../resources/being%20present.html) to the real—[link](../resources/being%20present.html)]

N*ature*—Ground of being [ [Beyul](..\..\1.%20World%20and%20Being\realization\being-elements\2010\2011-2012%20jib%20in-process\second%20production\1\The%20way%20of%20being-essential.html#Beyul), [plan](hiking%20list.html) ] < | > S*ociety*—Sangha-shared path [ civilization, artifact ]

U*niverse*—Brahman, the real, ultimate experiential being [ metaphysics-action > p > n-s > u ]

⏵ Missions   – projects   [pnsu](#_Eternal—the_way_of_1) Remote *write-in-the-world* publish [essays](..\narratives\the%20way%20of%20being.html) from [outline](..\narratives\brief%20outline.html)-[docs](..\narratives\brief%20outline.html#documents) refine [site](..\index.html) supplements

⏵*Material* this ↓ repetition > dates > columns world-house-room ↓ coffee ↓ netflix adjust media-topic-indivis

Prelimin [consult](therapeutic\therapy.html) *reflect*  1   [$$$](financial%20plan.xlsm) grant [work](https://news.microsoft.com/covid-19-response/#remote-working) > 2   move 2021 spring… sangha-nature [propmnge](https://www.bing.com/search?q=property+management+humboldt+county) > 3   [Acquire](financial%20plan.xlsm) target savings $6,538 7 mo 4   ‘18’ appeal, other state \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Essential 1  Trips [prep](hiking%20list.html) [xlsm](trip%20preparation.xlsm)-trial pack ↑hill *Next trip* nature-local-away 2   *Health*—study cancer skin care (eye bags), φ et > angst > X > ↓ meds 3   Travel write \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

⏵*Engage* [Languages](https://en.wikipedia.org/wiki/List_of_language_families) [Spanish](https://en.wikipedia.org/wiki/Spanish_language) [Bengali](https://en.wikipedia.org/wiki/Bengali_language) [Hindi](https://en.wikipedia.org/wiki/Hindi) Serve volunteer skills-[opportunities](..\..\1.%20World%20and%20Being\realization\being-elements\2010\2011-2012%20jib%20in-process\second%20production\1\detail\pocket%20manual%20print\paradigms\collapse\topic%20and%20concept%20files\the%20way%20-%20world%20problems%20and%20opportunities.html)-politics Bike skill endurance build

Art speech-drama-music-dance-photo-paint-draw-architecture-sculpt- [disciplines](../the%20disciplines) Style act-project martial-arts

⏵ Immediate   –  [meditative](../resources/being%20present.html) [presence](../resources/being%20present.html) to the real > self > feeling > empty mind > critical actuation > relations

⏵DAYS—away [the way](#_(Eternal—the_way—experiential_form-), above, [missions-projects](#projects_missions) above

Journeys and trips—2021 spring… 6+ months   [p-nature-culture-u](#_Eternal—the_way_of_1) nature-culture preparation—see [trips](#trips), above

Nonroutine [days](daily%20routine-ordinary%20and%20special.html#special_days), [events](daily%20routine-ordinary%20and%20special.html#special_events) (select needed items [below](#days_at_home)) Day-long immersion, structure, abandon PM review, plan days, sleep early \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

⏵DAYS—home and town and day trips, plan-prepare   for [trips](#trips), [travel](#travel), and [6 plus months](#six_plus_months) in nature-culture

 T  RISE00: Rise early > [dedicate](..\resources\dedication-affirmation.html#Dedication) > set alarms for meditation, X \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 t  000000 [Affirmation](../resources/dedication-affirmation.html#Affirmation) > Meditate-review 1   the way life-beyond 2   the day projects > mealswalk posture stretch

Thursdays and as needed—bi-[weekly](#week) [needs](#needs), below \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 t  00:150   Missions   and projects, writing, [above](#projects_missions) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 t  040000 Yoga-meditate *Vipasana* know, negotiate my path *Shamatha* live inner path, realize amid fear –

no guarantee *Practice*-bring focus to positive self, action, the way \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 t  04:450 AMPM Meal  t  05:15 *Nature* exercise photo essays  T  3 PM PM rest-realize prep  T  6 PM 7h sleep

⏵Notes—days of prepped food, fluids, x, rest, and reflection

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⏵WEEK – BIWEEK—Thu review, needs, meal plan ↑protein ↓ carb clean shop stores-online, cook, prep, bhuna

Supplies fluids nuts cereal-grains-pulses green-veg-raw-fruit coffee oil-spice ▪ cleaners-paper food-storage ▪ meds toilet ▪ stamps cards envelopes ▪ maintain clothes gear [laptop](../../useful%20info/computer%20maintenance.docm) [battery](https://batterycare.net/en/guide.html) bike+ ▪ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

⏵MONTH*—*[finance](financial%20plan.xlsm)—1st Thu ⏵YEAR—taxes, birthdays, Christmas

⏵LIFE—[realization](#_Eternal—the_way_of_1) ⏵DEATH AND BEYOND – now