

## Importance of Spiritual Diary

- Swami Sivananda

The keeping up of a daily spiritual diary is an indispensable requisite. A diary is a whip for goading the mind towards righteousness and God. The diary is your teacher and guide. It is the eye-opener. It will help you to destroy all your evil qualities and to be regular in your spiritual practices.

A big thief is hiding himself in your brain. He has snatched away your Atmic pearl. He is giving you immense worries and troubles. He is deluding you. The thief is your mind. You must not be lenient towards him. You must crush him. You must kill him ruthlessly. There is no other sword sharper than this diary to kill him. It checks his happy-go-lucky ways and destroys him eventually. All your daily mistakes will be corrected if you maintain daily spiritual diary. A good time will come when you will be entirely free from anger, untruth, lust, etc. You will become a perfect man.

There is no other better friend and more faithful teacher or Guru than your diary. It will teach you the value of time. At the end of every month calculate the total number of hours you have spent in Japa, study of religious books, Pranayama, Asanas, sleep, etc. Then you will be able to know how much time you are spending for religious purposes. You have got every chance to increase the period of Japa, meditation, etc., gradually. If you maintain a daily diary properly without any fault in any of the items you will not like to waste even a single minute unnecessarily. Then alone you will understand the value of time and how it slips away.

Spiritual Diary for Month : _____ Week: _____								
Questions	Date							Total
1. When did you get up from bed?								
2. How many hours did you sleep?								
3. How many Malas of Japa?								
4. How long in Kirtan?								
5. How many Pranayamas?								
6. How long did you perform Asanas?								
7. How long did you meditate in one Asana?								
8. How many Gita Slokas did you read or get by heart?								
9. How long in the company of the wise (Satsanga)?								
10. How many hours did you observe Mouna?								
11. How long in disinterested selfless service?								

12. How much did you give in charity?								
13. How many Mantras you wrote?								
14. How long did you practice physical exercise?								
15. How many lies did you tell and with what self-punishment?								
16. How many times and how long of anger and with what self-punishment?								
17. How many hours you spent in useless company?								
18. How many times you failed in Brahmacharya (Celibacy)?								
19. How long in study of religious books?								
20. How many times you failed in the control of evil habits and with what self-punishment?								
21. How long you concentrated on your Ishta Devata (Saguna or Nirguna Dhyana)?								
22. How many days did you observe fast and vigil?								
23. Were you regular in your meditation?								
24. What virtue are you developing?								
25. What evil quality are you trying to eradicate?								
26. What Indriya is troubling you most?								
27. When did you go to bed?								