

SETTING YOUR AMRIT VELA ROUTINE



Go to sleep at a set time daily

Have at least 24 minutes set aside during the day. This is known as a "Gharee" of Bhagthi. This could be broken down into 4x6 minute breaks in the day



Find an Amrit Vela partner

Find someone else who is interested in waking up. You can be doing it separately. If you could call someone to wake them up or they call you then this really helps.



Have a wind-down routine

Around 30 minutes before, start winding down. Get changed and do your wind down routine before reading Sohila. Keep it exactly the same.



Don't watch emotional programmes

Do not watch high energy, highly emotional or those programmes that incite the five evils. Particularly hateful, lustful and violent programmes.



Reduce the usage of appliances and gadgets at least 1 hour before sleep

Ideally do not look at your phone for 2 hours before sleeping or watch TV. But at least one hour.



Use technology for your benefit

Have an alarm that you have to get out of bed to turn off. You can also use automated lighting that turn on to wake you.



Set a time to wake up and stick to it

Even if you go to sleep later, keep your wake up time the same and catch up with sleep with a nap later on.



Think about tomorrow's goals today

If you need to do things tomorrow, work them out before your wind down time the day before. That way in Amrit Vela you will not get distracted trying to organise them in your mind.



Wake up after a complete cycle

Our sleep cycles are around 90 minutes. If you wake up within a cycle you will be very tired. So you should aim to wake up after 1.5, 3, 4.5 or 6 hours.



Don't eat big meals

Large meals make you sleep heavily. A good programme is 5 or 6 smaller meals with two being fruit and veg only. A good rule is that the food should not be more than two handfuls per meal.



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In the Amrit Vaylaa, the ambrosial hours before dawn, chant the True Name, and contemplate His Glorious Greatness.

*Japji Sahib
Guru Nanak Dev Jee*