

SIGNS OF SPIRITUAL NEGLECT

PART IV



Worksheet 17

Even with the best intentions and a strong sense of purpose, there are times when we encounter resistance—sometimes from within, sometimes from unseen forces—that pulls us off course and threaten to lead us into a downward spiral. These influences can cloud our judgment and draw us away from the path of spiritual growth. Recognizing the warning signs early allows us to make timely adjustments before they become more persistent or entrenched. • For each statement, check “**Yes**” if it describes your usual behavior, “**No**” if it rarely or never does, or “**Needs Attention**” if you wish to improve.

Depth of Practice

- My spiritual practices are inconsistent.
- During practice I experience physical restlessness or mental wandering.
- My practices often feel shallow or routine, lacking depth or inspiration.
- My practices don’t bring the peace or joy I seek.
- I make good spiritual resolutions but fail to follow through with them.
- I often waste time in distractions that hinder my inner progress.
- I avoid practicing with others when my own practice feels weak.
- I hesitate to seek help when my spiritual life falters.
- I avoid self-reflection or struggle to be fully honest with myself.

Yes No Needs Attention

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Attitudes Toward Others

- I tend to judge or criticize others.
- I harbor prejudiced views or treat others as inferior.
- I feel spiritually superior to others or proud of my progress.
- I sometimes react to others unkindly, with harsh words.
- I struggle to forgive or to let go of past hurts.

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Loss of Spiritual Connection

- I sometimes question the presence or benevolence of a higher power.
- I feel disconnected or uninspired during spiritual practice.
- A lingering sadness clouds my experience of life.
- I feel discontent with what life has given me.
- I become disappointed or discouraged when things don’t unfold as expected.
- I judge myself harshly and feel guilty or unworthy.
- I feel apathetic toward activities that once brought me joy.
- I isolate myself from others when I lose energy or inspiration.

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BEHOLD!

Introspection means to behold oneself from a center of inner calmness, without the slightest mental bias, open to what may be wrong in oneself—not excusing it, but not condemning, either. Introspection means referring what one sees to the superconscious mind, and detachedly accepting guidance, when it comes.*

—Swami Kriyananda

* Swami Kriyananda, *Affirmations for Self-Healing* (Nevada City: CA: Crystal Clarity Publishers, 2005), “Introspection.”