

## DIARY – Measure your spiritual progress each day

Analyze your daily life and tick all the qualities you have been able to adhere to during the course of the day

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|--|--|--|
| <input type="checkbox"/> <b>Atmabodha</b>                        | <input type="checkbox"/> <b>Tatvabodha</b>   | <input type="checkbox"/> <b>Bhajan</b>       |
| <input type="checkbox"/> <b>Manan</b>                            | <input type="checkbox"/> <b>Common Sense</b> | <input type="checkbox"/> <b>Honesty</b>      |
| <input type="checkbox"/> <b>Responsibility</b>                   | <input type="checkbox"/> <b>Courage</b>      | <input type="checkbox"/> <b>Diligence</b>    |
| <input type="checkbox"/> <b>Prudent utilization of resources</b> |  | <input type="checkbox"/> <b>Politeness</b>   |
| <input type="checkbox"/> <b>Well-organized life</b>              |  | <input type="checkbox"/> <b>Co-operation</b> |
|  | <input type="checkbox"/> <b>Satsankalpas</b> |  |

## **Brief explanation of the concepts given above as explained by Adarniya Dr.RK**

### **Atma Bodha**

Every morning, as soon as you get up, listen to this very special sankalpa or affirmation on which your entire day will be moulded. Repeat it with closed eyes at least for 5 times with full understanding and intensity.

“I am the all-powerful, all-knowing Atman which has taken this particular incarnation with a very special purpose. My physical actions, emotions and thoughts are all directed to achieve my special mission on Earth. Throughout the day, I will be aware of my thoughts, words and deeds. Continuously my Jeevatma will observe whether I am becoming a slave to my three bodies, namely – physical, astral and mental.”

Lie down peacefully with both legs spread a little apart, hands nearer to the torso, palms upwards and facing the roof. After 2 minutes of yoga nidra relaxation, visualize clearly three incidents of the forthcoming day where you want to be very sure to behave like an Atman.

1. Personal behavior and thoughts where you fail to be like an Atman must be analyzed. Visualize that you are taking a corrective action on that behavior and are behaving alike Atman. Let us suppose that you want to break a habit. In the state of yoga nidra, you visualize your friends talking to you with wonder in their voice how you could get over habit and the positive benefits they could see in you. For example, you can visualize a close friend of yours saying, “Congratulations .....(your name must be uttered here), you are now free of that habit and your are now looking better and happier than ever before. With this as an example, you can clearly visualize any kind of behavioral change that you want to achieve. Write down the names and dialogues of the friends the night before. Visualize yourself throwing away the accessories for that habit like books, cigarettes, bottles of alcohol, keeping away from such friends and places.
2. In family relationships too, correct your behavior in the visualization process as to how you will deal with them like an Atman. There are many family relationships which are personification of problems like sisters-in-law, mothers-in-law etc. Engulf them in your love. Feel they are part of your education in dealing with relationships. Generally, it is a lesson in patience and love. Imagine what type of verbal interaction you would like

- to have with them. Write them down and visualize that they are using the words that you have envisaged. After a few days of practice, you will be astonished to see the same loving words coming from them.
3. Visualize how you will interact in your social and professional life. Same techniques as above should be utilized. But first of all, you pinpoint what you are supposed to learn from that relationship. While learning, you have to utilize these positive changes being brought about in them. The central theme of the relationship must always be remembered. Mind you, I used the phrase 'central theme of the relationship'.

## Tatva Bodha

Tatva Bodha is the practice that is done just before you are finally ready to sleep. Remember that this is what happens when you die. Every act of yours will be magnified and shown and an impartial judgement is given. Practice it everyday so that you may be well-prepared.

Remember that once you start this practice, you should not do any other thing except slowly entering into sleep.

### **Preparation for Tatva Bodha**

Wash your hands, mouth and feet. Be in a relaxed condition. Sit before the desk with pen and paper in hand. Close your eyes and go back in time till the moment you woke up today morning and analyse the following questions in the light of the goals that you set during Atma bodha.

### **Travel backwards in time**

Trace the day backwards starting with before starting tatva bodha till you woke up in the morning.

### **Example for traveling back in time**

"Just before starting this process I washed my feet. Did I do it properly or mechanically? Did I use more water than necessary for washing? Did I feel the cool or hot touch of the water. Before washing my feet, I was in the kitchen. What is the food calorific value that I partook? What samskaras it has give me? Did my behaviour reflect the right relationship ....."

Go back like this till the time you woke up answering the following questions.

“Well, my son! One more day is over....

- Did you do your asanas, pranayamas and other exercises as you had planned?
- If you have done them, did you do them with complete awareness? Or was it a mechanical process?
- Were you aware of your breath continuously during all the waking hours?
- What is the total intake of the food, calorie-wise, vitamin-wise, mineral-wise, carbohydrate-wise and samskara-wise?
- How did the food you partook influence your mind and activities throughout the day?
- What is the role you have played in individual relationships, i.e., you vs the whole world, family relationships, professional relationships, relationships with friends and the most importantly the way you handled your enemies and persons you hate?

Praise yourself for all positive achievements and be free to do so. In situations where you failed, reconstruct them and visualize how you should have behaved.

Thank the karmic lords for the opportunities they have given to you. Surrender everything to your Guru and offer a small prayer

### **Bhajana**

Bhajana is surrendering yourself to the higher self. This is the meaning behind “Surya Arghya” where the Jeevatma offers itself to the Paramatma. You should offer all your energies to work for the higher self and not to your lower bodies (physical body and desire body)

### **Manana**

This process can be done during afternoon. Take out five minutes and analyze how you have spent half the day. See if you are following the goals that you set for yourself during Atmabodha. If there are any deviations, try to correct yourselves.

### **Panch Sheel** (*Shramsheelata, mitavyayata, shaleenata, suvyavasthita, sahaakarita*)

**Diligence:** Man is involved in unwanted pleasures, laziness, show-off because of which less than 25% of his energies are being utilized for productive activities. Also, people have begun to look down upon hard work. One should develop the

attitude of taking pride in diligent and hard work and plan one's day on those lines so that physical, emotional and mental energies are directed towards useful activity.

**Prudent utilization of resources:** Extravagance and lack of prudence in spending various resources like wealth, time, talent etc. There is no end to misuse and overuse. We can make best use of our life if we can employ our resources in realizing noble ideals or in at least becoming a part of those activities that are being done for public welfare.

**Politeness:** Politeness is the basis of etiquette and civility. Lack of politeness leads to lack of respect and increases egoistic attitude.

**Well-Organized life:** Organized life refers to complete control over our time, efforts, physical and mental capabilities, life style. In a nutshell, it refers to an organized and well-utilized life.

**Co-operation:** Man is called a social animal. Hence cooperation is the key to group existence. We should live in harmony with ourselves, our family and with the society.

**Four Varchas** ( *samajdhari, imandari, zimmedari, bahaduri* )

**Common Sense:** Common sense refers to rising above temporary attractions and benefits. One should rise above the temporary and look at long-term consequences and solutions. Short-term and short-sighted efforts tend to result in disasters.

**Honesty:** Honesty is the basis for man's character. It is only through honesty that one can gain trustworthiness and respect from society.

**Responsibility:** Each person is bound by responsibilities at various levels. He is responsible for himself, his family and the society in general. Only a person who disseminates his responsibilities efficiently is vested with more trust and power.

**Courage:** Only a courageous person can tread the path of truth and honesty in executing his duties. A coward person can never be successful. It is only the courageous who can stand by the ideals they believe in.

### **Solemn Pledge (Yug Nirman Satsankalpa)**

1. Firmly believing in the Omnipresence of God and His Unfailing justice, we pledge to abide the essential disciplines of Divine principles (Dharma).
2. Regarding the body as the Temple of God, we will be ever watchful to keep it healthy and full of vitality by adopting the principles of self-restraint, order and harmony in our daily-lives.
3. With a view to keeping our minds free from the inrush of negative thoughts and emotions, we will adopt a regular program of study of ennobling and inspiring literature (swadhyaya) and of keeping the company of saints (satsang).
4. We will vigilantly exercise strict control over our senses, thoughts, emotions and in the spending of our time and resources.
5. We will consider ourselves inseparable parts of the society and will see our good in the good of all.
6. We will abide by basic moral code, refrain from wrong doing and will discharge our duties as citizens committed to the well-being of the society.

7. We will earnestly and firmly imbibe in our lives the virtues of Wisdom, Honesty, Responsibility and Courage.
8. We will constantly and sincerely endeavor to create an environment of loving kindness, cleanliness, simplicity and goodwill.
9. We will prefer failure while adhering to basic moral principles to so-called success obtained through unfair and foul means.
10. We will never evaluate a person's greatness by his worldly success, talents and riches but by his righteous conduct and thoughts.
11. We will never do unto others what we would not like to be done unto us.
12. Men and women while interacting with each other will have feelings of mutual respect and understanding based on purity of thoughts and emotions.
13. We will regularly and religiously contribute a portion of our time, talents and resources for spreading nobility and righteousness in the world.
14. We will give precedence to discriminating wisdom over blind traditions.
15. We will actively involve ourselves in bringing together people of goodwill, in resisting evil and injustice, and in promoting New Creation.
16. We will remain committed to the principles of national unity and equality of all human beings. In our conduct, we will not make any discrimination between person and person on the basis of caste, creed, color, religion, region, language or sex.
17. We firmly believe that each human being is the maker of his own destiny. With this conviction, we will uplift and transform ourselves and help others in doing so. We believe the world will then automatically change for the better.

Our Motto is: 'Hum Badalenge Yuga Badalega', 'Hum Sudharenge Yuga Sudhrega'. The trends of our times will transform, when we transform ourselves. When we reform ourselves, the world will be reformed.