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## Practice Report

1. Name -
2. Address -
3. Registration No. -
4. Stage in which the student is meditating now -
5. For how many months is the student meditating to in this Stage? -
6. Any extension? How many months? -
7. How many days in a week did the student meditate during this period? -
8. For how long did the student meditate daily, during this period? -
9. Any experience you would like to mention. (Write in a separate sheet) -
10. Have you experienced any change in you, now? -
11. Have you read any book during this period? Please mention it. -
12. Did you practise any other technique during this period? -
13. Did you channel Light? -  
For how many days in a week  
And for how long?

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Note: Instructions for further practice will be provided only after the receipt of this Report.

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