

DIARY TO BE MAINTAINED FOR SELF-INTROSPECTION FOR THE MONTH OF _____ INITIATED _____

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	RESULTS AT END OF MONTH
(1) AHIMSA (Non-Violence)	In thought																																(1) How far are you withdrawn from the body?
	In word																																
	In deed																																
(2) TRUTHFULNESS	In thought																																(2) What you see inside.
	In word																																
	In deed																																
(3) CHASTITY	In thought																																(3) What you hear inside.
	In word																																
	In deed -																																
(4) LOVE FOR ALL HATRED FOR NONE, IRRESPECTIVE OF POSITION, WEALTH OR LEARNING	In thought																																(4) Any difficulty you have in meditation.
	In word																																
	In deed																																
(5) DIET																																	
	TOTAL																																
(6) SELFLESS SERVICE	Physically																																
	Financially																																
	TOTAL																																
(7) SPIRITUAL PRACTICE (time devoted in)																																	
	1. Repetition of names																																
	2. Contacting Sound Current																																
	TOTAL																																

HELPFUL FACTORS: 'Service before self' - Attend Satsangs - Love for the Master - Implicit obedience to His commandments - Self-control & Discipline - Humility - Sincerity & Longing.