Screen	Trainer	Practitioner	Aspirant	Functionality
Already a practitioner of Heartfulness Meditation	Yes	Yes	No	Exisiting practitioners having Abhyasi ID/eWelcome ID card can use this
Register	Yes	Yes	No	Practitioners having an Abhyasi ID card can do the registration. Currently Abhyasi's NOT having Abhyasi ID card, cannot do registration. Please go to https://profile.sahajmarg.org/members/id-card and Login/Signup and submit your request for getting and Abhyasi Card
Login	Yes	Yes	No	Used to login to the application. Note: First Time eWelcome Card ID holders needs to click on Login and Reset their password using "Forgot Password". After resetting They can use the application. This is MySRCM authentication. So Preceptor Central - Trainers can directly use their ID/PWD to login.
Help	Yes	Yes	Yes	Documentation for easy use. Any questions or clarifications, do send an email to letsmeditate@heartfulness.org
New to Heartfulness Meditation	No	No	Yes	New Aspirant/seekers who wanted to get introduced to Meditation through Initial Meditation sessions with Trainer or seekers who wants to do Relaxation can use this login
Login	No	No	Yes	If you already registered as a New seeker, then give your email id and password and click Login
New User? Register Here	No	No	Yes	Enter your Email ID, Name, Password and Mobile Number and click on Submit.
Meditation Guide	No	No	Yes	Steps 1 through 6 are displayed with Audio for the seeker. Simply listen to the audio with an Openess and relaxaed way. Once completed, it will take to Seek Meditation Screen.
Seek Meditation	Yes	Yes	Yes	# Abhyasi can Meditate with a Trainer. If any additional abhyasis are joining the meditation, he/she can enter the count. Else then the practitioner can click on NOW. # You will be displayed Ongoing Meditation screen with 00:00 as Meditation Not Started. # Once the Trainer accepts the request, a 15 seconds delay will be displayed which will help, to sit comfortably and relax before meditation. Trainers picture and the meditation duration will be displayed on the screen. # "Start Now" will be heard and that's when the meditation session with the Trainer is going to start. # "That's all" audio will be heard, when the Trainer stops the sitting. A feedback screen pops up. The practitioner's experience about the meditation session can be entered and to be submitted. This feedback will be shared with the Trainer.
Ongoing Meditation	Yes	Yes	Yes	Due to some reason, if the meditation has started and the Practitioner is out of the screen, he can go to Menu = and navigate to Ongoing Meditation to view the ongoing meditation and continue meditating.
Relaxation	Yes	Yes	Yes	Heartfulness Relaxation is played. (A Disclaimer has to be agreed to start the audio). As the audio is being played, simply following the suggestions given in the relaxation. Avoid doing any other parallel activity like browsing/eating/watching/driving etc... Using a Headphone/Earphones will help to keep yourself focused and relaxed.

Unwind	Yes	Yes	Yes	Guided Cleaning. As Daaji nicely named this as Unwinding. (A Disclaimer has to be agreed to start the audio). As the audio is being played, simply following the suggestions given in the Unwind. Avoid doing any other parallel activity like browsing/eating/watching/driving etc... Using a Headphone/Earphones will help to keep yourself focused and alert.
Donation	Yes	Yes	Yes	You can Donate through this Option to Sahaj Marg Spirituality Foundation as General Fund
Profile	Yes	Yes	No	Andriod Users can update their Picture and Location details through this option.
Help	Yes	Yes	Yes	Help Documentation. Any clarifications, please send an email to letsmeditate@heartfulness.org with all necessary details and if possible screenshots.
Logout	Yes	Yes	Yes	Will Logout of the application. There is no neccessity to logout of the application. If your phone needs to be used by some other abhyasi, to login to the application using their login, then you can use this option to logout and login as other abhyasi.
Conduct Meditation	Yes	No	No	Trainers needs to make themselves available by clicking the RED icon on the top, and it will turn Green and will make themselves available. # You can see the Practitioners Request count and seeker Request count. **Seeker Selections:** # If there are any seeker requests once you make yourself available, a check box is given. Select the Checkbox and click on "Start Meditation Session". One single request only be shared with a Trainer to give sitting. If the seeker has taken prior sittings, a History Screen of the prior meditation sessions is shared with the Trainer. This will help the Trainer to understand about the seeker prior sessions and give the 2nd or 3rd or nth sitting. # After the meditation is completed, Trainer can click on "Stop Meditation session" and a prompt will come. If the Trainer has given Final sitting, He can mark it by Selecting Final Sitting as Complete by touching the icon and share his feedback. (Next time the seeker logs in after the final sitting, he will be asked to enter further details like DOB to give him eWelcome ID card number). If its 1st or 2nd sitting only, then click on OK and proceed further to give your feedback. **Abhyasi Selection:** # If there are Practitioner requests, there will be a Text Box available for the Trainer to enter the Count of Abhyasis he wants to give sitting. Trainer can pick up 1 or edit to available count of Practitioners requests and start giving the sitting. It's suggested to give the available count shown in the Practitioners request. # On the completion, Trainer can click on Stop Meditation Session and share his feedback about the meditation. Please note, the feedback entered by the Trainer will not be shared with the Practitioner/seeker. It will remain in Trainers phone only. It's just for his own reference. # Past Sittings Option is viewable for Trainer to see the past meditation requests he has given. # Feedback will show the Feedback shared by the Practitioner in the Abhyasi Tab and on Preceptors Tab he will notice the comments he has entered. # Preceptors are suggested to make themselves Unavailable when they are done giving sittings. When needed they can turn it on again.