

**INSTITUTE OF SRI RAMCHANDRA CONSCIOUSNESS**

**Report after meditation to be filled by ABHYASI after an INDIVIDUAL SITTING**

Abhyasi Name:

Abhyasi ID No:

Trainer's Name:

Trainer's ID No:

Date & Time of sitting:

Place:

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

General Condition as felt by the aspirant [e.g. Absorbed in self-centered (work, family, sadhana related, organisation related)/divine-centered thoughts etc.,]:

First thought/feeling after meditation:

Predominant thought/Feeling during meditation (e.g. lightness, calmness, subtle, gross, floating, expansion etc.):

Nature of predominant thought (e.g: goal oriented, irrelevant, obsession with ones progress etc.,)

Any other significant point/observation (e.g. stability of posture, disturbing thoughts, any colour observed etc.):

Content of thoughts during meditation (e.g. related to recent or immediate past, due/undue attachment, self/other centered):

Please note down associated feelings and thoughts and colours you might have had during the sitting. Please elaborate in the right column, on the thoughts / feelings felt.

<b>Thoughts/Feelings felt</b>	<b>Additional notes associated with the thoughts /feelings felt</b>
<ol style="list-style-type: none"> <li>1. Absorbency</li> <li>2. Balance</li> <li>3. Blissfulness</li> <li>4. Compassion</li> <li>5. Confidence in Self</li> <li>6. Contentment</li> <li>7. Co-operation</li> <li>8. De-tensioning</li> <li>9. Empathy</li> <li>10. Faith in the Master</li> <li>11. Freedom</li> <li>12. Freshness</li> <li>13. Happiness</li> <li>14. Higher Aspirations</li> <li>15. Hope</li> <li>16. Jerks – thought/feeling after jerks</li> <li>17. Openness</li> <li>18. Orientation to Master</li> <li>19. Peace</li> <li>20. Plainness</li> <li>21. Reverence</li> <li>22. Sharing</li> <li>23. Silence</li> <li>24. Sincerity</li> <li>25. Steadfastness</li> <li>26. Tranquility</li> <li>27. Truthfulness</li> <li>28. Vibrations (Activity)</li> </ol>	