

1st Air Element Mantra

start date:

projected end date:

at this time every day:

(between sunrise & sunset)

DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
MALAS															

DAY	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
MALAS															

DAY	31	32	33	34	35	36	37	38	39	40	41
MALAS											

Symptoms, experiences & dreams you're having while charging this mantra:

2nd Air Element Mantra

start date:

projected end date:

at this time every day:

(at dusk)

DAY	1	2	3	4	5	6	7	8	9
MALAS									

Symptoms, experiences & dreams you're having while charging this mantra:

3rd Air Element Mantra

start date:

projected end date:

at this time every day:

(midnight)

(midnight)

DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
MALAS															

DAY	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
MALAS															

DAY	31	32	33	34	35	36	37	38	39	40	41
MALAS											

Symptoms, experiences & dreams you're having while charging this mantra: