

The Five States of Man

Daily Self-Audit Worksheet

Name: _____	Date: _____	Day No.: _____
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Five states are open to every human being — **Daivatvam** (Divinity), **Manushyatvam** (Humanness), **Danavatvam** (Demonic), **Pashutvam** (Animal), and **Heenatvam** (Below the Beast). Use this worksheet at the close of each day. Be honest. Tick the state that most accurately describes your dominant orientation in each area. Patterns will reveal themselves over a week. Sustained sadhana shifts the centre upward.

1 · State Tracker — Where Did I Dwell Today?

DIMENSION	DAIVATVAM	MANUSHYATVAM	DANAVATVAM	PASHUTVAM	HEENATVAM
Speech today	 Truthful, kind	 Honest, measured	 Cutting, manipulative	 Reactive, careless	 Slander, mockery
Thoughts today	 Of others' welfare	 Reflective, fair	 Resentful, scheming	 Drifting, sensory	 Malicious, contemptuous
Use of intellect	 Wisdom, insight	 Discrimination	 Cunning, strategy	 Dormant, instinct-led	 Weaponised
Treatment of others	 Saw the same Self	 Honoured fellow beings	 Used as instruments	 Means to my needs	 Targets to harm
Response to desire	 Transcended	 Channelled by dharma	 Insatiable greed	 Slave to appetite	 Perverted craving
Emotional tone	 Equanimity, peace	 Steady, compassionate	 Anger, envy, pride	 Fear, restlessness	 Malice, contempt
Actions / deeds	 Selfless service	 Duty fulfilled	 Domination, gain	 Indulgence, drift	 Betrayal, destruction
Inner state	 Stillness, fullness	 Anchored, alert	 Restless, hungry	 Dull, half-asleep	 Hollow, festering

2 · Sadhana Practised Today

PRACTICE	DONE?	DURATION / NOTE
Satsang — noble company, uplifting conversation	☐	_____
Swadhyaya — sacred study / reading	☐	_____
Japa / Dhyana — name repetition / meditation	☐	_____
Seva — selfless service rendered	☐	_____
Satya & Dharma — truth / right action upheld	☐	_____

3 · Reflection — The Heart Speaks

When today did I touch Daivatvam — even briefly? What was the moment?

Where did I slip into the lower states? What was the trigger?

One specific shift I will practise tomorrow:

4 · My Dominant State Today (single-stroke verdict)

Daivatvam	Manushyatvam	Danavatvam	Pashutvam	Heenatvam

"With constant practice (sadhana), one can establish oneself in the highest state. Every thought, every word, every deed is a vote — cast it well."