



Silent Teachings of the Guru: Learning Beyond Words

To benefit from the silent teachings of the Guru, disciples may utilize these practices noted below. For each practice in Column A, note your personal experiences in Column B that illustrate how the silent teaching helped you on the spiritual journey.

Spiritual Practice	Personal Experiences of Silent Teaching
Cultivate Receptivity and Awareness	
1. Observe the Guru	
2. Absorb the Guru's Presence	
3. Develop Intuition	
4. Cultivate Receptivity	
5. Practice Meditation	
6. Reflect on Personal Experiences	
7. Practice Gratitude	

Draw Inspiration from the Eternal Guru-Disciple Relationship	
1. Recognize the Guru's Divine Connection	
2. Embrace the Guru's Guidance	
3. Cultivate Trust and Devotion	
4. Seek Inner Connection	
5. Apply Teachings in Daily Life	

By creating receptivity and awareness and drawing inspiration from the eternal nature of the Guru-disciple relationship, disciples can experience profound spiritual growth and find guidance and support in their lives.

If you need to speak with anyone about any part of this assessment, please feel free to contact us at sampanteam1119@gmail.com. Please also give us some time to respond. Thank you.