



## Tool for Personal Growth

Here is a practical tool you can use to navigate the inner pilgrimage.

Part 1 has a simple yet powerful self-guidance framework called the PILGRIM Compass, whereas Part 2 has a practical strategy to make this inner journey work. A downloadable tracking sheet is available for you to use.

A 7-step weekly reflection tool for staying grounded in your inner journey:

### Part 1: The PILGRIM Compass

Letter	Focus	Reflection Prompt
P	Presence	Did I make space for stillness and awareness today?
I	Introspection	What emotions or beliefs surfaced — and why?
L	Letting Go	What did I release (e.g. control, resentment, illusion)?
G	Gratitude	What am I genuinely thankful for in this moment or season?
R	Resilience	Where did I show strength or persistence despite challenges?
I	Integrity	Did I align my actions with my core values and purpose?
M	Meaning	What gave my journey depth or spiritual meaning this week?

### Part 2: A Navigation Kit for the Inner Pilgrim

#### How to Use This Tool

- Commit to four weeks at a time.
- Keep a small journal; write one reflection nightly (5–10 minutes).
- If deep material arises, seek guidance from a competent teacher or mentor.

#### 1. Daily Micro-Sadhana (20–30 minutes)

- 5 minutes — Settling breath: sit comfortably, take a few deep breaths.



- 10 minutes — Read a short verse (e.g., [Bhagavad Gita 7.8](#)) and reflect on its meaning for your day.
- 10 minutes — Meditate ([Roop Dhyani](#)) or chant your favorite bhajan. End with a moment of gratitude.

## **2. Weekly Shadow Inquiry (30–60 minutes)**

- Pick one recurring emotional pattern (anger, worry, pride).
- Spiritual Journal: When does it appear? What lesson does it carry?
- Offer it to God with humility and prayer.

## **3. Monthly Checkpoint**

- Where have I become gentler this month?
- Which habit still distracts me from presence?
- What one step will I take to realign?

## **4. Ritual of Return**

- At the end of the month, read a devotional passage on self-discovery and note the graces you have received.

## **5. Group Practice Option**

- Read one verse from the Bhagavad Gita together with your family or fellow devotees and reflect on the meaning.
- 10 minutes of silent meditation.
- Share one obstacle and one intention. Close with a short prayer.

If you wish to speak with anyone about this topic or your practice, please contact us at [samarpanteam1119@gmail.com](mailto:samarpanteam1119@gmail.com), and give us time to respond. Thank you.