

Chart: Follow Father Brahma

Theme	Date	Virtue in Action	Have I applied the virtue in action?	How many # of hour yoga accumulated today?	How many times have I practiced 5 forms drill?
Theme 1: Create a soul conscious vision and attitude	December 18th	Spiritual Equality			
	December 19th	Simplicity			
	December 20th	Alignment			
Theme 2: Have faith in the intellect and become a carefree emperor	December 21st	Stability			
	December 22nd	Wisdom			
	December 23rd	Light			
Theme 3: While being in the body, practice being bodiless	December 24th	Easy			
	December 25th	Flexible			
	December 26th	Guest			
Theme 4: With the awareness of nothing new, overcome obstacles	December 27th	Good			
	December 28th	Focus			
	December 29th	Opportunity			
Theme 5: Imbibe the personality and authority of purity	December 30th	Purity			
	December 31st	Clean			
	January 1st	Self-Respect			
Theme 6: Be accurate and alert	January 2nd	Responsibility			
	January 3rd	Time			
	January 4th	Accuracy			

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Theme 7: Have elevated thoughts, good wishes, and pure feelings for everyone	January 5th	Serving			
	January 6th	Light			
	January 7th	Benevolence			
Theme 8: A completely surrendered intellect	January 8th	Strength			
	January 9th	Surrender			
	January 10th	Trustee			
Theme 9: Ignite hope in those who do not have hope	January 11th	Kindness			
	January 12th	Patience			
	January 13th	Enthusiasm			
Theme 10: Be ever-ready	January 14th	Attainment			
	January 15th	Happy			
	January 16th	Support			
Theme 11: Practice the incorporeal, egoless, and viceless stage	January 17th	Natural Nature			
	January 18th	Detached observer			
Total # of hours of yoga conducted					
Total # of times 5 Swaroop (forms) drill practiced					