

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	
(1) AHIMSA	In Thought																																
	In Word																																
	In Deed																																
(2) TRUTHFULNESS	In Thought																																
	In Word																																
	In Deed																																
(3) CHASTITY	In Thought																																
	In Word																																
	In Deed																																
(4) Love for all, hatred for none, irrespective of wealth, position, or learning	In Thought																																
	In Word																																
	In Deed																																
(5) DIET	TOTAL																																
(6) SELFLESS SERVICE	Physically																																
	Financially																																
	TOTAL																																
(7) SPIRITUAL PRACTICE	Simran																																
	Bajan																																
	TOTAL																																

Name _____ Address _____

HELPING FACTORS. "Service before self." - Attend Satsangs - Love for the Master - Implicit obedience to his commandments. - Self-control & discipline - Humility - Sincerity & Ionaing.

What you see inside	What you hear inside	Any difficulty you have in meditation