



## Reflective Questions on Balancing Material and Spiritual Duties

We have understood the difference between material and spiritual duties and the need to fulfill each type of duty for a balanced life. Here are some reflective questions to help us to gauge our alignment with both types of duties or dharmas.

There are no right or wrong answers – just your own perspectives vis-à-vis the dharma of the soul. Be open and honest with yourself while answering the questions. Use the results to make positive changes in your life if needed.

1. On a scale of 1 to 10, how satisfied do you feel with your current situation in life? Is there a good balance between material and spiritual pursuits?
2. Do you allocate dedicated time each day/week for spiritual practices (e.g., prayer, meditation, listening to or reading divine knowledge, chanting and contemplation)? How consistent are you in following this routine?
3. How do you feel after engaging in your material duties (e.g., work, household responsibilities)? Do they leave you fulfilled or drained?
4. How often do you experience stress or burnout due to material responsibilities? How do you cope with these feelings?
5. How do you feel after engaging in your spiritual duties (e.g., sadhana and seva)? Do they leave you fulfilled or drained?
6. How often do you experience stress or burnout due to spiritual responsibilities? How do you cope with these feelings?
7. Reflect on your core values. Are you living in alignment with these values in both material and spiritual aspects of your life?
8. Do you find time to engage in Seva or service that contributes to the well-being of others outside your immediate family or work?



9. How do you handle challenges that arise from balancing both aspects? Are there any specific areas you find particularly difficult to balance?

10. When making decisions, do you consider the impact on both material and spiritual aspects of your life?

11. Do you actively seek opportunities to learn and grow spiritually, such as attending Satsang, reading divine knowledge, participating in spiritual retreats or seeking guidance from a Guru?

12. How often do you engage in contemplation or gratitude throughout the day, regardless of your current schedule of activities?

Remember, this tool is for self-reflection and personal growth, not to judge yourself. It can provide insights into areas where you may need to adjust for a better balance between material and spiritual duties.

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