

## **Sanskar transformation – Sampannata chart Month**:

2017/2018 (Rating scale : 3 – maximum ; 2 – medium ; 1 – low ; 0 – no attempt )

Name:

Centre:

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		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
1	Amritvela yoga: ( Doing powerful yoga after wishing good															
	morning to Bapdada) (3.30 – 5.0 AM)  Evening yoga: 6.30 – 7.30 PM (Min 30 min), 15 min while															<u> </u>
	busy in work. (Sakash to creatures, nature & 5 elements)															
	Night yoga : 10.0 – 10.30 PM ( 15 - 30 min )															
	Other time yoga : During, food, breakfast, routine work, journey, at centre															
	Total yoga (min 4 hrs ):															
	Yoga rating															
2	Murli class : ( Morn / Afternoon / Eve ) Thursday / Sunday															
3	How many times read Murli ? : ( Apart from Morning and Night one time in a day )															
4	Preparing and consuming pure satvik food in baba's															
	remembrance :															
5	Offering bhog to Baba : ( daily / once a week )															
6	Traffic control practice: ( min 6 times )															
	(3.30 am, 5.45, 7.00, 10.30, 12.00, 5.30, 7.30, 9.30 pm )															
7	5 swarup ( forms ) practice : ( min 8 times )															
8	Silence practice: To speak only when it is very necessary or urgent ( Complete silence from 8 pm to 8 am, Complete silence through out day during Baba Milan or twice a month )															
9	Swaman (Self-Respect ) practice: (108, 501 or 1008 times)															
10	Nirakari - Aakari practice : Soul conscious vision -															
	Angelic vision towards self & others ( Full day, half day or ¼ day i.e 3 hrs )															
11	Did you remain free from waste / vicious thoughts throughout the day ? What enslaved you?															
12	Which vice deceived you throughout the day?															
13	Over which vice you gained victory through out the day and by by imbibing which virtue and 8 powers.															
14	Submit chart to baba before going to bed. Read one page sakar or Avyakt murli or essence of murli.															
	TOTAL POINTS															



## Sanskar transformation – Sampannata chart Month :

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good morning to Bapdada) (3.30 – 5.0 AW) Evening voga; 6.30 – 7.0 PM (Min 30 min), 15 min while busy in work. (Sakash to creatures, nature & 5 elements).  Might voga; 10.0 – 10.30 PM (15 - 30 min) Other time voga; During, food, breakfast, routine work, purrey, at centre Total voga (min 4 hrs.):  Yoga rating  2 Murti class: (Morr / Afternoon / Eve) Thursday / Sunday Sunday How many times read Murti? 2: (Apart from Morning and Night one time in a dway) 4 Preparing and consuming pure satvik food in haba's remembrance: 5 Offering bhog to Baba: ( dally / once a week ) 6 Traffic control practice: (min 6 times) (3.30 am, 5.45, 7.00, 10.30, 12.00, 5.30, 7.30, 9.30 pm) 7 S swarup (forms) practice: (min 6 times) 8 Silence practice: 1 os peak only when it is very necessary or urgent (Complete silence from 8 pm to 8 am, Corpase siline through out day during Baba Millian or Minds of the silves that the silves the silves throughout the day on the day and by the vision owards self as the silves of solence from 8 pm to 8 am, Corpase silves through out day during Baba Millian or Minds (Self-Respect) practice: (108, 501 or 1008 times) 10 Nirakari – Aakari practice: Solu conscious vision – Angelic vision towards self a others (Full day, half day or 7, 4 day i.e. 3 hrs.) 10 Did you remain free from waste / vicious thoughts throughout the day? What enslaved you? 2 Which vice deceived you throughout the day? 3 Ver which vice you gained victory through out the day and by by imbibing which virtue and 8 powers.			16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Evening voga: 6.30 – 7.30 PM (kim 30 min ), 15 min while busy in work. (Saksah to creatures, nature & 5 elements)  Other time voga: 2.00 – 10.30 PM (15 - 30 min)  Other time voga: During, food, breakfast, routine work, purney; at ceatre  Total yoga (min 4 hrs ):  Yoga rating  Muril class: (Morn / Afternoon / Eve ) Thursday / Sunday  How many times read Muril ? : (Apart from Morning and Night one time in a day)  How many times read Muril ? : (Apart from Morning and Night one time in a day)  Preparing and consuming pure satvik food in baba's remembrance :  5 Offering bhog to Baba: ( daily / once a week )  6 Traffic control practice: (min 6 times)  7 Sawarup (forms) practice: (min 6 times)  8 Silence practice: To speak only when it is very necessary or urgent (Complete silence from sp m to 8 am, Complete silence through out day during Baba Milan or twice a month)  9 Swaman (Self-Respect ) practice: (108, 501 or 1008 times)  10 Nirakari – Aakari practice: Soul conscious vision – Angelic vision towards self & others (Full day, half day or ½, day to 3 hrs)  10 Mirakari – Aakari practice: Soul conscious vision – Angelic vision towards self & others (Full day, half day or ½, day to 3 hrs)  10 Vier which vice you gained victory through out the day or 100 muril of the 100 muril o	1																	
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