



Harshad was born in a small town in the state of Gujarat in India to reputed spiritual Jain parents. He attended high school and college in Bombay, receiving a B.Sc. in Chemistry.

While in India, he followed a few different spiritual masters, eventually leading him to meditate on and find his own identity.

He migrated to the United States over 30 years ago with his wife, and has since raised two children and built a strong real estate business. He currently lives with his family in New Jersey.

As per his vision for a non-profit organization that seeks to help people develop a meditation practice, creative skills, financial stability, celebratory experiences, and physical fitness, he practices these five activities in his everyday life:

He meditates daily;

He is actively involved in producing theatrical plays in India and short films in the US;

He oversees the growth and maintenance of the businesses he has established;

He celebrates life regularly by going abroad every year and spending time enjoying movies, restaurants, and parks with his friends and family;

He walks daily and maintains his health and fitness.

He is always thankful to God/the supreme energy for all that he has: his lovely family and experiences in both great countries, India where he was born and brought up, and America where he has prospered and is now pursuing his vision to improve the quality of life of all his fellow humans in USA, India and the whole world.

Harshad shah

This journal can lead you to a better spiritual, financial, physical, and creative life, while celebrating to the fullest. Like any achievement, one has to work on this simple but effective method for a few weeks to feel a difference in one's quality of life. You don't need to show this personal journal to anyone, unless you choose to.

Most of us spend a large part of our time working to fulfill our financial needs. In fact, during the entire time we are awake, we do very little that animals do not do. We seek food, rest, and perhaps a little entertainment. However, as humans, we are capable of far more than these basic behaviors. Spirituality, creativity, and taking time to celebrate the extraordinary nature of human life are key to elevating us to our full human potential.

For this purpose, this simple and personal journal has been created. It will help you allocate 24 hours of the day to five activities to be done on a daily basis, and keep track of your practice. These are general guidelines, and can be modified in order to suit your personal circumstances. However, it is recommended that at least three hours be spent on each activity. These activities may all be blended with and serve as complements to each other, except for the time spent practicing spirituality.

Spirituality and creativity in particular are the two essential activities that elevate humans beyond their basic physical existences, but these are unfortunately also the activities that the majority of people lack. With this journal, you will be able to make both an integral part of your daily life.

Outline of Daily Activities:

- Out of 24 hours, 7-8 hours will be allocated for sleep
- One hour will be kept for a daily morning routine (showering, brushing teeth, etc.)

- The remaining 15 hours will be divided into time spent engaging in 5 activities for 3 hours each:
- 7AM: Finish up morning routine
- 7–8:30AM: Spiritual activities:
 - » For the first 15 minutes, remind yourself that you must love yourself throughout the day, in any situation. Unless you love yourself unconditionally first, you cannot love anything or anyone else in life, and life is ugly without love. Envision the entire day's events, and imagine situations in which you may become angry, jealous, bored, or feel any other negative emotion. At those moments, you have stopped loving yourself. Nothing in the world should prevent you from loving yourself in any situation, as that is the most precious love any human has. It is private and personal, and no one else can intrude on it. Remember the importance of this love and try to be kinder to yourself, especially in these uncomfortable situations.
 - » For the next 15 minutes, make sure that you do not forget to love your physical body by indulging in activities that are not good for it. These include eating the wrong food, having improper posture while working, not moving enough, and so on.
 - » For the final 15 minutes, love yourself spiritually, being aware that everyone around you has the same spirit as you, in a different face and form. This feeling is a blessing.
 - » This wraps up 45 minutes for mind, body, and spiritual self-love.
 - » For the next 45 minutes, close your eyes and observe whatever you see, without any conscious effort. If you doze off, do not feel guilty. Simply look at whatever is seen when you close your eyes, without acceptance or denial.

- » This wraps up the first one and a half hours of the day to start. This may seem difficult at first. However, just as with any exercise, it will eventually become blissful, as anyone who has been practicing for years will vouch for. Physical exercise has many benefits, but it often does not feel pleasurable as you strain your body. In contrast, the exercise above should not feel stressful, but relaxing and rejuvenating as you are not straining yourself. As you get used to this practice, it will not take the entire 45 minutes to prepare for meditation. For the remaining time, you may read a spiritual book and reflect on it before observing inside with closed eyes.
- » There will be another spiritual practice for one and a half hour from 8:30PM – 10PM, before we go to sleep.
- » There remain 12 hours, which we will divide into four other activities: physical, financial, creation, and celebration

8:30AM – 9AM	Have a healthy breakfast, a part of physical activity.
9AM – 12PM	Work for financial needs, a part of financial activity.
12PM – 1PM	Lunch and rest, a part of physical activity.
1PM – 4PM	Creatively complement financial work with innovation.
4PM – 6PM	Complement financial work with fun, so as to make the financial work celebratory rather than tiresome.
6PM – 7PM	Exercise or walk, a part of physical activity.
7PM – 7:30PM	Dinner, a part of physical activity.
7:30PM – 8:30PM	Sing, dance, play, laugh, etc., as a part of celebration activity.
8:30PM – 10PM	Spiritual activities:

- For 15 minutes, replay your day's activities and identify the instances where you stopped loving yourself. Do not scold yourself, as this will build a block. The knowledge itself is enough to ensure that you will be careful next time. Likewise, do not be too excited if you did not or only minimally stopped loving yourself at any moment, as that too builds a block.
- For the next 15 minutes, make sure that you are fully comfortable for the rest of the night. For the next 15 minutes, look around your bedroom and feel your spirit connected to all around you as one.
- For the next 45 minutes, close your eyes, and look within while reclining. After some time, life down fully. Continue to look within until you drift into sleep.
- As with the morning spiritual practice, you may not require the full 45 minutes once you have become accustomed to the practice. You may read a spiritual book and reflect for the remainder.

Above are the broad outlines for daily weekday and weekend activities. The 3 hours of financial activity during the week are complemented by creativity and celebration, since financial activity for its own sake is not fulfilling.

During these days, your financial activity serves you and your immediate family. During the weekend, creativity and celebration are complemented by financial activity, allowing you to return the favor and serve your neighbors, society, country and universe.

The above time line can be adjusted each individual, but try to allocate equal time to all the activities. Make especially sure not to sacrifice spirituality and creativity, as these activities will make you fully human. To evaluate your progress, we have included five stars to rate your day at the bottom of the page.

Remember, this journal is your private property and no one is allowed to see it unless you want them to. You are your own master, and only you can give yourself grades, no one else. After all, who in the world would know you better than yourself?

Above sample pages will also have a five stars at the bottom of the page and all the journal users will be rating their everyday life , like we see ratings for movies etc..

They can copy those pages and have a larger journal for them selves to use daily and write their comments on it ..

To live and practice these daily activities for 1-4 weeks in a group setting at our institution, please send an email to info@h-foundation.org.

Volunteer for above activities are welcomed and appreciated.

For further information, please visit www.h-foundation.org

If you have any questions, feel free to send an

E-mail to:info@h-foundation.org

1. Spiritual... began? Liked? Craving for more? Lot of questions?

2. Creativity... Got that child enthusiasms back in life to create something new..

3. Celebration - got it balanced with work ?

4. Physical - getting bit more fit body ?

5. Heading towards financial freedom with noble purpose, Creatively while Celebrating life, rather than being in rat race ?

Above five questions are printed on every day page ,which will be useful in the beginning but as you continue... you may just write a brief description of your plus and minus, on every activity, everyday to be aware

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