

INSTITUTE OF SRI RAMCHANDRA CONSCIOUSNESS

**Spiritual Condition Evaluation Form to be filled by the Trainer after
INDIVIDUAL SITTING**

Trainer's Name:

Trainer's ID No:

Abhyasi Name:

Abhyasi ID No:

Date & Time of sitting:

Place:

(DD/Mon/YYYY: e.g. 30/Apr/1899)

In the case of introductory sittings the trainers are required to attend to the task of restricting the flow to 'L' and diverting the flow to 'U'. The trainers should also attend to the diversion of flow to the Atman. In addition the trainers should also note down the extent of diversions to the 'U' portion of the heart as well as the Atman. This is a subjective evaluation/feeling to be given by the trainers. The trainers should also note the condition of the aspirant after an introductory sitting wherever applicable.

General Condition:

Tendency & Extent of Flow to Upper Heart & Atman:

Predominant Feeling/thought:

Any other significant point / observation:

Diary:

Self evaluation:

First/Sixth Knot

CONDITION:

Extent of ripening

*Suggestions given for development:

Second/Seventh Knot

CONDITION:

Extent of ripening

*Suggestions given for development:

Third/Eighth Knot	
CONDITION:	Extent of ripening
*Suggestions given for development:	
Fourth/Ninth Knot	
CONDITION:	Extent of ripening
*Suggestions given for development:	
Fifth/Tenth Knot	
CONDITION:	Extent of ripening
*Suggestions given for development:	

*Please refer to the trainer's manual for suggested guidelines