



Tool to Assess the Practice of Surrender to God/Guru

To what extent do we practice surrender to God/Guru? You may use this tool to assess yourself. The state of surrender is mutually exclusive (i.e., all or nothing). Therefore, there are only two response options – either we do something proficiently or are working on it. Identify the items that best describe you by putting a checkmark (✓).

This tool is for our individual benefit only; thus, it will be more helpful to answer based on your current state, not where you would like to reach in future. In addition, surrendering to God/Guru is a journey. While none of us are surrendered souls at this time (if we were, we would already be God-realized), we can sequentially progress by knowing specific aspects that need work.

Items	Describes Me	Does not Describe Me
I know what I need to do to surrender my intellect to God/Guru.		
I know the principles or aspects of intellectual surrender to God/Guru but I am not practicing the divine knowledge due to carelessness.		
I practice my daily sadhana to become more proficient at surrendering to God/Guru but there are too many obstacles that come in the way of consistently practicing the divine knowledge.		
When good things happen in life, I think it is because of the effort I made or my good karma. It may not be because of divine grace.		
When good things happen in life, I remember to express my gratitude to God/Guru because I think such things are the result of divine grace.		
When difficult situations occur, I wonder what harm I did to anyone to deserve such suffering. My faith starts to shake.		
When difficult situations occur, I remember to express my gratitude to God/Guru because they know what is best for my spiritual growth.		
When difficulties arise, I ask God/Guru for inner strength to help me to navigate the challenges. I do not complain about why they occurred to me.		
I want those experiences in life that God wants me to go through in order to be a better human being, even if that means suffering. This is more important to me than my own desires.		
When difficult situations occur, in an effort to find solutions, I first look for resources within my reach and control. When those do not produce the desired outcome, then I reach out to God/Guru.		
When difficulties arise, I try to find solutions by accessing resources within my reach and control, with the mindset that God/Guru are		



guiding me in that direction. When those do not produce the desired outcome, then I reach out to God/Guru in helplessness.		
When difficulties arise, I remind myself that I am experiencing these hardships as a result of my own karma from endless past lives.		
In my personal experience, I found solutions to life's problems when I relied only upon God/Guru and no other source of support.		
I am convinced that our eternal father is taking care of me at all times. I feel fearless about the present or future, especially in the face of eminent danger.		
Every day I remind myself of how God/Guru have causelessly bestowed innumerable graces upon me. I see Their grace in all good things that happen in my life.		
Even though I know that God alone is the true proprietor of everything in the universe, I forget about this knowledge and feel a sense of ownership especially when I offer something to God/Guru in seva or charity.		
When I do something really good, I frequently forget to be humble and attribute success to my own knowledge and skills.		
I make the effort to practice selfless service of God/Guru even though I do not succeed most of the time.		
I make the effort to practice loving devotional sentiments to God/Guru on a consistent basis throughout the day even though I do not succeed.		
I make the effort to practice exclusive loving devotion to God/Guru by focusing on them as much as possible even though I do not succeed for the most part.		
I do not concern myself with religious ritualistic practices but focus on increasing my loving devotional sentiments to God/Guru.		
Even though I am not a surrendered soul, my goal is to attain that state.		

You may know the extent of surrender to God/Guru by comparing your responses to the tatvagyan (i.e., Vedic knowledge) described by Swami Mukundananda in [Bhagavad Gita – The Song of God \(18.62\)](#). For items where you chose “making the effort,” reflect on how the effort can be intensified.

If you need to speak with anyone about any part of this assessment, please feel free to contact us at samarpanteam1119@gmail.com. Please also give us some time to respond. Thank you.