Spiritual Diary (Page 1) for the month of:

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	In thought																															
	In word																															
	In deed																															
	Falsehood																															
	Deceit																															
Truth- fulness	Hypocrisy																															
	Fraud																															
	Illegal gain																															
	In thought																															
Chastity	In word																															
	In deed																															
	Vanity of knowledge																															
Humility	Pride of wealth																															
	Intoxication of power																															
Selfless	Physical																															
Service	Financial																															
Diet																																
	Seeing (Simran, Dhyan)																															
Meditation	Hearing (Bhajan)																															
	Total																															

Spiritual Diary(Page 2)for the month of:

Day	Extent of withdrawal from sensual consciousness	Inner experience of vision	Inner experience of hearing	Any difficulty in meditation
1				
2				
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