

Spiritual Life Style

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Amritvela



**Amritvel
a**



Time



Light Food



Oh I missed



Friends Talking



Adjust sleep time



Over Eating

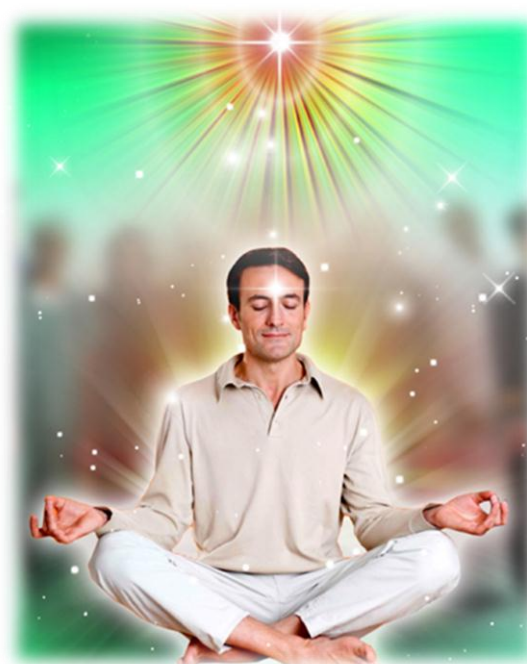


Late Night Working





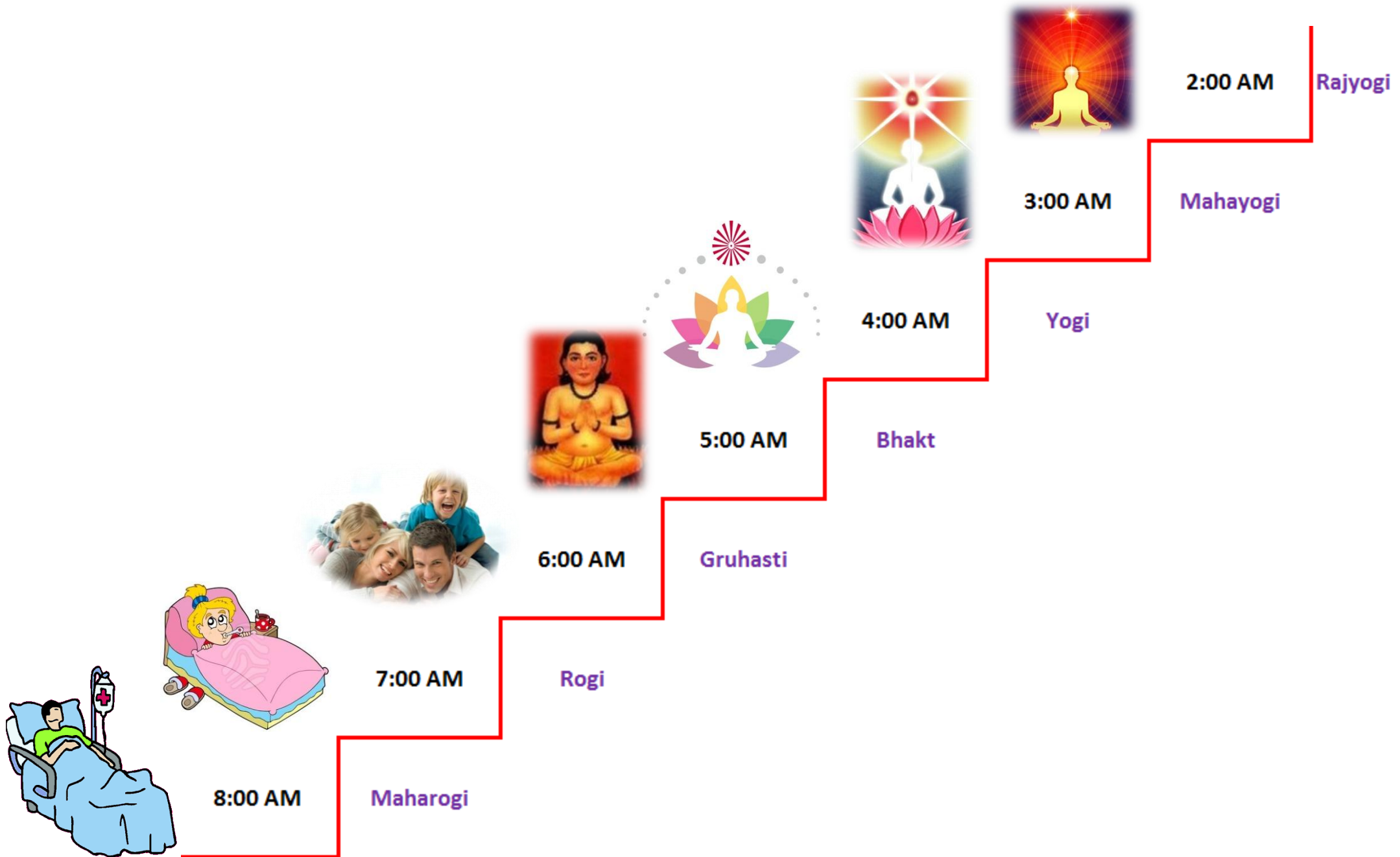
Rajyogi



Main Prakrutijeet Atma Hoon



I am child of Ocean of Love





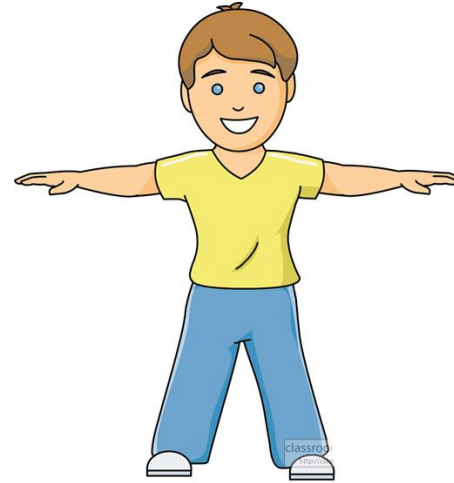
Daily Exercise



Outdoor Games



Walking



Exercise



Pranayam



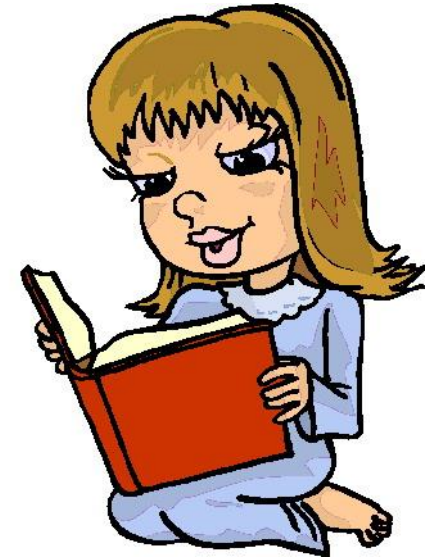
Spiritual Study



Writing

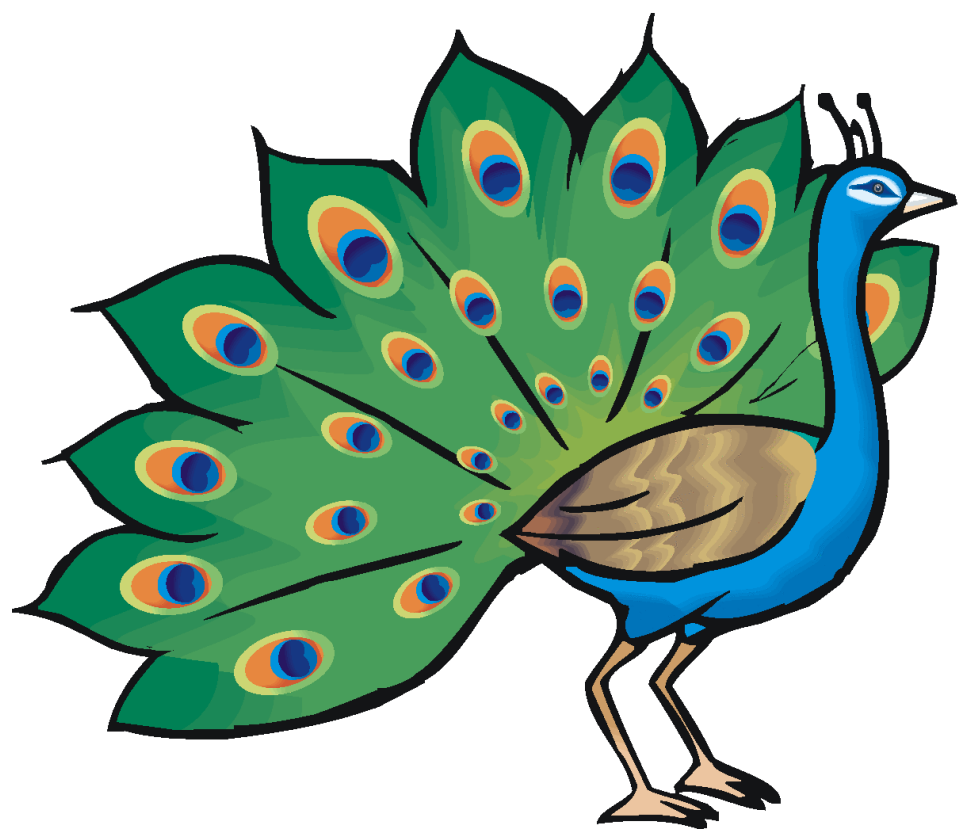


Listening in Class



Reading

Purity



Mansa

Vacha

Karmana



रघुकुल रीत सदा चली आई
प्राण जाए पर वचन न जाई

Character is lost everything is lost



Money



Health

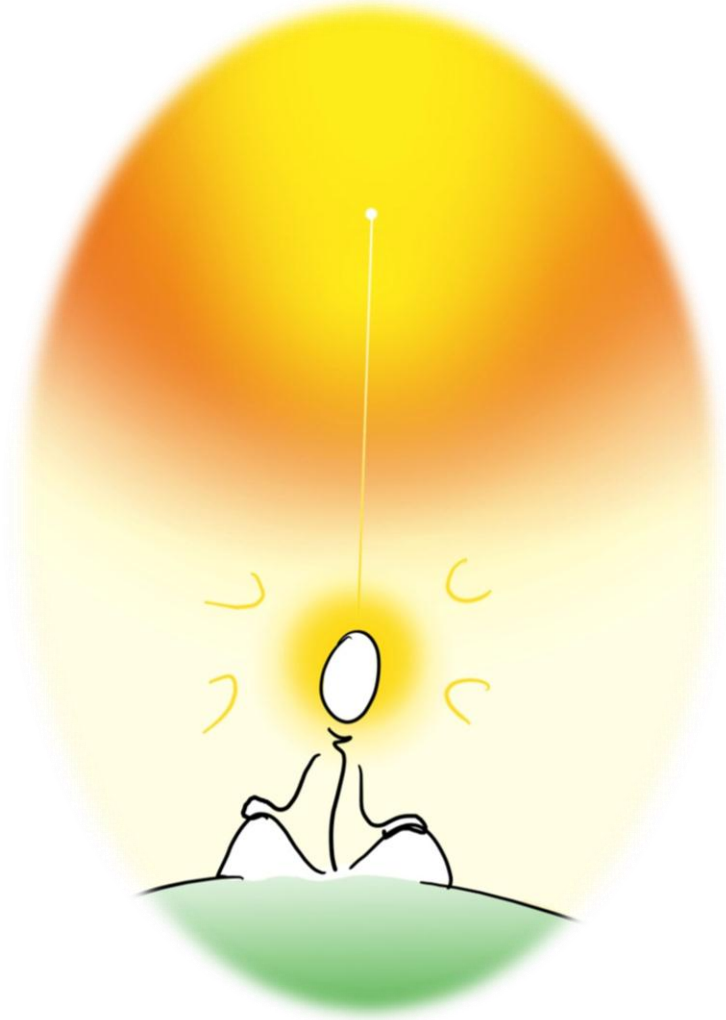


Character



Honor of Promise

Evening Yog



Numasham



Evening Yog



Serving Nature



Vibrations to Mother Earth

अनादि स्वरूप

फ़रिश्ता स्वरूप



देवता स्वरूप

: आओ हम पाँच स्वरूपों को याद करें :
मैं चमकती आत्मा हूँ, आदि में देव स्वरूप थी,
फिर भक्ति में मेरे इष्ट देव स्वरूप की पूजा हुई।
अभी पुरुषोत्तम संगमयुग पर
मैं भगवान का बच्चा, सर्वश्रेष्ठ ब्राह्मण बना हूँ
और अभी अंत में फ़रिश्ता बनूँगा – इसी स्मृति में रहें।

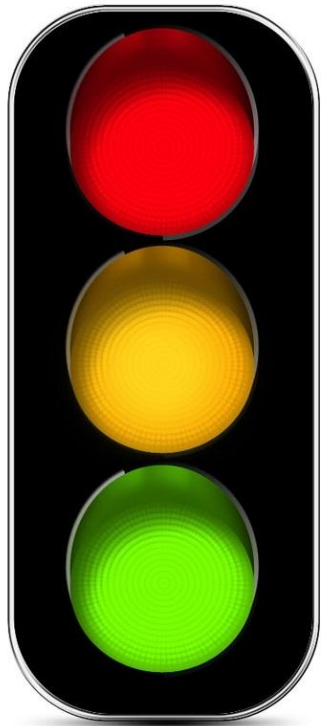


पूज्य स्वरूप



ब्राह्मण स्वरूप

Traffic Control



S. No.	Time
1	3:30 am
2	4:00 am
3	5:45 am
4	7:00 am
5	10:30 am
6	12:00 pm
7	5:30 pm
8	7:30 pm
9	9:30 pm



Avoid Accidents

Divine Practices



Hard Time



Hardly any Time



Discus of Self Realization



Respect Elders



Karz - Marz

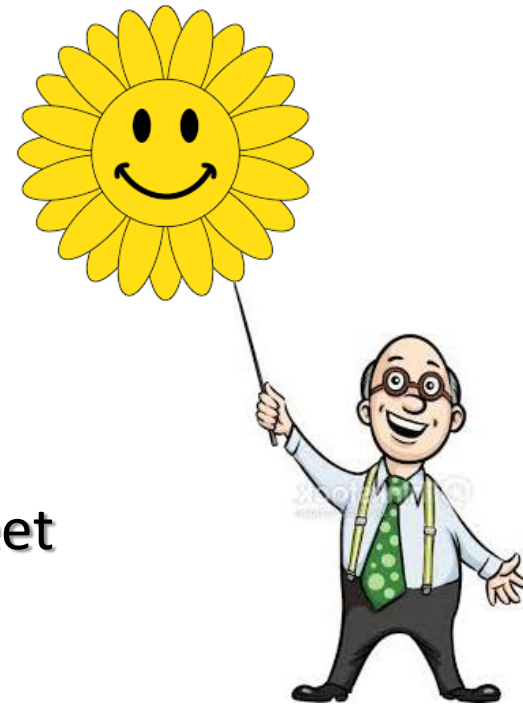


Cooperate

Divine Practices



- Help others
- Cooperative behaviour
- Cheerful personality



- Speak less, slow and sweet
- Win win approach



Food Habits



Healthy Diet



Offer Food to Supreme



Eating in Silence



SOUL Conscious



Daily Chart

S. No.	Point	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Amritvela Yog							
2	Exercise							
3	Numasham Yog							
4	Traffic Control							
5	Bhojan Yog							

Thank you