My Strong & Steady Meditative Practice

In the morning...

- Ishnaan ~ 3-minute cold shower
- Drink a glass of water
- Japji Sahib recitation
- 11-minute long deep breathing
- Stretching ~ 10 Sun Salutations
- 5-minute relaxation
- 31 minute reading from personal Sahej Path
- Take a Hukam from Siri Guru Granth Sahib

In the evening...

- Rehras Sahib recitation
- 31 minute reading from personal Sahej Path
- Kirtan Sohila recitation

Notes
My Strong & Steady Meditative Practice

In the morning...

In the evening...

Notes