



DAILY DHARMIC CALM CHECKLIST

A compact guide for resetting mind, breath & intention in under 5 minutes.

☞ 1. Three-Breath Dharma Pause (30–60 sec)

- ✿ Inhale 4 → hold 1 → exhale 6 (×3)
- ✿ Whisper a value on each exhale: *truth / duty / compassion*
- ✿ Quick intention: *“I choose clarity over reaction.”*

☞ 2. Satya Scan (30 sec)

- ✿ What happened? (1 factual line)
- ✿ What am I feeling? (1 word)
- ✿ What story am I telling? (1 sentence)
- ✿ One factual next step.

☞ 3. Boundary Bhavana (60 sec)

✿ Hand on heart → inhale → exhale → draw an inner golden line.

✿ Script-ready: “*I can’t take this now; I can help on ____.*”

☞ 4. Karma Cleanse Micro-Service (30–60 sec)

✿ One small kindness with the mantra: “*For the good of all.*”

Examples: offer attention, hold a door, help someone lift, refill water.

☞ 5. Loka-Sangraha Intention (30 sec)

✿ Think of **three names** you will hold in goodwill today.

✿ Offer presence, not solutions.

☞ QUICK END-OF-DAY RESET (Optional)

- 1 Satya Scan
 - 1 micro-service reflection
 - 1 boundary check: *What drained me today? What sustained me?*
 - 1 gratitude line: “*One thing that went right today was...*”
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☞ MANTRA FOR THE DAY

“*A calm mind is an ethical mind.*”

7-DAY DHARMIC STRESS RESET

(A structured, gentle, self-guided program)

☞ DAY 1 — Breath & Body Reset

- ✿ Three-Breath Dharma Pause (morning, afternoon, night)
 - ✿ One Satya Scan after the most stressful moment of the day
 - ✿ Journaling (2 lines): *“What softened after three breaths?”*
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☞ DAY 2 — Truth Before Emotion

- ✿ Begin with 1 pause
- ✿ Do **two Satya Scans** today
- ✿ Identify one story your mind is magnifying
- ✿ Reframe gently: *“What else could be true?”*
- ✿ Evening note: 3 bullets on clarity gained

☞ DAY 3 — Boundary Establishment

- ✿ Practice Boundary Bhavana once in the morning
- ✿ Say **one small “No”** using a script
- ✿ Replace guilt with evidence: write 3 people helped by your focus
- ✿ Evening note: *“How did protecting energy change my mood?”*

☞ DAY 4 — Micro-Service Identity Shift

- ✿ Three-Breath Pause
- ✿ Do **one unbilled service act** (silent mantra: *for the good of all*)
- ✿ Notice emotional shift for 10 seconds
- ✿ Evening note: *“What did I feel when I contributed?”*

☞ DAY 5 — Loka-Sangraha Connection

- ✿ Offer **three silent names** in the morning
- ✿ Listen deeply to one person today without advice
- ✿ Say: *“I’m here — tell me more.”*
- ✿ Evening note: *“How did presence change my stress?”*

The Dharmic Reset Formula:

1. **Pause** (breath)
2. **Perceive** (truth)
3. **Protect** (boundaries)
4. **Participate** (service)
5. **Presence** (community)

Do 1 per day = 7-day transformation.

☞ DAY 6 — Weekly Evidence Review

- ✧ 10–20 minute Sunday-style reflection
- ✧ Take the **3 biggest worries** of the week

- Evidence for
- Evidence against
- A calmer interpretation
- One next step

- ✧ Close with 3-breath pause
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☞ DAY 7 — Integration & Mini-Plan

- ✧ Choose **your top two stress tools**
- ✧ Create a small weekly schedule
- ✧ Do a 5-minute Karma Cleanse
- ✧ Write 3 intentions for next week:

- One for people
 - One for self
 - One for purpose
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“☞ act from clarity, not pressure.”