

SELF EVALUATION FORM (Advanced) ON PRINCIPLES OF SPIRITUAL LIVING

Name		Month	Year
I	Meditation	Answers	
1	a) Are you doing meditation regularly/occasionally?		
	b) If you are doing meditation occasionally, approximately how many days in a month you are doing meditation?		
	c) If you are doing meditation occasionally, what do you think are the reasons for not doing the meditation regularly?		
2	a) At what time you meditate in the morning?		
	b) Are you following fixed time?		
	c) If not what is the time variation?		
3	a) Are you having fixed place for meditation?		
	b) Are you having fixed asan (seat)?		
4	a) Are you having any problem with the posture?		
	b) If yes, give the details of the problem?		
5	a) Do you take bath before morning mediation?		
	b) Do you attend to point 'B' meditation everyday prior to morning meditation?		
6	What is the duration of meditation?		
7	When you are not very active during the day do you remember the condition gained during meditation/after cleaning?		
* In case of any difficulty in meditation like depression / disinclination, 3 point or 4 point japa can be practiced in consultation with your trainer			
II	Cleaning	Answers	
1	a) Are you attending to your daily evening cleaning practice?		
	b) Is it regular or occasional?		
	c) If it is occasional how many times in a month you will be attending your cleaning?		
2	At what time do you attend to your cleaning usually?		
3	What is the duration of your cleaning?		
4	Which method are you following? a) Smoke & vapor or		
	b) Ocean of bliss or c) Divine store house		
5	Do you feel lightness at the end of cleaning?		

6	a) How effective is the method according to your experience? Very good/good/satisfactory/not effective	
	b) What are the things you think you got rid off?	
7	Have you discussed your cleaning method/problems with your trainer?	
III	9.00 PM Prayer	Answers
1	Do you pray at 9.00 PM for development of Universal Brotherhood	
2	a) Is it regular / occasional?	
	b) If it is occasional how many times in a month you will be doing your 9.00PM prayer?	
3	a) What is the duration of your prayer?	
	b) Are you able to maintain the thought continuously for the entire period?	
IV	Bed-Time Prayer	Answers
*	Bed time prayer not to be offered on bed	
1	Do you offer bedtime prayer every day?	
2	If so, at what time usually?	
3	a) Does point 'A' Meditation precedes bedtime prayer?	
	b) Is there any reduction in the impulsive tendencies of the lower mind?	
4	What is the duration of your prayer? (10 minutes or more)	
5	Do you think you feel the presence of the Master?	
6	What is your attitude at that time? Supplicant / Devoted / Submissive / Crying / Weeping etc	
V	Commandments	Answers
1	Commandment-2	
a)	Are you doing prayer before you start meditation?	
b)	What is your attitude at that time? Like aspiration for spiritual elevation, ritualistic, devoted (bhakthi), submissive (supplicant) etc	
2	Commandment-3	
	Do you have goal of "Oneness with God"?	
3	Commandment-4	
a)	To what extent envy, jealousy, hatred and greed have been reduced? Completely/mostly/to some extent/not much	
b)	Do you feel concern and love for others?	
c)	Do you think you are plain and simple?	
4	Commandment-5	
a)	Do you know that you are responsible for your actions/ miseries?	
b)	i) Do you think miseries are for your own good?	
	ii) Do you take miseries as Divine blessings?	

5	Commandment-6	
a)	Do you know all the human beings are your brothers and sisters?	
b)	i) Do you think you have reached a stage to treat all the human beings as your brothers and sisters?	
	ii) If no, would you consider practicing seriously 9.00PM prayer and point 'A' meditation?	
6	Commandment-7	
a)	What is your attitude for the wrongs done by others? Revengeful/ Ill feeling/ forgiveness/ others (specify)	
b)	i) Do you think you are in a stage to take the wrongs done by others as heavenly gifts?	
	ii) If no, do you aspire to reach that stage?	
7	Commandment-8	
a)	i) Do you find any changes in your food habits?	
	ii) If yes, what are they? Please explain	
b)	Do you feel happy to eat what ever you get?	
c)	Do you eat fixing your thought upon the Master? Always/Majority of times / occasionally	
d)	i) Do you think your earnings are honest?	
	ii) Do you think your earnings are pious?	
8	Commandment-9	
a)	Do you think there is any change in your living after coming to this system?	
b)	If yes, please explain those changes	
c)	i) Do people known to you feel that there is a change in your life	
	ii) If yes, do they like to follow the method / system you are following?	
VI	Satsangs / Individual sittings	Answers
1	Are you attending satsangs regularly (i.e. weekly once) \ occasionally? Or not attending	
2	Are you taking individual sittings?	
3	a) If you are taking individual sittings, are you taking them once in a week/ fortnight/month/occasionally?	
	b) If not please give reasons?	
4	a) When you go for an individual sitting what is the attitude you have?	
	b) What do you expect from the trainer?	
	c) Do you discuss your problems in sadhana / conditions and seek help from the trainer?	
VII	Reading of Master's works	Answers

1	Do you read the works of the Master?	
2	Are you regular or occasional in your reading?	
	c) If not, is it due to insincerity in following the method or do you think the method itself is ineffective?	
VIII	Diary writing	Answers
1	Do you contemplate on Master's thought for the day as given in the diary?	
2	Are you writing the diary as per the guidelines given in the diary?	
3	Are you sending/submitted it to your trainer?	
IX	General	Answers
1	If you are regular in meditation/cleaning/9.00P.M prayer/bed time prayer, when you miss sadhana, what is your attitude during those times? (Repentance/Seeking forgiveness/ Remorse/Depression/ others)	
2	What do you do during your leisure hours and holidays?	
3	a) Do you feel the necessity to continue traditional/other forms of worship to which you are accustomed to earlier?	
	b) What are those practices?	
4	Is the feeling to perform other forms of worship a) impulsive b) due to habit of mind c) custom imposed d) Social necessity e) out of fear of the unknown f) any other reasons (Please specify)?	
5	a) Are you maintaining regular contact with ISRC?	
	b) If not reasons there for?	

Note: This is for your self-evaluation only

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