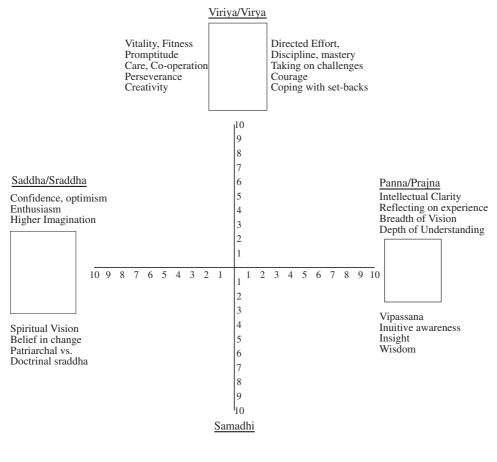
## Checking your spiritual balance



Calm, concentration Focus and breadth Spiritual receptivity Openness of mind Absorption jhanas/dhyanas

## Sati/smrti

Presence and continuity of awareness: Richness and wholeness of experience: Continuity of purpose: Appreciation of detail:

Integration and balance of all indrivas: