Bk.Ameer

Purusaarth Plan

Drill Timings strict to follow

Amrit vela\_ Starting 1 1 Five Swaroop

Ending 1 2

At rest Room 1 3

Before B Fast 1 4

Starting to Office 1 5

At Office atleast 5 times 10

Before Lunch 1 11

Up to Eve 5 times 16

Before eve yog 1 17

Before Dinner 1 18

After dinner 2 20

Till bed 4 times 24

Amrit Vela 2.00- 4.45 only 45 Mins

Class 6.30

To Class Bike riding Drill and Farishta practice

At Calss Try to 100% Soul conscious

From Class

At Home

Breakfast

At Home

To Office

At Office

From Office

Lunch

Service

Eve Yoga

Walking on world

Dinner

Service

Vichar sagar Manthan of Murli

Soul conscious see other athman

Try to 100% Soul conscious

Soul conscious see other athman

Drill Five Swaroop

Peace Messanger

Drill Five Swaroop

Try to 100% Soul conscious

3.00 — 6.00

Try to 100% Soul conscious

6.00 - 7.30

Dead Silence, Viswa Kalyankari

7.30 — 8.00

Pushing Pulling Farishta

Try to 100% Soul conscious

9.00 - -------

Try to 100% Soul conscious.