

Everyday at home template for *The Way of Being*

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To use the template

- (i) tailor or replace the content according to your needs,
- (ii) print just the template

Everyday template—for use at home

| Item | Time | Everyday activities ¹ —individual and group |
|------|------|---|
| 1. | | <i>Rise</i> early ² —before the sun, dedicate ³ to the way and its aim, affirm the universal nature of being. Morning reflection in nature. Breakfast. |
| 2. | | <i>Meditative-contemplative review</i> ⁴ of priorities and plans—the way, life, the day. Reflect on realization, priorities, and means; employ simple reflection <i>Shamatha</i> —calming meditation for re-orientation of purpose and energy—to experiential transformation toward oneness. <i>Vipasana</i> —analytical to visionary meditation—to see what is essential now and in other time frameworks. |
| 3. | | <i>Realization—work; care and relationships—networking; ideas and action; experimental and structured yoga-exercise-meditation-share</i> in practice and in action; <i>engagement in the world</i> —languages, art, and other activities. |
| 4. | | <i>Tasks</i> —daily and long term; midday meal. <i>Attitude</i> —in tasks and toward others and the world—an element of realization; light; yoga in action. Merge with Realization. |
| 5. | | <i>Physical activity</i> —exercise and <i>exploration</i> of the worlds of nature ⁵ and culture ⁶ for experience and inspiration; photography. |
| 6. | | <i>Afternoon</i> ⁷ tasks, planning-preparation-dedication for the next day and future. <i>Evening</i> ⁸ rest, renewal, review; shower, supper; options—meditation, realization, network, and community. Sleep early. |

Endnotes

¹ *Summary.* Rise before the sun > review and plan the way, life, the day > realization—work, relationships, yoga, engage the world > tasks, meals, yoga in action > physical activity, exploration of culture and nature > evening rest, renewal, meditation, realization, networking, tasks, supper, preparation for the next day and future > sleep early.

² *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.

³ *Dedication and affirmation*—the headings and explanations on the right are not said; the first line of each paragraph on the left is said boldly, while the next lines are said in response.

Dedication

I *dedicate* my life to (The Way of) Being

to living in the immediate and the ultimate as one.

What does ‘living in the immediate and the ultimate as one’ mean?

How is it known to be true and good?

How is it to be lived—

and how is the ultimate to be realized?

The Way or Means

To its shared discovery and realization

under pure and pragmatic dimensions of experiential being in form and formation as the world on the way to the transparently limitless ultimate.

In the [real metaphysics](#), the universe is shown to be limitless, which follows from the properties of the void as containing no law.

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It follows that all beings are limitless
and merge in universal identity
in this life or beyond,
for limits, especially birth and death, are found real but not absolute.

(What we think of as a limit of logic is contra-diction and,
therefore, not a real limit.)

The universe is found to have experiential identity
of which we are a part and, therefore
there are paths to peak identity in this life or beyond.

The effective path is not just the followed path,
but the one that is negotiated by individuals,
shared, and with inspiration from tradition.

The means are the aware and object sides of experience—
‘mind and matter’.

I.e., rational, quiet, and contemplative meditation...
and instrumental action in this world, this cosmos,
and beyond.

To follow a path is enjoyment itself,
but pain is unavoidable.
The best address of pain is to be on a shared path,
with healing.

While there are no ultimate limits,
there are many contingent limits.
Beyond these there are personal limits,

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the result of fear, anxiety, and so on,
that block path process.

The Path

To shedding bonds of limited self

so that I / we may see the way so clearly that even in difficulty life is flow over force—to moving toward positive light.

Approaches to shedding the bonds are

- (i) affirmation of identity of self and peak Being,
- (ii) for the bond itself—seeing, meditative acceptance, forgiveness, attempt to consciously let go, healthy living—exercise (yoga), diet, sleep, and adequate but not excessive routine and organization of possessions and affairs,
- (iii) balance of healing with path negotiation.

Summation

To realizing the ultimate in this life and beyond—

the process version of the transcendent ‘living in the immediate and the ultimate as one’.

Affirmation—

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

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am the universe in its ordinary and most transcendent form.” Abhinav Gupta, 10th century philosopher and mystic of Kashmir.

Identity of every being with the being of the universe follows from the limitlessness of the void and, therefore, of every being, including the universe. This identity can be known, but is not clearly manifest in individual lives. It becomes manifest in a mode beyond limited time.

Groundlessness of being

Every being is, grounds, and reflects all being—
—roughly in present limited form, but fully and precisely in ultimate form.

The void and therefore every being is generative of all being(s);
which becomes manifest in a mode beyond time.

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.

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

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