



## Tool for Personal Growth

Here is a practical tool you can use to walk with God, be guided by the Guru, and learn from the universe.

### Daily anchors (10–15 minutes total)

- Morning *sankalp* (60 seconds): “O Lord seated in my heart, this day is Yours. Make me an instrument; let every result be Your prasad.”
- Roopdhyan (10 minutes): Visualize Radha Krishna or the Guru’s form and qualities; feel, “You are mine, I am Yours.” Let love color the breath.
- Closing gratitude (60 seconds): “Thank You for today’s lessons; I offer all doership and outcomes at Your feet.”

### Micro-remembrances (through the day)

- Start-stop offerings: Before starting any task and when finishing, pause for one breath: “For You, by Your grace.”
- Hourly cue: At every hour, recall, “He is watching me; let my mind return to Him.”
- Trigger tags: Place a small dot/sticker at your desk, door, or phone—each glance = “Remember and offer.”

### Reading the classroom (Paramatma + karma)

- When praised: “This encourages service; guard against pride.”
- When criticized: “A mirror for ego; respond with humility and correction.”
- When delayed/blocked: “Lesson in patience and surrender.”
- When succeeding: “Increase gratitude; deepen offering.”

### Evening reflection (5 minutes)

- One attachment I noticed today that I need to let go of?
- One virtue practiced (e.g., patience, truth, compassion, perseverance)?
- One grace received (e.g., insight, protection, opportunity)?
- Write one line each in your diary and offer a brief prayer.

### Weekly strengthening

- Satsang + kirtan: Attend or listen once a week to recharge intention.
- Seva hour: One focused hour of selfless service at home, temple, or the community.
- Simplify one habit: Reduce a small indulgence and redirect that time/energy to remembrance.



## **Mantras for mind management**

- “Body in the world; mind in God.”
- “I am a caretaker, not an owner.”
- “Results are His Prasad; effort is my offering.”

## **How to know it's working**

- Faster return from distraction to remembrance
- Softer ego during praise/blame
- More acceptance of outcomes, less inner friction
- Natural inclination toward kirtan, prayer, and kindness

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.