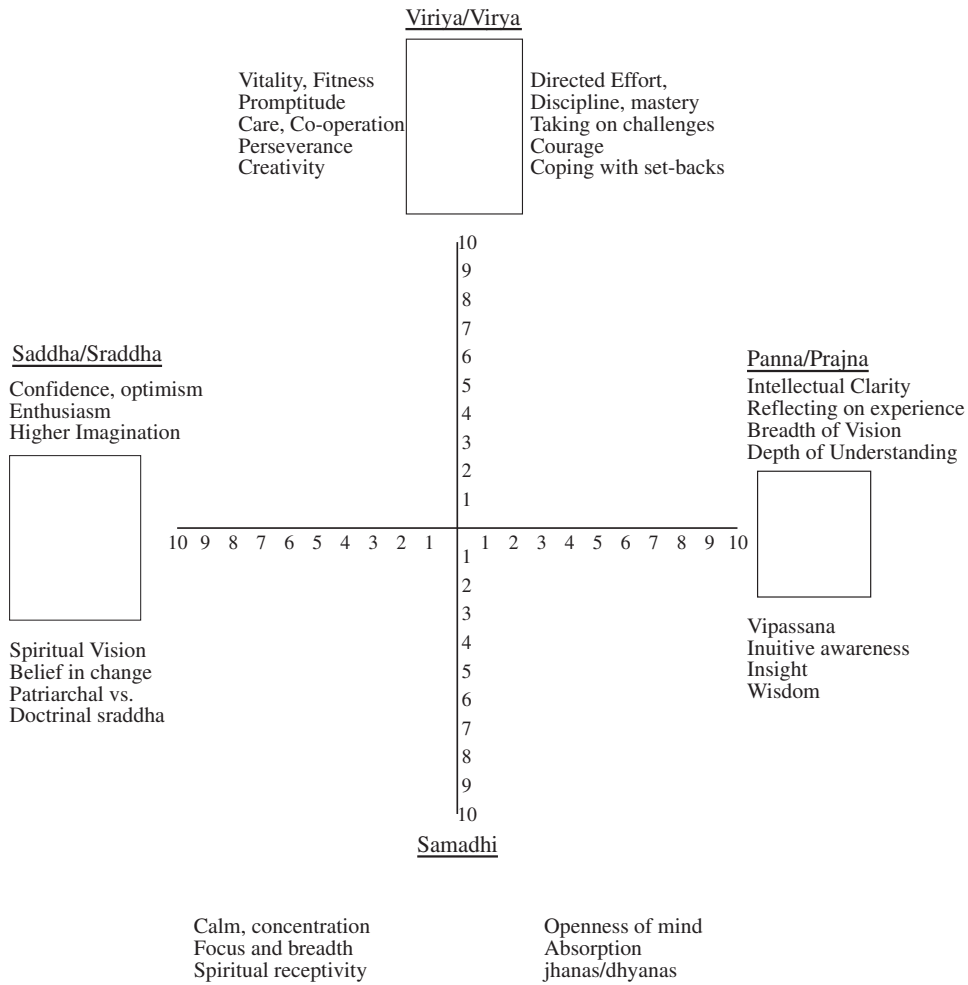


Checking your spiritual balance

Date: _____



Sati/smrti
 Presence and continuity of awareness:
 Richness and wholeness of experience:
 Continuity of purpose:
 Appreciation of detail:
 Integration and balance of all indriyas: