

Swamiji's schedule (sample)

MOLNTHE 3 A.D. GETTING LA 4 to 6- MEDITATION alone 7-20 to 8-10- along with one old men DAILY For 3 dags in a work \$ 3 dags in a work \$ 8-30x8-40 to 9-30x9-40 Sometimer repto 10-30 \$ sometimer repto 10-30 \$ sometimer repto 5-459n. 2-25 to 4-20 I go at to R linten to reading of BHALAVATAN IN SAMSKATT by a BLHAMA-CHARINI dissiple who is _ CATHIKA L I to 25 ders. left have in best 25 years

Daily:

Morning 3 a.m. - Getting up

4-6 - Meditation alone

7.20 - 8.10 - along with one old man

For 3 days in a week:

8.30 or 8.40 to 9.30 or 9.40 sometimes upto 10.30 and evening 4.30 to 5.45 pm (meditation)

<u>Daily</u>: 2.25 to 4.20 pm I go out to listen to reading of Bhagavatam in Sanskrit by a Brahmacharini disciple who is a sadhaka and left home for last 25 years.