Oo Hm-Mes Tu - "The Repetition of the Birth" Spring Equinox 6260 The 47 Days of Spiritual Regeneration and Rebirth 2nd Twenty-One Days: Physical Purification

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	Day 1	Day2	Day3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20
Positive Mental																				
Attitude																				
Exercise																				
Breathing Exercise																				
Meditation			+																	
Diet/Nutrition																				
6-8 Glasses of Water																				
Fresh Air																				
Sunshine																				
Rest & Relaxation																				
Rest & Relaxation																				
Journaling																				
Study																				<u> </u>
Valence Total (99) All																				
areas completed																				
Keep a daily record of how well you're able to																				
maintain your daily																				
disciplines.																<u> </u>				

Oo Hm-Mes Tu - "The Repetition of the Birth" Spring Equinox 6260 The 47 Days of Spiritual Regeneration and Rebirth 2nd Twenty-One Days: Emotional Purification

	Day 1	Day2	Day3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20
Positive Mental Attitude																				
Exercise																				
Breathing Exercise																				
Meditation																				
Diet/Nutrition																				
6-8 Glasses of Water																				
Fresh Air																				
Sunshine																				
Rest & Relaxation																				
Journaling																				
Journaling																				
Study																				
Valence Total (99) All areas completed																				
Keep a daily record of how well you're able to maintain your daily disciplines.																				

Oo Hm-Mes Tu - "The Repetition of the Birth" Spring Equinox 6260 The 47 Days of Spiritual Regeneration and Rebirth 2nd Twenty-One Days: Mental Purification

			T										1		1		1			
	Day 1	Day2	Day3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20
Positive Mental Attitude																				
Attitude																				
Exercise																				
Breathing Exercise																				
Meditation																				
Diet/Nutrition																				
5.0.0																				
6-8 Glasses of Water																				
Fresh Air																				
Sunshine																				
Rest & Relaxation																				
Journaling																				
Study																				
Valence Total (99) All areas completed																				
Keep a daily record of how well you're able to maintain your daily																				
disciplines.																				<u> </u>