

## Chart for intense effort

Name: \_\_\_\_\_

Total marks: \_\_\_\_\_

	Checking point	Stage	Marks	
1	Stage of being lost in love at amrit vela	Powerful Mediocre Ordinary	<b>15</b> 10 5	
2	Stage at the time of hearing the murli	Intoxicated (powerful) Concentrated (attention) Ordinary (routine)	<b>15</b> 10 5	
3	Karma yoga	As an instrument Ordinary	<b>10</b> 5	
4	Traffic Control – 5 times	Full attention Ordinary	<b>10</b> 5	
5	Evening yoga – 6.30 – 7.30 pm	Powerful Ordinary	<b>10</b> 5	
6	Stage of remembrance at meal times (3 times)	Yogyukt Attention Ordinary	<b>10</b> 7 5	
7	Offering your chart to Baba at night	To give in writing To tell Baba with attention To tell Baba with carelessness	<b>10</b> 7 5	
8	Awareness of God's remembrance (total yoga)	Over 4 hours 2 – 4 hours Less than 2 hours	<b>20</b> 10 5	
		<b>Total marks</b>	<b>100</b>	