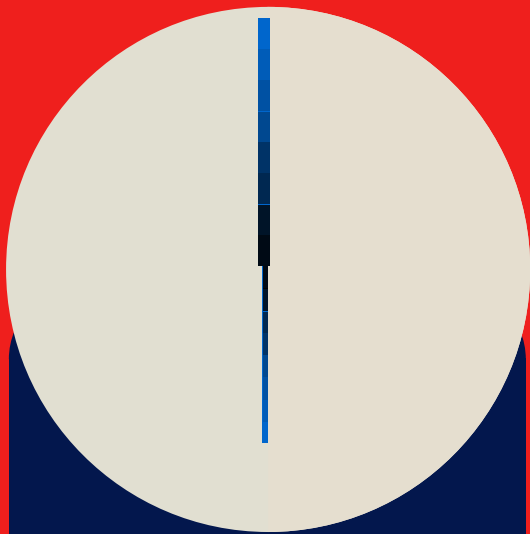


# MEDITATE

## 4 times a day

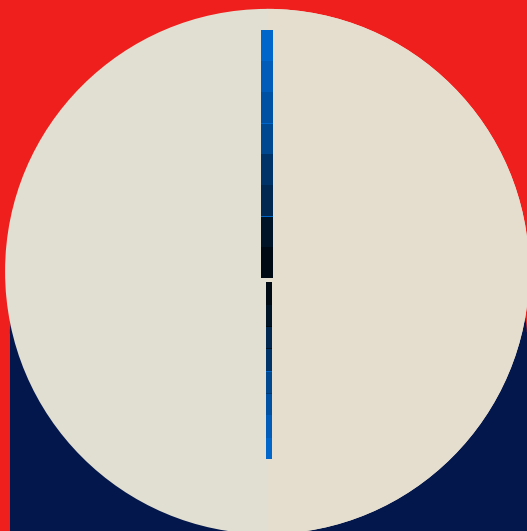
The Teachings of Swami Rama  
at THAT-first.com Yoga Advaita Samaya Srividya



6 a.m.  
OR BEFORE  
BREAKFAST



12 p.m.  
BEFORE THE  
MIDDAY MEAL



6 p.m.  
BEFORE THE  
EVENING MEAL



10 p.m.  
BEFORE  
BEDTIME