

INSTITUTE OF SRI RAMCHANDRA CONSCIOUSNESS

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

Trainer's Name:

Trainer's ID No:

Abhyasi Name:

Date & Time of sitting:

Place:

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

Sitting number:

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. 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 during meditation:

Any other significant point / observation:

Any colour observed:

Briefly describe the procedure followed for sitting:

There may be cases wherein an aspirant is already advanced before (s)he comes for an introduction. In such cases the trainer is requested to note down the qualities, to which he may have gotten resonance during the sitting, in the box below.

Please record the specific condition (on which resonance observed) of the aspirant:

Trainer's Signature