

**Spiritual Diary for:**

**Name:**

**Address:**

**Month:**

**Year:**

**City:**

**State:**

**Zip:**

**Country:**

<b>Observance</b>	<b>Failure</b>	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	<b>Total</b>
<b>Non-violence</b>	in thought																																
	in word																																
	in deed																																
<b>Truthfulness</b>	falsehood																																
	deceit																																
	hypocrisy																																
	fraud																																
	illegal gain																																
<b>Chastity</b>	in thought																																
	in word																																
	in deed																																
<b>Humility</b>	vanity of knowledge																																
	pride of wealth																																
	intoxication of power																																
<b>Diet</b>	eating meat, fish, fowl, eggs / by-products																																
	Intoxicating liquors																																
	drugs																																
<b>Other</b>	criticism																																
	backbiting																																
	wastage of time																																
Spiritual/psychic healing or reading, laying on hands, using crystals, tarot cards, etc.																																	
<b>Total:</b>																																	
<b>Meditation Time</b>	Light																																
	Sound																																
<b>Selfless Service</b>	Physical																																
	Financial																																
Extent of withdrawal from body consciousness	Inner experience of Seeing											Inner experience of Hearing										Difficulties in Meditation											