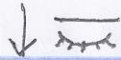


Sadhguru on sleeping + waking
 □ ↓ 7 + ↑ 7



- 1) 3-4 hrs before bed Eat 3-4 hrs. before bed
- 2) Water before bed. Water before bed.
- 3) Shower before bed. Shower before bed.
- 4) Organic oil lamp with wick Organic oil lamp with wick
- 5) Meditate Meditate
- 6) Head not to north (causes too much blood to head)
 Head not to north (causes too much blood to head)
- 7) Sit on bed and think: was what I did this day worthwhile?
 Sit on bed and think: was what I did this day worthwhile?
- 8) Put everything you gathered during the day aside.
 Put everything you gathered during the day aside.



- 1) No alarm No alarm
- 2) Rub hands together + touch eyes Rub hands together + touch eyes
- 3) Get up on right side. Get up on right side.
- 4) Smile because you are alive Smile because you are alive
- Smile because the people you love are alive.

wick } thread flame (S)

meditate (think peace) (I have other ids for "meditate")

right (position indicator)

together / apart gather collection

Love (++) Friend dear smile want