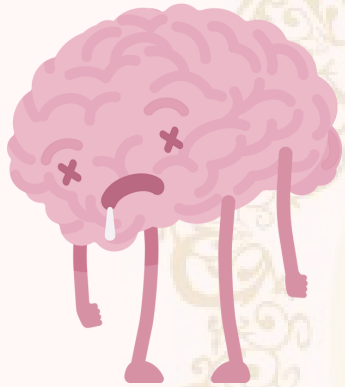
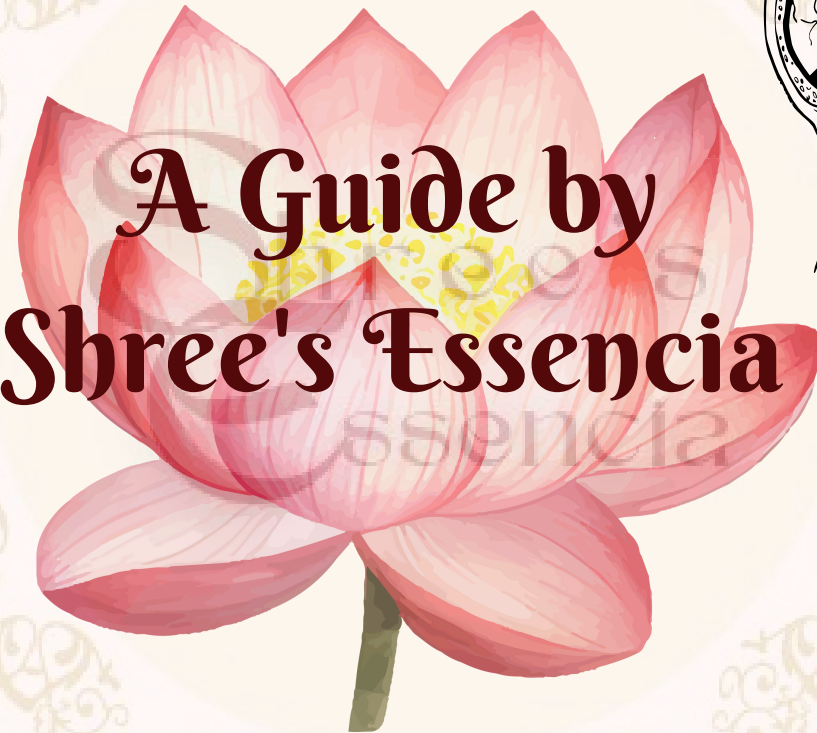


# Day 7: Weekly Reflection: Observing the Presence of Impurities



A Guide by  
Shree's Essencia



Visit us @ [www.shreesessencia.com](http://www.shreesessencia.com) 

AWAKEN YOUR SPIRITUAL ESSENCE



Shop Our Products to Support Your Journey:

<https://streshreesessenciacom.creator-spring.com/>

[https://www.redbubble.com/people/Shrees-Essencia/  
shop?asc=u](https://www.redbubble.com/people/Shrees-Essencia/shop?asc=u)

Don't Forget to Like, Share, and Subscribe

[https://www.youtube.com/@Shrees\\_Essencia/community](https://www.youtube.com/@Shrees_Essencia/community)

# Day 7: Weekly Reflection: Observing the Presence of Impurities

**Purpose:** To reflect on the past week's practice, observe how the impurities of the mind (anger, pride, envy, delusion, etc.) have manifested, and gain insights into how these impurities influence your thoughts, feelings, and actions.



AWAKEN YOUR SPIRITUAL ESSENCE

## 1. Review Your Journey This Week

**Action:** Take a moment to review each day of the past week and reflect on the impurities you have worked on.

- **Ask yourself:**

- How have I worked with anger, pride, envy, or delusion over the past week?
- Did I notice any patterns in the way these emotions or tendencies showed up?

- **Example:** "On Day 2, I realized that my anger often arose from unmet desires at work. On Day 4, I noticed that my pride was triggered by the need for external validation in social settings."

AWAKEN YOUR SPIRITUAL ESSENCE

## 2. Identify How the Impurities Have Manifested in Your Life

**Action:** Reflect on specific moments when the impurities (anger, pride, envy, delusion) influenced your thoughts, emotions, or behaviors this week.

- **Ask yourself:**

- Where did I feel the most challenged by these impurities?
- How did these impurities influence my interactions, decisions, or reactions?

AWAKEN YOUR SPIRITUAL ESSENCE

- **Write down examples from the week where you noticed these impurities affecting you.**
  
- **Example:**
  - **Anger:** "I got angry with a colleague when I felt ignored in a meeting. I realized my expectation for recognition wasn't being met."
  
  - **Pride:** "I felt proud when I received compliments, but when the praise wasn't given, I felt deflated."
  
  - **Envy:** "I felt envious when I saw someone else achieve a goal I was striving for."
  
  - **Delusion:** "I attached too much importance to my social media presence and felt upset when I didn't get as many likes as I expected."

AWAKEN YOUR SPIRITUAL ESSENCE

### 3. Understand the Impact of These Impurities

**Action:** Consider how these impurities have affected your peace of mind, relationships, and overall well-being.

- **Ask yourself:**

- Did these impurities lead to stress, frustration, or confusion?
- How did they affect my interactions with others?

- **Example:** "When I allowed my pride to take over, I became distant from my friends because I wanted to feel superior. This created tension in my relationships and affected my inner peace."

AWAKEN YOUR SPIRITUAL ESSENCE

## 4. Recognize Patterns and Triggers for These Impurities

**Action:** Reflect on the triggers or situations that seem to bring out these impurities.

- **Ask yourself:**

- Are there specific situations, people, or circumstances that tend to trigger my anger, pride, envy, or delusion?
- Can I recognize patterns in how I react when these impurities arise?

AWAKEN YOUR SPIRITUAL ESSENCE

**Write down at least 3 triggers or patterns you've noticed.**

**Example:**

- **Anger:** "I feel angry when things don't go according to plan, especially when I'm tired or stressed."
- **Pride:** "I notice my pride surfaces when I'm in a group of people and want to appear more knowledgeable or successful."
- **Envy:** "I feel envious when I compare my achievements to others, especially on social media."
- **Delusion:** "I feel confused about my true self when I attach too much importance to external appearances or material success."

**AWAKEN YOUR SPIRITUAL ESSENCE**

## 5. Set an Intention for the Coming Week

**Action:** Based on your reflections, set an intention to continue your purification journey in the coming week.

- **Ask yourself:**

- How can I handle these impurities more consciously next week?
- What steps can I take to avoid reacting impulsively or letting them control me?

AWAKEN YOUR SPIRITUAL ESSENCE

- **Write down an intention for each impurity you want to address.**
- **Example:**
- **Anger:** "Next week, I will pause before reacting when things don't go as planned, taking a few deep breaths to regain composure."
- **Pride:** "I will focus on humility and recognize the value of others' contributions instead of seeking validation for my own."
- **Envy:** "I will practice gratitude for my own progress instead of comparing myself to others."
- **Delusion:** "I will remind myself daily that I am not my possessions or appearance, but my true self is eternal and beyond these material things."

AWAKEN YOUR SPIRITUAL ESSENCE

## 6. Evening Reflection (Journaling)

**Action:** Before ending your week, take time to reflect on the progress you've made.

**Ask yourself:**

- **What did I learn about my mind and emotions this week?**
- **Example:** "I realized that I tend to react out of anger when my expectations are not met. By observing this, I learned that my emotional responses are often driven by desires for control and certainty."
- **How have my thoughts and reactions changed?**
- **Example:** "I noticed that I was able to take a pause before reacting in anger this week, and I chose to respond more calmly in situations where I would have normally felt frustrated."

- **What was my greatest realization or insight this week?**
- **Example:** "My biggest insight was realizing that much of my anger stems from unfulfilled desires and expectations. This understanding has allowed me to detach from those desires and approach situations with greater equanimity."
- **Additional Reflections:**
- **How did I feel when I observed the impurities within me?**
- **Example:** "At first, I felt uncomfortable acknowledging my pride and envy. But as I became more aware of them, I felt more empowered to release those emotions and grow beyond them."

AWAKEN YOUR SPIRITUAL ESSENCE

- **Did I notice any improvement in how I handled these emotions?**

**Example:** "Yes, I noticed that I responded to situations involving envy with gratitude instead of comparison. I felt calmer and more at peace when I stopped comparing myself to others."

- **What can I do to deepen my awareness of these impurities and purify my mind further?**

**Example:** "I plan to meditate more on detachment from the material world and observe how these attachments fuel my pride and envy. I'll also continue to reflect on my triggers to break the cycle of reactive emotions."

**AWAKEN YOUR SPIRITUAL ESSENCE**

## **Guided by Bhagavad Gita Wisdom:**

Krishna advises in the Bhagavad Gita (6.5) that one must practice self-reflection and detach from negative qualities, which are considered impurities of the mind and heart. Through introspection, we recognize these impurities and work towards purifying ourselves. The verse encourages cultivating a disciplined mind, which can transcend distractions and lead to inner peace.

### **Relevance:**

This day serves as an opportunity to pause and reflect on our own mental and emotional patterns, allowing us to identify and transform the impurities within us, bringing us closer to spiritual purity.

**AWAKEN YOUR SPIRITUAL ESSENCE**

## End of Day 7

### Summary:

- This week, you have reflected on the presence of impurities (anger, pride, envy, delusion) in your mind.
- By observing and identifying these impurities, you've gained deeper insight into how they influence your thoughts and behaviors.
- You've also set clear intentions for how to handle them more consciously in the coming week, helping you purify your mind and align more with your true, spiritual nature.



Thank you!

Visit us @ [www.shreesessencia.com](http://www.shreesessencia.com) 

Don't Forget to Like, Share, and Subscribe

[https://www.youtube.com/@Shrees\\_Essencia/community](https://www.youtube.com/@Shrees_Essencia/community)