

**ELIGIBILITY CHECK-LIST & SELF ASSESSMENT GUIDELINES
(PRE-PREPARATORY STAGE)**

This checklist should never be employed for screening people for teaching vedantic principle or scriptures or for mutual judgment by vedantic students. It should be exclusively used only by the interested one for scanning his or her inner personality and traits and for own assessment. However, the enlisted values can be used for one's self development as well as for tuning oneself before taking up the pursuit of 'Self knowledge'.

CODE	CLASSIFICATION	DESCRIPTION
S	Statutory requirements	Should be present for the eligibility at the preparatory level
U	Undesirable 'minus' values	Should be absent at the preparatory level
HD	Highly Desirable	Every seeker should strive for these attributes
D	Desirable 'Positive' values	Helpful to add up and check your condition of inner personality for this pursuit
N	Not eligible for this systematic study	The seeker should be free from these conditions
S	Accepting God as the principle of the Highest Power, present everywhere.	
S	Follow very basic, simple religious practices	
S	Language level, understanding capacity, alertness & memory - all normal	
S	Vegetarianism, if advocated by their own tradition	
U	Extreme Over Attachment or entanglement, Selfishness, Severe extrovertedness	
U	Highly Egoistic / Pride / Sarcasm	
U	Insentient or Non-availability of one's own conscience	
U	Non-veg against my own tradition	
U	Taking advantage at others cost	
U	Physical Violence, Agitated mind, Highly emotional or sentimental, Over talkative	
U	Revengeful / simply hurting other's feeling / anti God etc.	
U	Too much restlessness, workaholism or too much dullness or High Inferiority Complex.	
U	Already obsessed with any religious or spiritual concepts	

FOR SEEKERS WHO HAVE HIGHEST PRIORITY IN THIS PURSUIT

CODE	CLASSIFICATION	SCORE
HD	Unconditional devotion to God	20
HD	Following Karma Yoga principle *	20
HD	Not doing to others what you do not want others to do to you	20
HD	My every experience is the cumulative results of my present actions and past actions.	20
HD	Ability to be comfortable & meditate about 30 mts daily at any time	20

FOR EVERY SEEKER

CODE	CLASSIFICATION	SCORE
D	Self confidence (accepting & applying freewill in this pursuit)	10
D	Yoga practices including Meditation (Min 30 minutes per day)	10
D	Regular Religious Practices	5

D	Spiritual Pursuit : High prioritizing & allocating quality time for listening / reading / analyzing / sharing etc. - altogether Min half an hr. per day)	5
D	Speaking truth (Dharmic), Avoiding casual lies	5
D	Vegetarianism,	5
D	Sharing attitude (periodical charities, contributions etc.)	5
D	Love /Empathy	5
D	Interest, and Respect in scriptures	4
D	Following Discrimination (Dharmic & Adharmic deeds i.e. Following Conscience)	4
D	General Helping attitude and liked by most	4
D	Absence of damaging anger, Verbal non-violence	4
D	Straight forwardness (Words aligned to Actions, Thoughts aligned to Words)	4
D	Dispersion at least to Luxuries	3
D	Basic Sense control	3
D	Logical thinking / High reasoning power / Understanding capacity	3
D	Long time concentration span, Memory & Recollection	3
D	Not demanding respect,	2
D	Absence of pride	2
D	Physical & Psychological tolerance	2
D	Respect to elders	2
D	Cleanliness	2
D	Not taking advantage at other's cost	2
D	At least Feeling for other's difficulties and praying for other's welfare	2
D	Happy for other's progress	2
D	Preferring Sattvic & non spicy foods	2

100

CLASSIFICATION AND QUALITY

N	Depression, nervous disorders, Total frustration, high stress etc.	
N	Immoral & unethical instincts & activities	
N	Highly impaired sight & hearing	
N	Low understanding due to old age, Psychological imbalance.	
N	Strong binding desires, addictions to non-advocated habits	

NOTES:

While making use of this check list, the interested person should be 'True to himself' while assessing him or her and also, the implied meaning has only to be taken and not the literal meaning of all the above statements

The assessor should be free from 'Undesirable' traits, else he should totally refrain from them to become eligible for preparing for this pursuit

Eligibility level is 50 points, subject to strive to satisfy other desirable qualities

Absence of the above listed positive values only deprives the assessor of the points, it does not disqualify him or her. But he should not have the opposite negative values to these values