

Spiritual Diary

Observance	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
Non-violence	<i>In thought</i>																															
	<i>In word</i>																															
	<i>In deed</i>																															
Truthfulness	<i>Falsehood</i>																															
	<i>Deceit</i>																															
	<i>Hypocrisy</i>																															
	<i>Fraud</i>																															
	<i>Illegal gain</i>																															
Chastity	<i>In thought</i>																															
	<i>In word</i>																															
	<i>In deed</i>																															
Humility	<i>Vanity of knowledge</i>																															
	<i>Pride of wealth</i>																															
	<i>Intoxication of power</i>																															
Selfless Service	<i>Physical</i>																															
	<i>Financial</i>																															
Diet																																
Meditation	<i>Seeing (Simran, Dhyana)</i>																															
	<i>Hearing (Bhajan)</i>																															
	<i>Total:</i>																															
<i>Extent of withdrawal from sensual consciousness</i>		<i>Inner experience of vision</i>					<i>Inner experience of hearing</i>					<i>Any difficulty in meditation</i>					<i>Daily diary for the month of</i>															