Madhuban Om Shanti 15.1.2000

Name: _____ Centre _____

Country _____

Check the self subtly with the following list of virtues & Vices and write the % and make intense effort to become perfect

Divine Virtues and Elevated Sanskars

	I Week %	II Week %	III Week %	IV Week %	V Week %	VI Week %	VII Week %	VIII Week %
1. Purity of Thoughts, Words & Actions								
2. Truthfulness								
3. Trustworthy								
4. Introvertedness								
5. Maturity								
6. Cheerfulness								
7. Tolerance								
8. Humility								
9. Equal Vision								
10. Picking Virtues								
11. Merciful								
12. Honesty								
13. Easiness								
14. Contentment								
15. Patience								
16. Self-confidence								
17. Benevolence								
18. Generosity								
19. Pure feelings								
20. Obedience								
21. Royalty								
22. Egolessness								
23. Carefreeness								
24. Coolness								

	I	II	III	IV	V	VI	VII	VIII
25. Attitude of disinterest								
26. Regularity								
27. Discipline								
28. Cleanliness								
29. Courage								
30. Tirelessness								
31. Determination								
32. Feeling of co-operation								
33. Wisdom								
34. Simplicity								
35. Well-wisher								
36. Sympathy								
37. Spirituality								
38. Staying beyond								
39. Economy								
40. Renunciate								
41. Bodiless stage								
42. Dedication								
43. Love for Yagya and all								
44. Self Contemplation								
45. Desireless								
46. Always saying "Yes"								
47. Etiquette								
48. Farsightedness								
49. Brotherly feeling								
50. Attitude of being an Instrument								
51. Detached observer								
52. Harmonious nature								
53. Lover of solitude								
54. Fearless								
55. Detachment								
56. Innocent outlook								

Vices and Old Sanskars

	I	II	III	IV	V	VI	VII	VIII
1. Crying (physically or mentally)								
2. Sulking								
3. Off moodiness								
4. Familiarity (physical attraction)								
5. Aggressive								
6. Being displeased								
7. Dissatisfaction								
8. Laziness								
9. Feeling of Hatred								
10. Enjoying useless talks								
11. Insulting others								
12. Stubbornness								
13. Irritation								
14. Fear								
15. Getting distressed, distressing others								
16. Unnecessary accumulation / attitude of greed								
17. Sanskar of begging								
18. Giving sorrow								
19. Comfort lover								
20. Revengeful feeling								
21. Criticising								
22. Taunting								
23. Talking unnecessarily								
24. Telling lies								
25. Ordering others								
26. Ego of intellect								
2[illegible] eyed								

	I	II	III	IV	V	VI	VII	VIII
28. Hypocrisy								
29. Blaming others								
30. Wasting time in bad company								
31. Unhealthy competition								
32. Consciousness of 'I' in service (attachment)								
33. Taking things without asking								
34. Bossiness								
35. Speaking more and doing less								
36. Mixing manmat in shrimat								
37. Suspicious								
38. Attitude of defects								
39. Reading filthy literature								
40. Personal exchange								
41. Taking 'law' in one's own hands								
42. Getting confused								
43. Back-biting								
44. Laughing loudly								
45. Making excuses in service								
46. Mischievous								
47. Irregularity, unpuntuality								
48. Dishonesty								
49. Being fashionable								
50. Not realising one's mistake								
51. Accusing others, Allegations								
52. Going into details of waste: Why, What, How								
53. Making mountain out of mole hill								
54. Jealousy								
55. Degrading others								
56. Consciousness of `mine' for people & objects								