



Self-Realization Fellowship Lesson 69

Two Sample Introspection Charts

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Self-Realization Fellowship students and members only*

Editor's Note:

To improve yourself and quicken your spiritual progress, you will find it beneficial to practice the art of introspection at least once a week. An especially good time to introspect is on a day of silence or after a long meditation. A brief introspection period should also be included in the devotee's evening meditation when one reviews the day and mentally asks: "How did I apply the Guru's teachings today?"

We include here two sample introspection charts that you may adapt to your individual circumstances. Both were devised by first-generation disciples of Paramahansa Yogananda from classes and writings in which the Guru mentioned what devotees should introspect on in their lives, and also from his personal counsel to those in the SRF/YSS ashrams. The first one is designed for daily use, and the second is for those whose in-depth practice of introspection is less frequent.

Feel free to add any personal resolution or goal whose progress you are particularly interested in monitoring in your life. For example, as you study each of the SRF Lessons you receive, you may wish to add to your daily introspection any practices recommended therein that are especially pertinent to your own life. Or you might want to keep track of exercise or dietary goals, or your practice of some worthwhile skill or talent you are trying to develop. As you grow and change through the years, you will find that your introspection chart will also evolve to fit your current challenges and focuses. Use your introspection chart as a frequent reminder of your goals, and a review of whether you are using your time and abilities to realize your chosen goals.



Sample Introspection Chart for Daily Use

1. *Number of hours slept? Deep or restless?*

2. *Morning Energization Exercises: with concentration?*

Morning Meditation

3. Group or individual?

4. Length?

5. Techniques practiced: Hong-Sau? Aum Technique? Kriya Yoga?

6. Quality of practice: Depth? Short or long? Calm or restless? Alert or dull, or sleepy?

7. Did I have a period of stillness and devotional communion after practice of the techniques?

8. Chanting, prayers, and affirmations with concentration and devotion?

9. *Evening Energization Exercises: with concentration?*

Evening Meditation

10. Group or individual?

11. Length?

12. Techniques practiced: Hong-Sau? Aum Technique? Kriya Yoga?

13. Quality of practice: Depth? Short or long? Calm or restless? Alert or dull, or sleepy?

14. Did I have a period of stillness and devotional communion after practice of the techniques?

15. Chanting, prayers, and affirmations with concentration and devotion?

My Attitude and Behavior During the Day

16. Peaceful?

17. Cheerful and positive?

18. Courageous or fearful?

19. Kind?

20. Moody?

21. Angry?

22. Is anything making me feel stressful? Worried?

23. Was I patient?

Date*: _____ to: _____

Question number:

1
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Morning Meditation
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Evening Meditation
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My Attitude and Behavior During the Day
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* You can use this sheet for more than one day if you wish, by including the day or date before each day's answer.

24. Did I practice self-control?
25. Was I truthful in word and action?
26. Did I engage in gossip or unkind speech about others?
27. Did I perform my work or duties with an attitude of serving? With concentration? Efficiency? Willingness? Enthusiasm? Cheerfulness?
28. Did I practice the presence of God?
29. Did I quickly replace unspiritual or degrading thoughts with wisdom-guided, inspiring thoughts?
30. Did I make time today for study of the SRF teachings?
31. Did I overeat today?
32. Healthful exercise for the body?
33. Sitting and standing in correct posture?
34. Did I use my free time constructively?
35. Am I feeling deeper love for God?
36. Am I feeling greater attunement with the Guru?
37. Am I feeling greater understanding for all?
38. Is my life growing more peaceful, joyous, and centered in God?
39. What negative quality or bad habit is troubling me the most? What actions did I take today to overcome it?
40. What good habit or quality am I trying to develop? What actions did I take today to strengthen it?
41. What good desires are strongest in me today? What actions did I take today to fulfill them?
42. What unworthy desires or attachments are troubling me most today? What actions did I take to overcome them?
43. Are there any points that I should discuss with a spiritual counselor?

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Sample Introspection Chart for Weekly Use

My Spiritual Practices

1. Do I meditate regularly morning and evening? at other times?
2. Do I daily and correctly practice the Self-Realization Fellowship Energization Exercises and the techniques of Hong-Sau Concentration, Aum Meditation, and Kriya Yoga? With devotion and concentration? Carelessly?
3. Do I include the Guru's prayers, chants, and affirmations?
4. Are my meditations short or long, calm or restless — am I alert? Dull or sleepy? Am I striving to make every "today's meditation deeper than yesterday's"?
5. Do I try to recall during my daily activities the peace and joy of meditation? Do I practice the presence of God? How much was I with God today? in thought, feeling, action?
6. Do I keep regular periods of silence and seclusion in order to practice the presence of God in a deeper way?
7. Am I setting aside one day or night a week for greater spiritual effort and for silence and longer meditation?
8. Do I dedicate my work and all activities to God and Guru, remembering Who is the Doer?

Leading a Balanced Life

1. Do I get enough fresh air, sunshine, exercise, and recreation?
2. Do I study Paramahansa Yogananda's writings daily? What have I learned and what shall I apply more earnestly?
3. Am I adhering to a simple, healthful diet? Do I avoid overeating?
4. Am I moderate in the use of all my senses — am I striving for self-control and purity of mind?
5. Do I work with concentration, and do I relax sufficiently when I have the opportunity?
6. Do I balance my time properly?
7. How do I use my free time: constructively, for a good purpose? Do I devote enough time for service to my family? To friends? To anyone in need? To Self-Realization Fellowship activities? To the larger community?

Date: _____ to: _____

Question number:

<i>My Spiritual Practices</i>
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<i>Leading a Balanced Life</i>
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My Behavior Toward Others

1. Am I kind, considerate, and thoughtful toward my family, business associates, friends, and fellow disciples?
2. Am I striving to become a living example of the Self-Realization Fellowship teachings, rather than merely instructing others on how to improve their own lives?
3. Do I perform my duties in life cheerfully, without being reminded? Am I creative? Efficient? Enthusiastic? Energetic? Concentrated? Willing? Thoughtful?
4. Do I indulge in moods? Was I angry? Critical? Jealous? Fearful? Worried? Or did I practice calmness, determination, courage, hope, silence, and divine love?
5. In conversation with others, am I friendly, truthful, positive — avoiding negative and critical remarks? Do I avoid gossip?
6. Am I beginning to live more by the ideal of forgetting self and serving others?

Participation in Self-Realization Fellowship Activities

1. Do I attend SRF services, ceremonies, meetings, and special functions, as well as meditations?
2. How much service am I performing for the Guru's work — can I possibly give more time or material support to his cause?
3. Am I willing to share duties or rotate with others, or do I selfishly cling to "position"?
4. Am I interesting other persons in the SRF path by my good example and willingness to give interested individuals SRF books or free literature? Have I brought anyone to an SRF service as my guest? (The disciple does not proselytize, but is ever alert to the spiritual receptivity of others.)
5. Do I attend SRF retreats, classes, and lectures when possible?

Date: _____ to: _____

My Behavior Toward Others

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Participation in Self-Realization Fellowship Activities

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Personal Matters

1. Am I really striving each day to draw closer to God—am I developing a deeper love for God, for Guru, for others?
2. Am I striving to seek God's will in all my thoughts, feelings, and actions?
3. Do I feel happier as time passes, and am I striving for right attitude under all circumstances?
4. Am I living according to the basic laws of human conduct contained in the Ten Commandments, Patanjali's Eightfold Path of Yoga, and Christ's Sermon on the Mount?
5. Am I practicing loyalty to God, Guru, and the Guru's society?

NOTE: It may be advantageous for you to keep a personal diary, which will enable you to check the trend of your spiritual life. If you wish, you may use the "Spiritual Diary" available from Self-Realization Fellowship, which contains an inspirational thought for each day based upon the writings of Paramahansa Yogananda, with ample space for your own notes.

Date: _____ to: _____

Personal Matters

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