

THE IDEAL DAILY RHYTHM

GUNA	TIME OF THE DAY	To promote	To avoid
S A T T V A	BEFORE SUNRISE	Rasas : Shanta Waking up ritual (see extra exercises week 6), including going to bathroom & refreshing. Maybe a short, slow walk in garden or nature.	Rasas : all except Shanta Coffee, black tea, news, Facebook, interaction
	SUNRISE	Rasas : Shanta Meditation	Rasas : all except Shanta Everything except meditation
	AFTER SUNRISE	Rasas : Shringara Sun salutation, asana, pranayama, shower, sankalpa & puja, breakfast, maybe cleaning + hobbies and togetherness, maybe sex	Rasas : all except Shanta & Shringara Worrying about the day to come, though planning is logical Too heavy foods in breakfast
R A J A S	BEFORE LUNCH	Rasas : Veera & Hasya Work, asana, pranayam	Rasas : Raudra In between snacks
	AFTER LUNCH	Rasas : Hasya, followed by Veera Some rest without sleep, togetherness, hobby Work	Rasas : Raudra & Vibhatsya Sleep, in between snacks
T A M A S	AFTER WORK	Rasas : Shanta Shavasana, belly breathing, singing, relaxation If possible, have dinner before sunset.	Rasas : Raudra & Vibhatsya Thinking about work
	AROUND SUNSET	Rasas : Shringara & Adbhut Burn some incense to the good energies, welcome them.	Rasas : Bhayanak & Vibhatsya Dirty places, bad smells
	AFTER SUNSET	Rasas : Shringara & Adbhut Togetherness with music, stories, a good movie	Rasas : Bhayanak & Vibhatsya & Karuna Negative input from media, movies,...
	BEFORE SLEEP	Rasas : Shanta Massage, meditation, maybe sex	Rasas : all except Shanta & Shringara Screens, excitement, light