

Daily Chart - Divine Mirror Group Madhuban

Name:	Month:																														
Dharna	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
1. Time of Good morning to Baba																															
2. Meditation in Group 4.00am - 4.45am.																															
3. Silence maintained 4am - 8am																															
4. Exercise and walking																															
5. Number of Traffic Controls																															
6. Total sleep time																															
7. Quality of consciousness of Self Respect (VG, G, A, P)																															
8. Content with self and others																															
9. evening Meditation																															
10. Read and imbibe AV Murli																															
11. Did u pay attention on the transformation of speaking slowly																															
12. Letter to Baba																															
13. Listen to Sakar Murli																															
14. Time of saying Good night to Baba																															
15. Obedience did I say yes to all of Baba's directions																															
16. Was I free from conflict																															

Power of Silence Barometer			
	No Anger	Less Anger	No effect of Silence
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			

1. I am a Tapswi Yogi Soul	13. I am free from all desires	25. I am a soul with a hero part
2. I am an embodiment of Happiness	14. I am an embodiment of solutions	26. I am a God/Godess for others
3. I am a most fortunate soul	15. I am abestower of happiness and comfort	27. I am simple and sample
4. I am a lovely and lucky soul	16. I am a contented soul	28. I am a living Idol
5. I am a bestower soul	17. I am most obedient	29. I am a carefree king
6. I am a soul filled with spiritual love	18. I am avictorious soul	30. I am having all eight powers
7. I am a most fortunate soul	19. I am abrave soul	31. I am a very pure soul
8. I am a world benefactor soul	20. I am a constantly cheerful soul	
9. I am a constant sevadari/ serviceable soul	21. I remember onl one	
10. I am a soul whose yoga and action is combined	22. I am a fearless soul	
11. I am americiful soul	23. I am a conqueror of attachment	
12. I am an angel soul	24. I am an easy raja yogi	