







KABIR'S WEEKLY PLANNER



DAY OF WEEK	AADIT	SOMVAAR	MA(N)GALAVAARE
 DAY IN ENGLISH (✓) The day of the week in English.	SUNDAY	MONDAY	TUESDAY
 OBJECTIVE (✓) Plan your goals for the day.	To sing praises of God over and over again. Through the Guru's teachings try to understand the mystery of the Creation.	Mind is stilled and becoming calm, while the desires have dissipated. Mind is drinking nectar and is in ecstasy.	Construct a fortress and a moat around the mind to protect it from the attacks of five thieves (passions).

DAY OF WEEK	BUDHAVAAR	BIRAHASAPAT	SUKIRAT	THAAVAR
 DAY IN ENGLISH (✓) The day of the week in English.	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 OBJECTIVE (✓) Plan your goals for the day.	Illuminate the mind with divine wisdom and God will come and dwell within.	Discard the three modes of material world and wash away all the negative tendencies.	Introspect the self to check if ego is getting boosted from the good deeds done and fame.	Experience the Divine Light of Truth within, and all around in everyone else. Then all Karmas will be erased.