

DAILY ROUTINE



Morning Rhythm:

- GRATITUDE: BEFORE GETTING OUT OF BED, TAKE 3-5 DEEP BREATHS AS YOU THINK OF THREE THINGS OR PEOPLE YOU ARE GRATEFUL FOR.
- AFTER BRUSHING YOUR TEETH AND CLEANSING YOUR BODY, HAVE 1 LARGE MUG OF HOT WATER WITH FRESH SQUEEZED LIME.
- ALTERNATE NOSTRIL BREATHING FOR 4 MINUTES
- USE THE GUNA-CHECKLIST: SEE NEXT PAGE FOR DETAILS.

GUNAS CHECK-LIST

20 ATTRIBUTES MATTER

TAKE INVENTORY OF HOW YOU FEEL WHEN YOU RISE
IN THE MORNING WITH THE QUALITIES BELOW.

HEAVY -- LIGHT

SLOW | DULL -- QUICK | SHARP

COLD -- HOT

MOIST -- DRY

SMOOTH -- ROUGH

SOLID -- LIQUID

SOFT -- HARD

STABLE -- MOBILE

SUBTLE -- GROSS

CLEAR -- SLIMY | CLOUDY

SEE WHAT QUALITIES YOU ARE EXPERIENCING IN
YOUR BODY AND MIND NOW.

THEN CHOOSE THREE THINGS YOU WILL DO TODAY
TO INVITE IN THE OPPOSITE QUALITIES THAT WILL
HELP BRING YOU BACK INTO BALANCE

JOURNAL ABOUT YOUR EXPERIENCE.

[THESISTERSCIENCE.COM](http://thesisterscience.com)

EVENING RHYTHM

1. CELL PHONE, COMPUTER AND ALL ELECTRONICS OFF BY 8PM
2. TAKE A SHOWER AND GIVE YOURSELF A FOOT MASSAGE WITH SESAME OIL
3. PRACTICE 4 MINUTES OF ALTERNATE NOSTRIL BREATHING
4. BE IN BED BY 9:30PM TO REST OR READ SPIRITUAL LITERATURE FOR A FEW MINUTES.
5. CLOSE YOUR DAY WITH A SIMPLE VISUALIZATION OF WHAT YOU WANT TO EXPERIENCE IN THE DAY TO COME. THE ENERGY, THE MINDSET AND EXPERIENCE YOU ARE COMMITTING TO BRING TO YOUR DAY.