



Five Elements Process Mantra Tracking

In the tracking charts, the field titled “Mala” refers to 108 repetitions on a meditation mala (prayer beads) with 108 beads. 108 repetitions = 1 Mala. When you finish 108 repetitions, enter ‘1’ in the field or just a ✓

108 repetitions are the minimum amount of repetitions. If you wish, you can do more. I.e. if you do 2 rounds of malas (2 x 108 repetitions) you can “2” in the field for that day’s meditation sessions.

Enjoy & don’t lose your inspiration!

1st Earth Mantra

start date:

projected end date:

at this time every day:

(same time every day)

| | | | | | | | | | | | | | | | |
|-------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|
| 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 Earth Mantra

start date:

projected end date:

at this time every day:

(same time every day)

| 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:

3rd Earth Mantra

start date:

projected end date:

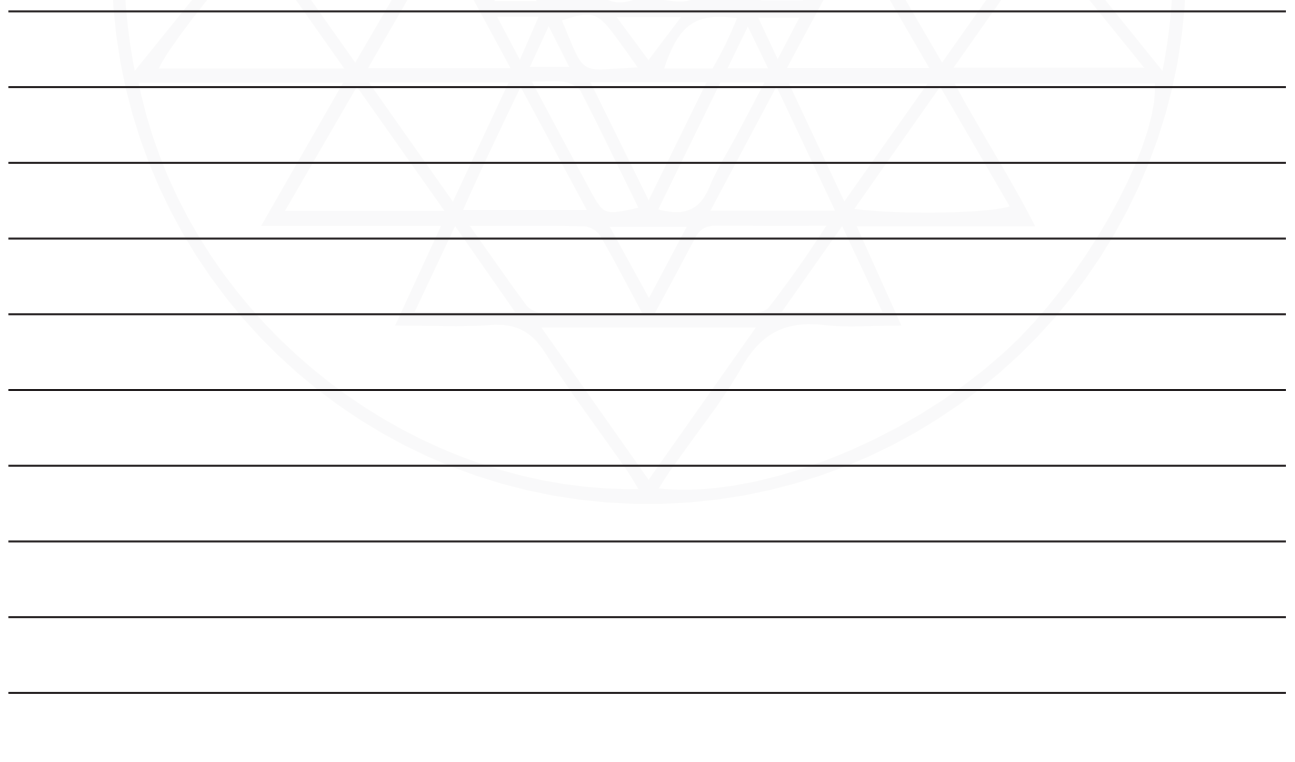
at this time every day:

[illegible]

| DAY | 16 | 17 | 18 | 19 | 20 | 21 |
|-------|----|----|----|----|----|----|
| MALAS | | | | | | |

On 21st day, Lakshmi yantra drawing process completed:_____

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



Fire Element Mantra

start date:

projected end date:

at this time every day:

(at night)

| | | | | | | | | | | | | | | | |
|-------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|
| 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:

Sky Element Mantra

start date: projected end date: at this time every day:

| | | | | | | | | | | | | | | | |
|-----|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|
| 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:

Water Element Mantra

start date: projected end date: at this time every day:

| | | | | | | | | | | | | | | | |
|-----|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|
| 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:

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:

Concluding Mantra

start date:

(42nd day of
3rd Air Mantra)

projected end date:

(New Moon)

at this time every day:

(midnight)

| DAY | 42 | 43 | 44 |
|-------|----|----|----|
| MALAS | | | |

Congratulations! You've completed the Five Elements Process!

