DAILY SPRIRITUAL DIARY TO BE MAINTAINED FOR SELF-INTROSPECTION FOR THE MONTH OF_____INITATED ON _____

OBSERVE	FAILURES	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
(1) AHIMSA (Non-violence)	In Thought																															
	In Word																															
	In Deed																															
(2) TRUTHFULNESS	Falsehood																															
	Deceit																															
	Hypocrisy																															
	Fraud																															
	Illegal gain																															
(3) CHASTITY	In Thought																															
	In Word																															
	In Deed																															
(4) HUMILITY	Vanity of Knowledge																															
	Pride of Wealth																															
	Intoxication of Power																															
(5) LOVE FOR ALL HATRED FOR NONE	In Thought																															
IRRESPECTIVE OF	In Word																															
POSITION, WEALTH, or LEARNING	In Deed																															
	TOTAL																															
(6) SPIRITUAL PRACTICE - Time Devoted In	Repetition of Names - Simran Dyan																															
	Contacting the Holy Sound Current Bhajan																															
	Satsang																															
	TOTAL																															
(7) DIET	Foods																															
(8) SELFLESS SERVICE	Physically																															
	Financially																															

RESULTS AT END OF THE MONTH

Extent of Withdrawal From Sensual Consciousness

Inner Experience of Vision

Inner Experience of Hearing

Any Difficulty in Meditation