

Name :		Month:															
Sr. No.	Checking Points	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
1	Did I practice Amrutvele Meditation between 4 to 4.45 AM ?																
2	Did I speak less, in a low tone and with sweetness ?																
3	Did I practice seeing every soul in its original form ?																
4	Did I make GOD as my companion of every moment during meal and snacks ?																
5	Did I renounce physical and subtle laziness and carelessness ?																
6	Did I give up begging for 'praise and glory' and renounce 'mine and yours' ?																
7	Did I check the self from defaming someone, gussing & crtisizing others ?																
8	Did I practice for art least one minute in each hour, the stage of being bodiless ?																
9	Did I churn the knowledge during the day ?																
10	Did I seat in Evening Special Meditation ?																
Sr. No.	Checking Points	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
1	Did I practice Amrutvele Meditation between 4 to 4.45 AM ?																
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