BABA SAWAN SINGH JI MAHARAJ

SANT KIRPAL SINGH JI MAHARAJ

SCIENCE OF SPIRITUALITY
Kirpal Ashram, Vijay Nagar, Delhi-110009

SANT DARSHAN SINGH JI MAHARAJ

SANT RAJINDER SINGH JI MAHARAJ

INTROSPECTION DIARY - MONTH : YEAR:

Those who record the diary shall become regulated in their meditations within 2-3 months and can make rapid progress.
Sant Klrpal Singh ji MaharaJ

Name:
Adress:
Date of initiation:

When we meditate, we find that the same light of God that is with in us is in all.

Sant Rajinder Singh Ji Maharaj

Practise Virtues	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	Tot
Non - Violence	In Thought																																
	In Word																																
	In Deed																																
Truthfulness	Falsehood																																
	Deceit																																
	Hypocrisy																																
Chastity	In Thought																																
	In Word																																
	In Deed																																
Humility	Vanity of knowledge																																
	Pride of wealth																																
	Intoxicalion of power																																
Diet	Improper Diet																																
	Drugs & Alcohol																																
	Living																																
Selfless Service	Physically																																
	Financially																																
FAILURES TOTAL																																	
time Devoted to	Selfless Service																																
	Simran Concentration																																
	Practice of Sound Current																																
Sound & light Total																																	

Those who do ther meditation take mercy upon themselves, and those who do not, stir their own throats with their own knife.
Hazur Baba Sawan Singh Ji Maharaj

Record of Daily Spiritual Experiences

The loving sound vibration, when heard by the soul, exercises a magnetic effect and draws the soul up.
Hazur Baba Sawan Singh Ji Maharaj

Please put a check mark in the appropriate box. If you need more space for descriptions, please attach another sheet.

DATE	Inner experiences of Hearing											Inner experiences of Vision												Radiant form of					Describe Talk with the Masters within	Describe other experiences with the Masters within	Additional comments or difficulties
	Ocean waves, Water fall, Running water	Chirping sounds like Crickets	Whistle, Siren or High-pitched sound	Small Bells	Big bell, Church bell, or Gong	Conch, Shell or Shofar	Thunder or Drums	Violin,Sitar or Stringed instrument	Flute	Vina or Bagpipe	Describe any other sounds heard within	Red light	White light	Green light	Blue light	Violet or Purple light	Yellow or Orange light	Golden light	Flashes of light	Sky	Stars	Big Star	Moon	Sun	Hazur Baba Sawan Singh Ji Maharaj	Sant Kirpal Singh Ji Maharaj	Sant Darshan Singh Ji Maharaj	Sant Rajinder Singh Ji Maharaj	Any other past Masters			
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																															

HELPFUL FACTORS *Servise before self*Attend Satsangs*Love for the Master*Self-control & discipline*Sincerity & loving