

"You must chant. Right now – Anyhow: Do suicide or Chant: Do or Die Situations:
If you're unable to, it means something dark inside is stopping you from reaching Good and God. " - Anonymous

❀ मूल मंत्र / जप: "राधे राधे"

❀ TOTAL:

- ✅ 1 minute = 125 times Shrimati Radha Rani Name Smran
- ✅ 60 Blocks × 20 minutes/block = 1200 minutes = 1.25 lakh + Name Smran /Daily
- ✅ Daily Target: 50 Blocks = 16 hours 40 minutes daily Minimum

24 Hours Block

Start to Finish: Restlessly

Session 1

Time	Block	Status
2:30 AM - 2:50 AM	1	☐
2:50 AM - 3:10 AM	2	☐
3:10 AM - 3:30 AM	3	☐
3:30 AM - 3:50 AM	4	☐
3:50 AM - 4:10 AM	5	☐

Break 30 minutes

Session 2

Time	Block	Status
4:40 AM - 5:00 AM	6	☐
5:00 AM - 5:20 AM	7	☐
5:20 AM - 5:40 AM	8	☐
5:40 AM - 6:00 AM	9	☐

Session 3

Time	Block	Status
6:00 AM - 6:20 AM	10	☐
6:20 AM - 6:40 AM	11	☐
6:40 AM - 7:00 AM	12	☐
7:00 AM - 7:20 AM	13	☐
7:20 AM - 7:40 AM	14	☐

Session 4

Time	Block	Status
8:00 AM - 8:20 AM	15	☐
8:20 AM - 8:40 AM	16	☐
8:40 AM - 9:00 AM	17	☐
9:00 AM - 9:20 AM	18	☐
9:20 AM - 9:40 AM	19	☐
9:40 AM - 10:00 AM	20	☐

Session 5

Time	Block	Status
10:10 AM - 10:30 AM	21	☐
10:30 AM - 10:50 AM	22	☐
10:50 AM - 11:10 AM	23	☐
11:10 AM - 11:30 AM	24	☐
11:30 AM - 11:50 AM	25	☐

Session 6 — Final Push Before 12:30 PM

Time	Block	Status
12:10 PM - 12:30 PM	26	☐
12:30 PM - 12:50 PM	27	☐
12:50 PM - 1:10 PM	28	☐
1:10 PM - 1:30 PM	29	☐
1:30 PM - 1:50 PM	30	☐

Break 20 minutes

Session 7 — Final Push Before 6:00 PM

Time	Block	Status
2:10 PM - 2:30 PM	31	☐
2:30 PM - 2:50 PM	32	☐
2:50 PM - 3:10 PM	33	☐
3:10 PM - 4:30 PM	34	☐

Session 8

Time	Block	Status
4:40 PM - 5:00 PM	35	☐
5:00 PM - 5:20 PM	36	☐
5:20 PM - 5:40 PM	37	☐
5:40 PM - 6:00 PM	38	☐
6:00 PM - 6:20 PM	39	☐
6:20 PM - 6:40 PM	40	☐

Session 9 — Evening Focus

Time	Block	Status
7:00 PM - 7:20 PM	41	☐
7:20 PM - 7:40 PM	42	☐
7:40 PM - 8:00 PM	43	☐
8:00 PM - 8:20 PM	44	☐
8:20 PM - 8:40 PM	45	☐

Session 10 — Night Push

Time	Block	Status
9:00 PM - 9:20 PM	46	☐
9:20 PM - 9:40 PM	47	☐
9:40 PM - 10:00 PM	48	☐
10:00 PM - 10:20 PM	49	☐
10:20 PM - 10:40 PM	50	☐

Break — 20 Minutes

Session 11 — Late Night

Time	Block	Status
11:00 PM - 11:20 PM	51	☐
11:20 PM - 11:40 PM	52	☐
11:40 PM - 12:00 AM	53	☐
12:00 AM - 12:20 AM	54	☐
12:20 AM - 12:40 AM	55	☐

Session 12: Final Breakthrough

12:50 AM - 1:10 AM	56	☐
1:10 AM - 1:30 AM	57	☐
1:30 AM - 1:50 AM	58	☐
1:50 AM - 2:10 AM	59	☐
2:10 AM - 2:30 AM	60	☐

Total Focus Time: ~19.5 hours (around 1200 minutes)

- 🏊 Breaks: ~4 hours (240 minutes)
- 💤 Sleep/Rest/Flexibility buffer: **None built-in** (You may adjust if needed)

▼ In Bhakti:

Quality:

A single **pure name of Radha-Krishna** with *shraddha* (faith) = **more powerful** than 10,000 mindless names.

Quantity:

But if **purity is low**, then go for **intensity and quantity** to purify the heart.

Like here: restlessness

Make Xerox: of this page:

1/7/21/45/60/90 days :

Start any time: tick Blocks:

At least start with 10 blocks
 10b * 20min/b * 125 times = 25,000 T/m/d
 10 block = 200 minutes = 3+ hours
Easy, easy??? Shut Up: Read Headlines

I do not care what is your feelings or Excuses:

क्योंकि श्री मीरा बाई, श्री नरसी मेहता और श्री सूरदास ji ने भी परवाह नहीं की। — "मुझे कृष्ण अभी चाहिए, इसी क्षण!"