

## KRISHNA SADHAKA

In addition to fulfilling the above mentioned commitments of Krishna Sevaka, I will fulfill the following additional standards of devotional service and I shall receive the blessings of Sri Sri Gandharvika Giridhari Sriman Mahaprabhu & Sri Sri Lakshmi Narasimha Deva to practice Krishna Consciousness as a Krishna Sadhaka

1. I will chant eight to twelve rounds of the Hare Krishna maha-mantra everyday.
2. I will lead a pure holy life by avoiding intoxication (alcoholic drinks), meat-eating, gambling and extra-marital sex.
3. I will study the books of Srila Prabhupada and attend the classes in ISKCON as often as possible (at least the Sunday evening Bhagavad-Gita class every week).
4. I will worship Lord Krishna as far as practical at home, by setting up an altar, offering arati and foodstuffs (such as water, milk and fruits), worshipping the sacred Tulasi plant and following basic sadhana like rising early in the morning.
5. I will observe fasting on the Ekadashi and festival days as indicated in the Vaishnava Calendar.
6. I will be dedicated to leading a devotional way of life by gradually learning and practicing bhakti-yoga according to the teachings of Srila Prabhupada under the guidance of his representatives.

### Books to be read:

1. Raja vidya
2. Matchless Gift
3. Science of Self Realization chapter 2 & 3
4. Bhagavad Gita As It Is chapter 2 – 6
5. Recommended – Krishna book

### Hearing:

In this module it is must to hear lectures given by Srila Prabhupada on Chapters 2 to 6 of Bhagavad Gita As It. Click [here](#) to hear the lectures.

### Questions:

1. How often do you come to the temple in a month?
2. For how many days/ weeks/ months/ years are you visiting ISKCON?
3. How many Sunday programmes do you attend every month.?
4. How many rounds of Hare Krishna Maha mantra do you chant every day?

5. How long does it take to chant your rounds?
6. When do you chant most of your rounds?
7. Where do you chant most of your rounds?
8. List all the books of Srila Prabhupada that you have read and indicate against each book whether you have read fully or partially.
9. Do you accept Krishna is the supreme personality of godhead?
10. Why do you accept Krishna is the supreme personality of godhead?
11. What is the position of devatas? Name a few
12. Are you willing to do devotional service in ISKCON on special days and Sundays?
13. Are you a vegetarian
14. According to shastras how does one see women other than one's wife?
15. Is it okay to call one's wife a "mataji" (by the husband)
16. Which of the following deities or pictures you worship in your alter?
17. Describe the process of offering foodstuffs to the lord. Write the mantras you chant
18. Do you observe fasting on Ekadashi and other festival days as recommended in the Vaishnava calendar?
19. What are forbidden items on Ekadashi days?
20. What time do you rise in the morning?
21. Do you worship Tulasi every day?
22. Do you water Tulasi plant every day?
23. Do you circumambulate Tulasi at least three times every day?
24. Write Pancha Tattva mantra below.
25. Write below the prayer (in a run -on format) that we chant before honoring Prasadam.
26. What are six opulence's of Bhagavan?
27. What are the nine process of devotional service?
32. Do you avoid the following?
  - a. Cakes /Ice-cream with eggs
  - b. Paan
33. Do you avoid the following?
  - a. Illicit Sex
  - b. Intoxication (including coffee/tea)
  - c. Meat Eating
  - d. Gambling

### Questions from Raja Vidya:

1. Explain in simple words the Parampara process of understanding the Bhagavad Gita.
2. What was the special qualification of Arjuna that Krishna chose him to speak Bhagavad Gita?

3. What is the story of Indra that Srila Prabhupada mentions towards the end of the chapter?

**Questions from Krishna consciousness - The Matchless Gift.**

4. What is the aim of Krishna conscious movement?
5. Srila Prabhupada talks about a Bengali poem written by a Vaishnava poet what does the ghost represent in the real world?
6. According to Srila Prabhupada, what is defect in present day universities?
7. Please explain the word animal technology used by Srila Prabhupada
8. We do not accept Krishna as the supreme god on basis of whims or sentiments, then on what basis do we accept?
9. Write the meaning of the first 4 prayers of Sri Sikshastaka?

**Questions on the Science of Self Realization Chapter 2 and 3:**

10. Why does the living entity suffer in the material world? Explain how a guru rescues his disciple from this suffering?
11. Can we say Krishna Consciousness is the only way to know God? Kindly Elaborate.
12. Unless a bona-fide guru initiates you, the mantra being chanted is not effective? What do you understand by this statement?
13. Is Krishna Consciousness a Hindu cult or a divine culture? How do you understand this?
14. What is varnashrama system? What are the difference between hereditary varnashrama and real varnashrama system?
15. What do you understand by "Mayavada" philosophy? Is this atheism?

**Questions on Bhagavad Gita As It Is Chapter 2 to 6:**

16. In Chapter 5, Lord Sri Krishna gives the method for attaining complete peace individually and collectively. What is this "Peace Formula" that He gives?
17. Why should one perform his duty despite the hardships of climatic conditions?
18. Describe the six transformations of the material body?
19. How does a spiritual aspirant approach a bona-fide spiritual master to learn about the absolute truth?

20. Although Arjuna knows about the religious principles, why does he surrender to Krishna? Also what point does this convey to us?

21. What are the two types of "sva-dharmas"? What are their purposes?
22. Explain the analogy of the "tortoise".
23. State the three degrees of lust covering the soul.
24. Refute the Mayavadi's misinterpretation of the soul's individuality
25. The origin of lust is in \_\_\_\_\_
  - a. cinema hall
  - b. prostitute house
  - c. the Supreme
  - d. mind
26. Krishna Himself is engaged in performing prescribed duties, because \_\_\_\_
  - a. He descends to establish the principles of religion
  - b. He wants to gain popularity
  - c. He wants to engage the fruits of activities
  - d. all the above
  - e. a & b
27. When the mind is fully absorbed in Krishna consciousness, it is said to be
  - a. brahma-bhuta stage
  - b. in consciousness
  - c. in samadhi
  - d. all of above
  - e. b & c
28. The symptom of control of mind is
  - a) one is happy and satisfied.
  - b) one does not think anything.
  - c) one must be in pure consciousness.
  - d) one is free from all desires.
  - e) one has ability to concentrate long.