

Name: \_\_\_\_\_

## Path to Anandam

### Daily Blissful Living - Anandam

	DAY																													
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
<b>MORNING</b>																														
AUM 3 to 108 × before starting your day																														
Read one message per day																														
<b>60-MINUTE PROGRAM</b>																														
1. Yoga/Exercise – 20 min																														
2. Pranayam – 20 min																														
3. Meditation & Prayers – 20 min																														
<b>DURING THE DAY</b>																														
Contemplate and practice one message each day																														
<b>EVENING</b>																														
Evaluate yourself and fine tune as needed																														
Meditation (5–30 minutes)																														
Pray to God and thank Him for His guidance																														
Surrender to God and Let go																														