



Life Lessons from Hanuman ji – Application Tool to Enhance Spiritual Growth

In the section on Vedic Wisdom and Application, we learned how we could apply lessons from Hanuman ji's life to deal with obstacles with discernment. One way to apply the life lessons is to figure out where and how we can grow from within. Here is a tool for the application of the knowledge to determine where each of us needs to grow.

1. Reflect on three serious challenges or obstacles you experienced during this past year. Reflect also on the strategy you used to overcome each obstacle. Assess whether you applied the strategy with discernment to choose the best approach to problem-solve. Reflect on what you could have done differently.

Obstacles	Strategy Used to Overcome Obstacle What could have been a better approach?
1.1. Obstacle 1:	
1.2. Obstacle 2:	
1.3. Obstacle 3:	

2. Identify the goal of your life. Reflect on how you have kept your focus on the goal to sideline social obligations or *karmkand* that obstruct spiritual progress?

2.1. My Goal in Life:	
2.2. List of Social Obligations:	
2.3. Karmkand Important to me:	
<p><u>Assess:</u> Are the obligations and rituals tied to the goal of my life? If yes, it's wonderful! You have figured out the practice of <i>karmyog</i>. If not, note what you could do differently to bring devotion into these activities, or to discard them without creating an issue in your environment.</p>	

3. Assess the amount of time spent on sadhana and seva of God/Guru as opposed to activities that are not related to the goal of life. Reflect on how to bring the divine realm into things that you have to do to keep the peace in your environment.

Activity and Time in Sadhana/Seva	Activity and Time in Other Activities	Plan to Adjust to Align with Goal

4. Assess the extent of attachment to God/Guru and the extent of detachment from worldly objects, events, people, as well as your own preferences. Reflect on why the mind is still attached to worldly matters.

<p>4.1. Note the actions and thoughts that reflect my attachment to the divine realm. How consistently do I engage in these?</p>
<p>4.2. Note the actions and thoughts that reflect my attachment to the worldly realm. What are the things, events of people on which my mind is absorbed most of the time? How attached am I to my own preferences in the day-to-day activities whether spiritual or worldly? How can I increased my detachment?</p>



5. With specific reference to JKYog sevas in which you are involved, assess your attitude for each seva. Do you embrace the attitude of servitude or authority for some or all sevas?

(a) Make a broad list of the category of your sevas below.

(b) Put an “X” against the attitude toward each seva. It can only be one or the other.

(c) Reflect on the sevas for which you selected the “Attitude of Authority.” How could you develop more humility and servitude in these areas?

List of Sevas	Attitude of Servitude	Attitude of Authority
5.1.		
5.2.		
5.3.		
5.4.		
5.5.		
<u>Strategies to Increase Servitude:</u>		

If you need to speak with anyone about any part of this tool please feel free to contact us at sampantteam1119@gmail.com. Please also give us some time to respond.

Thank you.