1. Fill in the blank:

* Worship means to be in company with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is collection of best (divine) qualities.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ do not have divine qualities.
* Ram, Krishna, Gandhiji and Buddha had (have) \_\_\_\_\_\_\_\_\_\_\_\_ qualities.
* You can be like god by developing \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ qualities.
* Sitting near god is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Write four characteristics of God:

Love, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Write four characteristics of Demon:

Ego, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Which characteristics would you like to have? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Why do we sit near God?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Write different ways of doing Upasana.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Write a way of Upasana you would like to do.
2. Do Upasana for next two weeks by the way you wrote in No.7. Put a check mark next to the day you did the Upasana. Leave it blank for the day you did not do Upasana.

Day 1 \_\_\_\_\_\_\_\_

Day 2\_\_\_\_\_\_\_\_\_

Day 3 \_\_\_\_\_\_\_\_\_

Day 4 \_\_\_\_\_\_\_\_\_

Day 5 \_\_\_\_\_\_\_\_\_

Day 6 \_\_\_\_\_\_\_\_\_

Day 7 \_\_\_\_\_\_\_\_

Day 8\_\_\_\_\_\_\_\_\_

Day 9 \_\_\_\_\_\_\_\_\_

Day 10 \_\_\_\_\_\_\_\_\_

Day 11 \_\_\_\_\_\_\_\_\_

Day 12 \_\_\_\_\_\_\_\_\_

Day 13\_\_\_\_\_\_\_\_

Day 14\_\_\_\_\_\_\_\_\_