



THE DISCIPLINED LIFESTYLE

BASIC COMPONENTS

from Kalindi

These are the basic components of Kalindi's Disciplined Lifestyle for Rapid Spiritual Transformation to break free.

- Seven to nine hours of rest every night.
- 2 1/2 hours a day for a morning program that consists of meditating, exercising, showering, dressing beautifully, getting ready for your day, and eating a good breakfast.
- Nine hours a day of work (maximum).
- Listening to a talk by Kalindi, Gourasana, or The Lady.
- Three to five hours a day for service to God, personal, or social time.
- Two days a week for three-hour GMP® meditations.
- 1/2 hour journal time before bed.
- One day per week for complete rest.
- One day per week for errands, personal and health needs, social time with family and friends, dating, etc.
- Attention to health care needs and proper nutrition.
- Ongoing attention to your Efficiency Success Action Plan.*

* This refers to a spiritual practice about having ongoing attention to living in a God-Consciousness way with all belongings, papers, etc.