

DINACHARYA

The Right Lifestyle for a Seeker

(Outlined by Sri Guru)

Waking up & charging

- Wake up at **Brahma Muhurat** (1 hr 36 min before Sunrise) or **within 48 minutes of Sunrise**.
- Connect to divine as soon as you wake up. Chanting is best way.
- Drink 1-2 glasses of warm water.
- **Spend first 30-60 minutes** practicing Meditation, watching Satsang, listening to Bhakti – activities for self-nourishment

Keeping fit at all levels

- Thrive to stay fit at physical, mental, emotional and spiritual levels.
- Spend **30 minutes - 4 hours daily** for fitness at all levels.
- **Exercise** for 30-45 minutes daily to keep body fit.
- **Learn and do seva** to keep your mental and emotional levels fit.
- **Watch or recap Satsangs** to keep your spiritual levels fit.

Sleeping to restore

- Sleep for **6-8 hours** daily.
- **Go to bed by 11 pm** as the body goes under healing from 11 pm to 5 am.
- Wind up your day by **remembering God before you sleep**. You may perform 'Tripaath' - Kshamapna, Vachnamrut 505 & Upaasna Ki Akhand Jaagriti.
- **Day sleep is not recommended** for people aged 15-60 years.

Connecting through Prayers

- Prayers strengthen connection.
- You can recite Dev Vandan in the mornings or evenings.

Food

- Food has a lot to do with your being.
- Consume the **largest meal between 10 am and 2 pm** - as it is the 'Pitta' time of the day (digestive fire at peak).
- **Dinner should be finished before 7 pm**. Otherwise, digestion may interfere with body's healing energies that activate from 11 pm to 5 am.
- Eat within 24 minutes. Chew properly.

Wordly duties

- Whether a student, job goer, businessman or homemaker, spend at-most **9 hours** to perform your worldly duties.

Quick links:

1. Reference [Satsang on Dinacharya](#).
2. [Morning Dev Vandan](#)
3. [Evening Dev Vandan](#)
4. Get Tripaath in [RajRatna \(Hindi\)](#)
5. Watch [Satsangs](#)
6. Listen [Bhakti](#)
7. [Free guided Meditations](#)
8. [Learn Prana Kriya](#) Meditation

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