

KRISHNA UPASAKA

In addition to fulfilling the above mentioned commitments of Krishna Sadhaka, 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 Upasaka:

1. I will chant twelve to sixteen rounds of the Hare Krishna maha-mantra everyday.
2. I will worship Tulasi Devi on a day-to-day basis.
3. I will accept the acharyas in the Gaudiya Parampara.
4. I will observe fasting for the appearance and disappearance of the previous acharyas as given in the Vaishnava Calendar.
5. I will observe fasting for the appearance days of the Lord as given in the Vaishnava Calendar.

Books to be read:

1. Science of Self realization chapter 4 - 5
2. Bhagavad Gita As It Is chapter 7 -12
3. Recommended – Krishna book

Hearing:

In this module it is must to hear lectures given by Srila Prabhupada on Chapters 7 to 12 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 programs do you attend every month?
4. How many rounds of the Hare Krishna maha-mantra do you chant everyday?
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 cover to cover.
9. Do you accept Krishna is the Supreme Personality of Godhead?
 - a. Yes b. No
10. Why do you accept Krishna is the Supreme Personality of Godhead?
11. Are you willing to render practical devotional service during the ISKCON festivals?
 - a. Yes b. No
12. Are you a vegetarian? (Tick the correct alternative)
 - a. Yes, all my life
 - b. Yes, for the past _____ years/months/days
 - c. No.

13. According to the shastras, how does one see women other than one's wife?
14. Which of the following Deities or pictures do you worship on your altar?
 - a. Sri Sri Radha-Krishna
 - b. Sri Sri Krishna-Balaram
 - c. Sri Caitanya Mahaprabhu
 - d. Srila Prabhupada
 - e. List others, if any:
15. Describe the process of offering foodstuffs to the Lord. Write the mantras you chant.
16. Do you observe fasting on Ekadashi and other festival days as recommended in the Vaishnava calendar?
 - a. Yes
 - b. No
 - c. I will start observing from now on.
17. What are the forbidden food items on Ekadashi days?
18. What time do you rise in the morning?
19. Do you worship Tulasi everyday?
20. Do you water Tulasi plant everyday?
21. Do you circumambulate Tulasi at least three times every day?
22. Do you know the prayers that we chant before honoring Prasadam?
 - a. Yes
 - b. No
 - c. I will learn soon
23. Write the Pancha Tattva mantra below:
24. What are the four pillars of dharma? State what sinful activity destroys each of them.
25. Explain the difference between the body and the self?
27. Describe your service connected to the temple on a regular basis.
28. List the Ten offenses to be avoided against the Holy Name.
29. Do you avoid the following?
 - a. Onion/Garlic Yes / No
 - b. Coffee/Tea Yes / No
 - c. Cakes /Ice-cream with eggs Yes /No
 - d. Paan Yes / No
30. Do you avoid the following?
 - a. Illicit Sex Yes/No
 - b. Intoxication (including coffee/tea) Yes/No
 - c. Meat Eating Yes/No
 - d. Gambling Yes/No

Questions on The Science of Self Realization Chapter 4 and 5:

1. What do you mean by Absolute truth? Explain the three aspects of the absolute truth.
2. What are special and ordinary respects? When do you apply them?
3. Is soul present in the animals/ plants? Isn't killing a plant sinful? How does one avoid the sin of killing plants?
4. What are differences between atma and paramatma ?

5. What are the different processes of self realization in the four Yugas? What is recommended in the age of Kali?
6. What is an Avatara? Is Sri Krishna Caitanya, an Avatara?
7. What perfections can a yogi achieve? Is practicing Krishna Consciousness beyond this perfection?
8. Who all share the karmic reactions of killing an animal?
9. Write the meaning of the first 6 prayers of Sri Sikshastaka?

Questions on Bhagavad Gita As It Is chapter 7 to 12:

1. Referring chapter 7, describe the "purusa avataras"?
2. How does Lord Caitanya's philosophy of "acintya bheda abheda" resolve the apparent conflict between personalism and impersonalism?
3. Describe, "mudha," "naradhama," "mayayapahrta jnana," and "asurim bhavam asritah."
4. How is it possible to remember the Lord at death?
5. "The life of Brahma seems fantastic and interminable, but from the viewpoint of eternity it is as brief as a lightning flash." Explain.
6. Describe a "mahatma." Give examples
7. Explain, how one engaged in the devotional service to Krsna has already performed all the sacrifices?
8. How does Krsna help the less intelligent devotee?
9. Name and define the two kinds of expansions of the Lord.
10. Explain the significance of the word "nimitta matram."
11. List two reasons why bhakti is superior to the practice of meditating on the impersonal.
12. Name and explain 10 qualities of a devotee mentioned in the final section of chapter 12.
13. Why a spiritual master must be connected with Krsna?
14. Explain the word "asamaurdhva." Who can be like this?
15. List and explain any Ten Opulences of the Supreme Personality of Godhead of your choice.
16. How is a devotee purified of any accidental faults?
17. Give reasons why Krsna calls this spiritual knowledge "raja vidya" and "raja guhyam."
18. There are auspicious and inauspicious times for quitting a body for a yogi. How do the devotees prepare for leaving their bodies?
19. Explain the analogy of the "sun and the cloud."
20. Why can't the demigods infuse the living entities with an affinity for worshipping them?
21. Describe the differences between demigod worship and devotion to the Supreme Personality of Godhead.
22. Are there any questions or doubts that you have in the previous chapters of Bhagavad Gita or Science of Self Realization?