

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 thought																															
	In deed																															
(3) CHASTITY	In thought																															
	In thought																															
	In deed																															
(4) LOVE FOR ALL, HATRED FOR NONE, IRRESPECTIVE OF POSITION, WEALTH OR LEARNING	In thought																															
	In thought																															
	In deed																															
(5) DIET																																
<b>TOTAL</b>																																
(6) SELFLESS SERVICE	Physically																															
	Financially																															
	<b>TOTAL</b>																															
7. SPIRITUAL PRACTICE	Repetition of Names																															
	Connecting Sound Current																															
<b>TOTAL</b>																																

**RESULTS AT END OF MONTH**

(1) How far you withdrawn from the body?

(2) What you see inside.

(3) What you hear inside.

(4) Any difficulty you have in meditation.

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