

Name: _____

Path to Anandam

Daily Spiritual Planner

	DAY																														Comments	
	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		
MORNING																																
AUM 3 to 108 x before starting your day																																
Read one message per day																																
60-MINUTE PROGRAM																																
1. Yoga/Exercise – 20 min																																
2. Pranayam – 20 min																																
3. Meditation & Prayers – 20 min																																
DURING THE DAY																																
Contemplate and practice one message each day																																
EVENING																																
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																																