

Harmonic Mind Listening Schedule			
<b>Week 1 Level 1</b>	Morning	Evening	Bonus
<b>Day 1</b>	1.1 Awaken	1.2 Envision	
<b>Day 2</b>	1.1 Awaken	1.3 Transcend	
<b>Day 3</b>	1.1 Awaken	1.2 Envision	
<b>Day 4</b>	1.1 Awaken	1.3 Transcend	
<b>Day 5</b>	1.1 Awaken	1.2 Envision	
<b>Day 6</b>	1.1 Awaken	1.3 Transcend	
<b>Day 7</b>	Rest	Rest	
<b>Week 2 Level 1</b>			
<b>Day 8</b>	1.1 Awaken	1.2 Envision	
<b>Day 9</b>	1.1 Awaken	1.3 Transcend	
<b>Day 10</b>	1.1 Awaken	1.2 Envision	
<b>Day 11</b>	1.1 Awaken	1.3 Transcend	
<b>Day 12</b>	1.1 Awaken	1.2 Envision	
<b>Day 13</b>	1.1 Awaken	1.3 Transcend	
<b>Day 14</b>	Rest	Rest	
<b>Week 3 Level 2</b>			
<b>Day 15</b>	2.1 Serenity	2.2 Departure	
<b>Day 16</b>	2.1 Serenity	2.3 Arrival	
<b>Day 17</b>	2.1 Serenity	2.2 Departure	
<b>Day 18</b>	2.1 Serenity	2.3 Arrival	
<b>Day 19</b>	2.1 Serenity	2.2 Departure	
<b>Day 20</b>	2.1 Serenity	2.3 Arrival	
<b>Day 21</b>	Rest	Rest	
<b>Week 4 Level 2</b>			
<b>Day 22</b>	2.1 Serenity	2.2 Departure	
<b>Day 23</b>	2.1 Serenity	2.3 Arrival	
<b>Day 24</b>	2.1 Serenity	2.2 Departure	
<b>Day 25</b>	2.1 Serenity	2.3 Arrival	
<b>Day 26</b>	2.1 Serenity	2.2 Departure	
<b>Day 27</b>	2.1 Serenity	2.3 Arrival	
<b>Day 28</b>	Rest	Rest	

<b>Harmonic Mind Listening Schedule</b>			
<b>Week 5 Level 3</b>			
<b>Day 29</b>	3.1 Aligned	3.2 Surrendered	
<b>Day 30</b>	3.2 Surrendered	3.3 Silenced	
<b>Day 31</b>	3.1 Aligned	3.2 Surrendered	
<b>Day 32</b>	3.2 Surrendered	3.3 Silenced	
<b>Day 33</b>	3.1 Aligned	3.2 Surrendered	
<b>Day 34</b>	3.2 Surrendered	3.3 Silenced	
<b>Day 35</b>	Rest	Rest	
<b>Week 6 Level 3</b>			
<b>Day 36</b>	3.1 Aligned	3.2 Surrendered	
<b>Day 37</b>	3.2 Surrendered	3.3 Silenced	
<b>Day 38</b>	3.1 Aligned	3.2 Surrendered	
<b>Day 39</b>	3.2 Surrendered	3.3 Silenced	
<b>Day 40</b>	3.1 Aligned	3.2 Surrendered	
<b>Day 41</b>	3.2 Surrendered	3.3 Silenced	
<b>Day 42</b>	Rest	Rest	
<b>Week 7 Level 4</b>			
<b>Day 43</b>	4.1 Lucid	4.2 Coherent	
<b>Day 44</b>	4.2 Coherent	4.3 Concordant	
<b>Day 45</b>	4.3 Concordant	4.2 Coherent	
<b>Day 46</b>	4.1 Lucid	4.3 Concordant	
<b>Day 47</b>	4.2 Coherent	4.2 Coherent	
<b>Day 48</b>	4.3 Concordant	4.3 Concordant	
<b>Day 49</b>	Rest	Rest	
<b>Week 8 Level 4</b>			
<b>Day 50</b>	4.1 Lucid	4.2 Coherent	
<b>Day 51</b>	4.2 Coherent	4.3 Concordant	
<b>Day 52</b>	4.1 Lucid	4.2 Coherent	
<b>Day 53</b>	4.3 Concordant	4.3 Concordant	
<b>Day 54</b>	4.1 Lucid	4.2 Coherent	
<b>Day 55</b>	4.3 Concordant	4.3 Concordant	
<b>Day 56</b>	Rest	Rest	

## Harmonic Mind Listening Schedule

On Going

5.4 Praxis