

Tool for Personal Growth

Reflective Journal to Enhance Devotion Toward Your Guru

Utilize this tool as an integral part of your spiritual journal to contemplate this very important aspect of Guru Tattva. Revisit the below Shloka from the Bhagavad Gita as a guide for this reflection activity.

Today's Scriptural Gem for Reflection:

तद्विद्धि प्रणिपातेन परिप्रश्नेन सेवया ।
उपदेक्ष्यन्ति ते ज्ञानं ज्ञानिनस्तत्त्वदर्शिनः ॥ 34॥

*tad viddhi pranipatena pariprashnena sevaya
upadekshyanti te jnanam jnaninas tattva-darshinah*

Learn the Truth by approaching a spiritual master. Inquire from him with reverence and render service unto him. Such an enlightened Saint can impart knowledge unto you because he has seen the Truth ([4.34](#)).

Reflection:

Note your key takeaway from this verse. Your answers to these questions mirror the quality of your receptivity.

- 1.
- 2.
- 3.

Gratitude to My Guru:

Note your sentiments about what you are most grateful for after connecting with a true Guru.

1. Note some virtues about your Guru that have enabled you to understand the Guru Tattva better.
2. Note different ways in which you have benefited from His guidance?
3. Do the *mansik seva* or Roop Dhyana of expressing gratitude to your Guru.

🔍 Inner Self-Inquiry:

- Do I truly approach my Guru with humility when I have scriptural doubts or need guidance on some other matter?
- When I doubt the words or teachings of my Guru, where do I turn to, to reignite my faith?
- How can I serve my Guru in ways that reflect devotion and love, not obligation?
- Do I ponder His teachings deeply or just collect them like quotes?
- Have I approached my Guru and the scriptures with the right attitude – one of surrender, inquiry, and service?
- How am I applying the Guru's teachings to my life and challenges?
- Have I truly internalized the idea that the Guru is the manifestation of God?
- What scriptures or verses have helped increase my faith and devotion?

🍌 Resolution for the Day

Today, choose one teaching of my Guru and apply it fully, mindfully, and without rushing. Then, offer the fruit of that effort at His lotus feet.

🧘🧘 Savor the Bliss of this [Guided Meditation \(Roop Dhyani\) on the Guru](#)



How inspired did you feel after this meditation? What resolve will you make?



If you need to speak with anyone about any part of this tool, please feel free to contact us at samarpanteam1119@gmail.com. Please also give us some time to respond.
Thank you.

Samarpan JKYog