

## Tool for Personal Growth

### The Inner Joy Journal: A Daily Practice Tool

Use this 5-step tool every day to align your mind, heart, and actions with inner joy. Each step is simple, practical, and builds upon the other. The sequence of practicing these techniques and reporting is important to capture the inner experience before it is influenced by other experiences of the day.

#### 1. Scriptural Reading, Listening, and Reflection

- a) Begin your day by reading or listening to any inspirational book chapter or discourse by Shree Swami Mukundananda ji. You can start with any of the videos or books noted in the **Vedic Wisdom** above or noted under **Gems of Wisdom from Swamiji**.
- b) In your **Inner Joy Journal**, note down some gems of true knowledge that inspired you. Reflect on why you felt inspired and how they are tied to inner joy.
- c) Then pause to reflect: *How will I use this knowledge to guide my thoughts and actions today?* Let scriptural wisdom anchor your choices and direction.

#### 2. Roop Dhyan Meditation

- a) Either immediately after the first activity, or sometime in the morning, meditate on the divine Form of God or Guru. Let your mind rest on the all-pure and blissful series of dynamic and interactive images where you are engaged in some form of activity with the divine personalities. This purifies thoughts and sets the tone for a joy-filled day.



Roop Dhyan on Shree Krishna Leelas Provide Unlimited Inner Joy



- b) A sample is provided for you below. This Roop Dhyam meditation is taken from Swamiji's latest meditation series related to the Ishavasya Upanishad. It can be found in the Bhagavad Gita Krishna Bhakti App, which houses a free course for this book for self-study (see Week 7, Day 5 Activity – Guided Meditation related to Mantra 5).
- c) Download the [Bhagavad Gita Krishna Bhakti App](#) today if needed.
- d) How did this meditation create sacred awareness leading to inner joy? Reflect and note in your journal.

### 3. Daily Acts of Selfless Seva

- a) Selfless seva is one which a person engages in for the love of God/Guru, with no expectation for anything in return. Think of which seva you will perform, when, and where you will do it (at home, Temple, or your Satsang Center).
- b) Intentionally perform the selfless seva with the thought that you are doing it to please God/Guru. Offer it inwardly to God/Guru as an expression of devotion.
- c) How did the seva make you feel? Reflect and note it in your journal.

### 4. Expression of Gratitude

- a) Before bedtime, pull out your Inner Joy Journal and write down three things for which you wish to thank God. These could be for a realization of big or small graces. Let gratitude sanctify your daily experiences.
- b) How did it help to note down what you are grateful for?

### 5. Weekly Satsang & Tech-Fast

- a) Choose one day each week to join a structured Satsang associated with a JKYog Center in the U.S. Avoid the use of technological devices during the Satsang.
- b) Participate in the daily prayer, soulful kirtans, and a divine guided meditation and lecture by Swamiji. Focus on the meaning of the divine words and kirtan lyrics. This strengthens discipline and draws the mind inward.
- c) As you drive back, contemplate the depth of the message and how it helped you.
- d) Upon reaching home, note down 1-2 things that brought inner joy to your heart.

Over time, these practices will train the mind to dwell where joy lives.

If you need to speak with anyone about this tool, please feel free to contact us at [samarpanteam1119@gmail.com](mailto:samarpanteam1119@gmail.com). Please also give us some time to respond. Thank you.