Master Plan

# Consciousness

* + Guru Pooja, Upa yoga, Surya kriya, Shambhavi; Shoonya; SCK, yogasanas
  + Do Surya Kriya to see if I can derive benefits from the upcoming solar flares
    - Study the solar flare’s terminology and notice relative magnitudes’ effects on me
  + 7 chakras
  + 8 limbs of yoga
    - [1. YAMA – Restraints, moral disciplines or moral vows](https://www.ekhartyoga.com/articles/philosophy/the-8-limbs-of-yoga-explained#h-1-yama-restraints-moral-disciplines-or-moral-vows)
      * [Ahimsa](https://www.ekhartyoga.com/articles/philosophy/ahimsa-non-violence) (non-violence),
      * [Satya](https://www.ekhartyoga.com/articles/philosophy/the-yamas-satya-truthfulness) (truthfulness),
      * [Asteya](https://www.ekhartyoga.com/articles/philosophy/the-yamas-asteya-non-stealing) (non-stealing),
      * [Brahmacharya](https://www.ekhartyoga.com/articles/philosophy/the-yamas-brahmacharya-right-use-of-energy) (right use of energy), and
      * [Aparigraha](https://www.ekhartyoga.com/articles/philosophy/aparigraha-practising-non-attachment) (non-greed or non-hoarding).
    - [2. NIYAMA – Positive duties or observances](https://www.ekhartyoga.com/articles/philosophy/the-8-limbs-of-yoga-explained#h-2-niyama-positive-duties-or-observances)
      * [saucha](https://www.ekhartyoga.com/articles/philosophy/the-niyamas-bringing-saucha-into-your-life) (cleanliness),
        + From within to without

Inside

From outgoing to incoming

Colon cleansing

How to know how clean it

How to clean it

Stomach

Trachea

Mouth

Clench Muscles, from down to up

Outside

From down to up

Feet

Nails

Expulsion organs

Under arms

Hand nails

Mouth

Nose

Eyes

Ears

Head

Clothes

Luggage

Car

House

Work

Other places

* + - * [santosha](https://www.ekhartyoga.com/articles/practice/santosha-contentment) (contentment),
      * [tapas](https://www.ekhartyoga.com/articles/philosophy/understanding-the-niyamas-tapas) (discipline or burning desire or conversely, burning of desire),
        + Use check marks for motivation ?
      * [svadhyaya](https://www.ekhartyoga.com/articles/philosophy/the-niyamas-svadhyaya-or-self-study) (self-study or self-reflection, and study of spiritual texts)
        + Self reflection every day before bed
      * [isvara pranidhana](https://www.ekhartyoga.com/articles/philosophy/understanding-the-niyamas-isvara-pranidhana) (surrender to a higher power).
        + Learn about prayer
        + Practice prayer daily after meditating
        + Feel how prayer feels
    - [3. ASANA – Posture](https://www.ekhartyoga.com/articles/philosophy/the-8-limbs-of-yoga-explained#h-3-asana-posture)
      * Back straight up
    - [4. PRANAYAMA – Breathing Techniques](https://www.ekhartyoga.com/articles/philosophy/the-8-limbs-of-yoga-explained#h-4-pranayama-breathing-techniques)
      * Full breaths, specially when I need to make life happen consciously
    - [5. PRATYAHARA – Sense withdrawal](https://www.ekhartyoga.com/articles/philosophy/the-8-limbs-of-yoga-explained#h-5-pratyahara-sense-withdrawal)
      * Be aware of when too much noise is becoming part of me
      * Plan a longer sense detox
    - [6. DHARANA – Focused Concentration](https://www.ekhartyoga.com/articles/philosophy/the-8-limbs-of-yoga-explained#h-6-dharana-focused-concentration)
    - [7. DHYANA – Meditative Absorption](https://www.ekhartyoga.com/articles/philosophy/the-8-limbs-of-yoga-explained#h-7-dhyana-meditative-absorption)
    - [8. SAMADHI – Bliss or Enlightenment](https://www.ekhartyoga.com/articles/philosophy/the-8-limbs-of-yoga-explained#h-8-samadhi-bliss-or-enlightenment) from “seeing equally”, without distortion
  + Others’ wellbeing
    - Check-ins
      * Mario
      * Quilvio
      * Francisco

# Health

* + Genetic predispositions: 23andMe:
  + Medical records: on Dropbox
  + Exercise routine: weights twice a week, creative outlet once a week
  + Feel flexible, energized, joyful, strong, precise
  + Diet: no red meat, no refined food, less poultry, substantial amount of fruits and nuts
  + Playfulness constantly

# Relationships

* + Family
    - Investigate genetic predispositions
    - Support mother
    - Father
    - Sister
    - Brother
    - Dimensions
      * Physical
      * Mental
      * Emotional
      * Energetic
    - Extended family
  + Friends
  + Partners

# Hobbies

* + Interests
  + Activities
  + Goals

# Professional

* + Job
  + Career goals
  + Education
  + Skills

# Finances

* + Income
  + Expenses
  + Budget

# To-do list

## Short-term goals

* + - Compose Inner Engineering sharing
      * Follow more people I know in other social media
      * Summarize sharing and post
    - Clean-up
      * Physical Space
      * Digital Spaces (decide on one use for every platform, consolidate thoughts and projects)
    - Create group for supporting people consciously doing every aspect of their life, mainly focused on location based support
    - Save
  + Long-term goals
    - Save Soil
      * Conscious Planet

# Notes

* + Important information
  + Ideas
  + Inspiration