APPENDIX 1: SURVEY QUESTIONNAIRE

Daily practices

Please read the statements carefully, because some are phrased positively and others negatively. Don’t take too long over individual questions; there are no “right” or “wrong” answers (and no trick questions). The first answer that comes into your head is probably the right one for you. If you find some of the questions difficult, please give the answer that is true for you in general or for most of the time.

Name (optional)

Email address

Since how long are you practising Krishna Consciousness/ Bhakti yoga
1) 2-5 years  2) 10 years and above  3) Not practising

1. Gender
1) Male  2) Female

2. Age
1) 15-30 Yrs  2) 30-45 Yrs  3) 45 + Yrs

3. Marital Status
1) Single  2) Married

4. Nationality
1) Indian  2) Foreign

5. Indicate your Ethnicity/Background
1) North Indian  2) South Indian  3) Bengali  4) Bihari  5) Gujarati
6) Marathi
7) Odiya  8) Rajasthani  9) Other Ethnic Group  10) Other

Foreign Ethnic Group
6. What is your Occupation?
   1) Business          2) Professional       3) Service       4) Student       5) Voluntary Service
   6) Retired           7) Others

7. I am personally satisfied with my life
   1) Strongly disagree 2) Somewhat disagree 3) Neutral 4) Somewhat agree
   5) Strongly agree

8. I live confidently knowing that God is intimately concerned and involved with my life *
   1) Strongly disagree 2) Somewhat disagree 3) Neutral 4) Somewhat agree
   5) Strongly agree

9. I like to eat meat/fish/eggs
   1) Strongly disagree 2) Somewhat disagree 3) Neutral 4) Somewhat agree
   5) Strongly agree

10. I get irritated quickly
    1) Strongly disagree 2) Somewhat disagree 3) Neutral 4) Somewhat agree
       5) Strongly agree

11. I spend a considerable amount of time daily praying and deepening my relationship with God.
    1) Strongly disagree 2) Somewhat disagree 3) Neutral 4) Somewhat agree
       5) Strongly agree

12. I become greatly distressed when things don’t work out for me
    1) Strongly disagree 2) Somewhat disagree 3) Neutral 4) Somewhat agree
       5) Strongly agree

13. I like to drink tea/coffee
    1) Strongly disagree 2) Somewhat disagree 3) Neutral 4) Somewhat agree
       5) Strongly agree
14. I become happy when I think about the material assets that I possess
1) Strongly disagree  2) Somewhat disagree  3) Neutral  4) Somewhat agree  5) Strongly agree

15. I make it a point to maintain external cleanliness but more importantly internal cleanliness by practicing self restraint and mantra meditation.
1) Strongly disagree  2) Somewhat disagree  3) Neutral  4) Somewhat agree  5) Strongly agree

16. I make it a point to regularly read transcendental literature/scriptures
1) Strongly disagree  2) Somewhat disagree  3) Neutral  4) Somewhat agree  5) Strongly agree

17. For me, sex life is a major source of happiness
1) Strongly disagree  2) Somewhat disagree  3) Neutral  4) Somewhat agree  5) Strongly agree

18. My job is a source of anxiety
1) Strongly disagree  2) Somewhat disagree  3) Neutral  4) Somewhat agree  5) Strongly agree

19. I do not have doubts about my responsibilities in life
1) Strongly disagree  2) Somewhat disagree  3) Neutral  4) Somewhat agree  5) Strongly agree

20. Regardless of what I acquire or achieve, I have an uncontrollable desire to obtain more
1) Strongly disagree  2) Somewhat disagree  3) Neutral  4) Somewhat agree  5) Strongly agree

21. I am regulated in my eating and sleeping habits
<table>
<thead>
<tr>
<th>1) Strongly disagree</th>
<th>2) Somewhat disagree</th>
<th>3) Neutral</th>
<th>4) Somewhat agree</th>
<th>5) Strongly agree</th>
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22. I take an inferior position in front of my seniors even if I might be right about something in any situation.

1) Strongly disagree  
2) Somewhat disagree  
3) Neutral  
4) Somewhat agree  
5) Strongly agree

23. I feel restless and hyperactive most of the time

1) Strongly disagree  
2) Somewhat disagree  
3) Neutral  
4) Somewhat agree  
5) Strongly agree

24. I accept the difficult phases in my life as the mercy of God

1) Strongly disagree  
2) Somewhat disagree  
3) Neutral  
4) Somewhat agree  
5) Strongly agree

25. I make it a point to rise before sunrise for spiritual practice

1) Strongly disagree  
2) Somewhat disagree  
3) Neutral  
4) Somewhat agree  
5) Strongly agree

26. I can clearly see what needs to be done in every situation

1) Strongly disagree  
2) Somewhat disagree  
3) Neutral  
4) Somewhat agree  
5) Strongly agree

27. I live a simple lifestyle so that I can give a larger portion of my income to God's work

1) Strongly disagree  
2) Somewhat disagree  
3) Neutral  
4) Somewhat agree  
5) Strongly agree

28. I often feel emotionally unbalanced

1) Strongly disagree  
2) Somewhat disagree  
3) Neutral  
4) Somewhat agree  
5) Strongly agree
29. I understand my life’s meaning
   1) Strongly disagree   2) Somewhat disagree   3) Neutral   4) Somewhat agree
   5) Strongly agree

30. I believe charity should be performed towards the spreading of God’s message
   1) Strongly disagree   2) Somewhat disagree   3) Neutral   4) Somewhat agree
   5) Strongly agree

31. I often feel depressed
   1) Strongly disagree   2) Somewhat disagree   3) Neutral   4) Somewhat agree
   5) Strongly agree

32. I highly value speaking the truth uncompromisingly
   1) Strongly disagree   2) Somewhat disagree   3) Neutral   4) Somewhat agree
   5) Strongly agree

33. I often feel calm and peaceful
   1) Strongly disagree   2) Somewhat disagree   3) Neutral   4) Somewhat agree
   5) Strongly agree

34. I believe life is over when the body dies
   1) Strongly disagree   2) Somewhat disagree   3) Neutral   4) Somewhat agree
   5) Strongly agree

35. I refrain from gambling
   1) Strongly disagree   2) Somewhat disagree   3) Neutral   4) Somewhat agree
   5) Strongly agree

36. I like to inspire growth in those whose faith in God is stagnant
   1) Strongly disagree   2) Somewhat disagree   3) Neutral   4) Somewhat agree
   5) Strongly agree

37. I have frequent mood swings
1) Strongly disagree     2) Somewhat disagree     3) Neutral     4) Somewhat agree     5) Strongly agree

38. I panic easily
1) Strongly disagree     2) Somewhat disagree     3) Neutral     4) Somewhat agree     5) Strongly agree

39. I make it a point to eat only sanctified food (food offered to the Lord)
1) Strongly disagree     2) Somewhat disagree     3) Neutral     4) Somewhat agree     5) Strongly agree

40. I often feel like a victim
1) Strongly disagree     2) Somewhat disagree     3) Neutral     4) Somewhat agree     5) Strongly agree

41. I regularly attend spiritual discourses
1) Strongly disagree     2) Somewhat disagree     3) Neutral     4) Somewhat agree     5) Strongly agree

42. I believe that sex life is meant for the procreation of God conscious children only.
1) Strongly disagree     2) Somewhat disagree     3) Neutral     4) Somewhat agree     5) Strongly agree

43. I often feel envious towards my colleagues and friends
1) Strongly disagree     2) Somewhat disagree     3) Neutral     4) Somewhat agree     5) Strongly agree

44. I believe in mercy towards all of God’s creatures and therefore do not kill animals for food.
1) Strongly disagree     2) Somewhat disagree     3) Neutral     4) Somewhat agree     5) Strongly agree

45. I feel fearful in most situations
46. I help people by offering Scriptural lessons and principles as solutions to life’s various challenges
1) Strongly disagree  2) Somewhat disagree  3) Neutral  4) Somewhat agree  5) Strongly agree

47. I feel confused most of the time
1) Strongly disagree  2) Somewhat disagree  3) Neutral  4) Somewhat agree  5) Strongly agree

48. I like to consume tobacco
1) Strongly disagree  2) Somewhat disagree  3) Neutral  4) Somewhat agree  5) Strongly agree

49. I believe that all living entities are essentially spiritual
1) Strongly disagree  2) Somewhat disagree  3) Neutral  4) Somewhat agree  5) Strongly agree

50. Undertaking spiritual training and practice has helped me overcome my addiction to intoxicants (tea/coffee, alcohol, drugs)
1) Strongly disagree  2) Somewhat disagree  3) Neutral  4) Somewhat agree  5) Strongly agree

51. I regularly suffer from bad health.
1) Strongly disagree  2) Somewhat disagree  3) Neutral  4) Somewhat agree  5) Strongly agree

52. I get angry easily
1) Strongly disagree  2) Somewhat disagree  3) Neutral  4) Somewhat agree  5) Strongly agree
53. I am very clear about what the purpose of my life is
1) Strongly disagree 2) Somewhat disagree 3) Neutral 4) Somewhat agree 5) Strongly agree

54. I feel I have a strong relationship with God and always inspire others to build their relationship with him
1) Strongly disagree 2) Somewhat disagree 3) Neutral 4) Somewhat agree 5) Strongly agree

55. I like to smoke cigarettes.
1) Strongly disagree 2) Somewhat disagree 3) Neutral 4) Somewhat agree 5) Strongly agree

56. I chant 16 rounds of Hare Krishna Mahamantra daily
1) Strongly disagree 2) Somewhat disagree 3) Neutral 4) Somewhat agree 5) Strongly agree

57. I take offense easily
1) Strongly disagree 2) Somewhat disagree 3) Neutral 4) Somewhat agree 5) Strongly agree

58. I consume drugs occasionally
1) Strongly disagree 2) Somewhat disagree 3) Neutral 4) Somewhat agree 5) Strongly agree

59. I believe that surrendering to God is always the best way in every situation
1) Strongly disagree 2) Somewhat disagree 3) Neutral 4) Somewhat agree 5) Strongly agree

60. I carry out my responsibilities regardless of whether there is success or failure
1) Strongly disagree 2) Somewhat disagree 3) Neutral 4) Somewhat agree 5) Strongly agree
61. I feel dull and lazy for majority of the time
1) Strongly disagree  2) Somewhat disagree  3) Neutral  4) Somewhat agree  5) Strongly agree

62. I usually feel discontented with life
1) Strongly disagree  2) Somewhat disagree  3) Neutral  4) Somewhat agree  5) Strongly agree

63. I always think about giving up my wealth and position for a simpler life
1) Strongly disagree  2) Somewhat disagree  3) Neutral  4) Somewhat agree  5) Strongly agree

64. I personally apply spiritual knowledge in my life and learn through experiences which I offer to others who are facing similar difficulties or challenges that I have had
1) Strongly disagree  2) Somewhat disagree  3) Neutral  4) Somewhat agree  5) Strongly agree

65. I have discovered a satisfying life purpose
1) Strongly disagree  2) Somewhat disagree  3) Neutral  4) Somewhat agree  5) Strongly agree

66. Self-realization is not important for me
1) Strongly disagree  2) Somewhat disagree  3) Neutral  4) Somewhat agree  5) Strongly agree

67. I always count the blessings of God
1) Strongly disagree  2) Somewhat disagree  3) Neutral  4) Somewhat agree  5) Strongly agree

68. I feel threatened easily
1) Strongly disagree  2) Somewhat disagree  3) Neutral  4) Somewhat agree  5) Strongly agree
69. I feel there is no harm in consuming alcohol.
1) Strongly disagree  2) Somewhat disagree  3) Neutral  4) Somewhat agree  5) Strongly agree

70. I make it a point to take association of people committed on the spiritual path
1) Strongly disagree  2) Somewhat disagree  3) Neutral  4) Somewhat agree  5) Strongly agree

71. I feel happy in performing devotional activities
1) Strongly disagree  2) Somewhat disagree  3) Neutral  4) Somewhat agree  5) Strongly agree

72. I feel that my spiritual beliefs have a lot to do with my happiness.
1) Strongly disagree  2) Somewhat disagree  3) Neutral  4) Somewhat agree  5) Strongly agree
APPENDIX 2: Interview Schedule Questionnaire

Case Study Questionnaire:
Name:_________________________ Age:_________________________
Marital Status:_____________________________ Nationality:_________________________
Ethnicity/Background:_____________________________
Occupation:_____________________________

Q1. What does your practice of Krishna consciousness comprise of?

Q2. Since how long have you been practicing Krishna Consciousness?

Q3. Do you find some difference in yourself? Was it positive or negative?

Q4. Has this practice brought about a behavioral change in your personality? Kindly mention a few changes you find in your behaviour now

Q5. Did this practice help you to overcome any kind of addiction-which one?

Q6. How would you rate yourself emotionally from a scale of 1-10 before taking up practice and now?

Q7. Do you think you have developed some habits in sattva guna? Name a few?

Q8. Has this made a difference in clarifying the purpose of your life?
   a. Little
   b. Average
   c. Very clear and focused

Q9. Do you feel your relationship with God has grown through the practice?
   a. Little
   b. Average
   c. A lot
Q10. Do you feel compassionate for other members of society? Any activity in particular that you perform for their sake?

Q11. How important to you is surrendering to God? Why?

Q12. How would you rate your life satisfaction before and after starting to practice bhakti yoga?

Thank you very much
Interview Schedule 2.1
Name(optional): Gunjan Vaswani
Age:25
Marital Status: married
Nationality: indian
Ethnicity/Background: bihar
Occupation: house wife
First of all, please go through all questions below, and then you may choose to write answers as “Story in a narrative fashion” keeping in mind all questions or answer each question one by one as below.

Q1. What inspired you to come to Krishna consciousness? Since how long have you been practicing Krishna Consciousness?
Ans1. My elder brother was always a source of inspiration for me. When I saw him chanting, I became inquisitive to know what is he doing everyday and what’s the purpose behind him doing that. He guided me very well and gradually I realized the importance of Krishna consciousness and took it up seriously. Since last six and a half years I have been practicing krishna consciousness.

Q2. What does your practice of Krishna consciousness comprise of?
Ans2. It basically includes chanting of sixteen rounds of Hare Krishna mahamantra everyday which takes me around two hours. Then reading of scriptures like Srimad Bhagavatam for at least half an hour every day, visiting to the iskcon temple almost everyday, hearing lectures of senior devotees. As I am a housewife I cook everyday twice at my home, but whatever I cook I offer it to the lord so I consider cooking also as an important part of my Krishna consciousness.

Q3. Do you find some difference in yourself? Was it positive or negative?
Ans3. In these last few years my personality has completely changed and needless to say that its far more than only a positive change.

Q4. Has this practice brought about a behavioral change in your personality? Kindly mention a few changes you find in your behavior now
Ans4. This process has completely changed me inwards and outwards both. Earlier I used to get irritated or upset at small things but now my outlook towards the same situations has changed a lot. Earlier I could just understand the immediate cause behind anything and but now I can link everything as lord’s plan which helps me avoid taking unnecessary anxiety. I am more tolerant now, calm and content in my life.

Q5. Did this practice help you to overcome any kind of addiction-which one and how?
Ans5. As such I didn’t have any major addiction but I liked hearing movie songs and wasted lot of my time without any positive result or deriving any contentment. But after coming to krsna consciousness I am able to utilize my time in a better way. Now hearing nonsensical movie songs has been replaced by kirtans and lectures which has made me a better person.

Q6. How would you rate yourself emotionally from a scale of 1-10 before taking up practice and now?
Ans6. I was always a emotional person but earlier my emotions were completely based on sentiments without a proper understanding of things and it would leave me with frustration at the end of the day as people have the tendency to take undue advantage of an emotional person. So I would rate myself emotionally as 7 out of 10. I have not become emotionless after coming to krishna consciousness or I have become stone hearted, I am still an emotional person but yes now I don’t let my emotions overcome my intelligence which I get from reading scriptures and hearing to lectures. I see myself more stable as a person than before. I just don’t get carried away with my emotions as earlier but analyze things properly before taking any step. And of course now my emotions have changed from being just nice and kind to people to try to really help them by giving them krishna consciousness so they can also live a better, happier and peaceful life.
So now I would give myself 6 points out of 10.

Q7. Do you think you have developed some habits in sattva guna? Name a few?
Ans7. Yes of course my whole life style is now transferring into mode of goodness. For example getting up early and sleeping early, not watching television, or listening to loud music, not getting angry very soon, completely lost the taste in roadside spicy food and just like to have simple home made prasad(food).

Q8. Has this made a difference in clarifying the purpose of your life?
   d. Little
   e. Average
   f. Very clear and focused

Ans8. Yes it’s now very clear and focused. Now I know who I am and why I am here, who is god and what is my relationship with god, why I am suffering here and how I can go back to my original home from where I have come. Apart from this I can lead a peaceful life knowing well the aim of my life.

Q9. Do you feel your relationship with God has grown through the practice?
   d. Little
   e. Average
   f. A lot

Ans9. Yes I definitely feel that my relationship with god has increased a lot. Now my whole life is centered around god whom I used to earlier remember only on certain festivals or pujas.

Q10. Do you feel compassion for other members of society? Any activity in particular that you perform for their sake?
Ans10. This process in general makes us very compassionate for other members of the society because it’s very dynamic and includes not only human beings nut also animal as a part of the society.

The level of compassion which we develop is far more than any altruistic person or any philanthropists because their concern is only to do good to humans and no consideration about other sections of the society. They organize bi conferences to invent some peace formula and their breakfast is chicken sandwich which is based on violence and hence its very partial.
Krishna consciousness teaches us that every living entity in the world is a part and parcel of Krishna and hence should not be troubled unnecessarily.

So following this principle I try to engage people in my society in Krishna consciousness by giving them Krishna conscious scriptures, encouraging them to come to the temple and take this process seriously. We give people the real peace formula which is to understand that Krishna is the real master, real enjoyer and best well wisher of all living entities. Understanding of this formula makes us a happier person in life.

Q11. How important to you is surrendering to God? Why?
Ans11. Very important because I understand as now I have understood my connection to God and purpose of my life, this valuable human form. Plus for me surrendering has the biggest relief for me is HIS SHELTER. Only Krishna is full, permanent and capable of sheltering and surrendering gets you HIS shelter.

Q12. How would you rate your life satisfaction before and after starting to practice bhakti yoga?
Ans. Before practice I would rate my life satisfaction as 5/10 and now after many years of bhakti yoga practice I would now give it a 10/10.
Interview Schedule 2.2:

Name(optional): Diksha Chauhan
Age: 26
Marital Status: Unmarried
Nationality: Indian
Ethnicity/Background: North Indian
Occupation: Software engineer

Q1. What inspired you to come to Krishna consciousness? Since how long have you been practicing Krishna Consciousness?
Ans1. I was totally frustrated of temporary relationships, even with friends, tensed because of the work pressure, a fear of losing my position and fear of not getting proper attention of people around me was making me all the more westernized girl. In midst of those frustrations and fears, I had a little spiritual side, my colleague brought me to Juhu temple and i attended a lecture on Ram Katha during Navratri. I loved the discourse, also i noticed totally uncommon nature of the devotees of the temple, they were too kind, more than i could ever expect anyone to be with stranger. This kind and loving exchange of devotees touched my heart and slowly slowly I started coming on occasional basis, got registered to “The Truth Series” seminar, held for 3 days after that I became more regular.
Its been 4 years now since I have been practicing.

Q2. What does your practice of Krishna consciousness comprise of?
Ans2. 1. Attending lecture every weekend
2. Listening to kirtan, lecture
3. Book distribution once or twice a month
4. Serving my deities (Sri Sri Jagannath Baldev and Subhadra maiya)

Q3. Do you find some difference in yourself? Was it positive or negative?
Ans3. I have changed a lot. I would say complete ‘U-turn’ and its all positive, from where i see myself.
Q4. Has this practice brought about a behavioral change in your personality? Kindly mention a few changes you find in your behavior now
Ans4. Yes people around me have seen this change.
1. I was mostly short tempered, these days it takes a lot of effort to bring me to that level
2. I find myself quite patient and easy going, at least better than before
3. In office, I find myself same in august and march, unlike before when March meant a total anxiety month, as our performance rating and increment is to be disclosed. I have found a much better way to handle that pressure

Q5. Did this practice help you to overcome any kind of addiction-which one and how?
Ans5. I used to drink, was not addicted to that but my association was compelling me to do that, or else I had to leave them.
This practice helped me to choose what is right and good for me. Although i was not addicted to alcohol but i was addicted to the association, that was the biggest change i found in me.

Q6. How would you rate yourself emotionally from a scale of 1-10 before taking up practice and now?
And6. Taking one as highest and 10 as lowest
Before : 8
Now : 4/5

Q7. Do you think you have developed some habits in sattva guna? Name a few?
Ans7. Yes, a few habits.
- I love to gift people.
- I try to devote my time more on reading scriptural topics
- I feel compassionate to people around me, who are struggling but still not strong enough to accept the reality
- I dont feel like taking things back onto the people, who have done wrong to me.
Q8. Has this made a difference in clarifying the purpose of your life?
   a. Little
   b. Average
   c. Very clear and focused
Ans8. b (still need senior devotees to guide me to real goal)

Q9. Do you feel your relationship with God has grown through the practice?
   a. Little
   b. Average
   c. A lot
Ans9.c

Q10. Do you feel compassion for other members of society? Any activity in particular that you perform for their sake?
Ans10. yes I feel compassionate to people in general, still quite far from this philosophy.
To people close to me, or whom i know, I gift them books time to time, listen to them and try and guide them as per what I got from this practice and from Prabhupada’s book. It helped them a lot.
To people who are strangers, I go out with a few more matajis for book distribution

Q11. How important to you is surrendering to God? Why?
Ans11. Its very important. To answer the question ‘why’, I remember one example from one of the Prabhupada’s books. Just like a maid servant has a task to clean the house, she just know that she has to clean the house, from where the water will come, mop will be arranged, or any other things will come, she need not to bother. Similarly, when we surrender ourselves to God, we become more focused on what we need to do, how it will start and what it will result into, we need not bother.
This surrender gives us right to work, at the same time takes away the anxiety of its beginning and of its end result.
Q12. How would you rate your life satisfaction before and after starting to practice bhakti yoga?

Ans. Before practice I would rate my life satisfaction as 3/10 and now after many years of bhakti yoga practice I would now give it a 9.5/10.
Interview Schedule 2.3

Case Santosh Guntha  Age: 24
MaritalStatus: notmarried  Nationality: indian
Ethnicity/Background: Andhrapradesh  Occupation: Associate Engineer

Q1. What does your practice of Krishna consciousness comprise of?
 Ans1. My day starts with magalarthi followed by chanting certain fixed number of Hare Krishna Mahamantram. The other part of day I use in reading Srila Prabhupada’s books.

Q2. Since how long have you been practicing Krishna Consciousness?
 Ans2. Since 5 years.

Q3. Do you find some difference in yourself? Was it positive or negative?
 Ans3. Yes, I found myself more peaceful and happy. Definitely positive change.

Q4. Has this practice brought about a behavioral change in your personality? Kindly mention a few changes you find in your behaviour now
 Ans4. Yes. I became more thoughtful, confident and able to handle many difficult situations.

Q5. Did this practice help you to overcome any kind of addiction-which one?
 Ans5. Yes, I was addicted to cricket and movies, which I don’t have now.

Q6. How would you rate yourself emotionally from a scale of 1-10 before taking up practice and now?
 Ans6. Before 6, now-9

Q7. Do you think you have developed some habits in sattva guna? Name a few?
 Ans7. Yes. Keeping my paraphernalia neat and clean. Very cautious about eating habits, like avoiding too chilly,sour,pungent items. Getting up early in morning Etc..

Q8. Has this made a difference in clarifying the purpose of your life?
a. Little  
b. Average  
c. Very clear and focused  

Ans8. c  

Q9. Do you feel your relationship with God has grown through the practice?  
a. Little  
b. Average  
c. A lot  

Ans9. c  

Q10. Do you feel compassionate for other members of society? Any activity in particular that you perform for their sake?  
Ans10. Yes, I go out every Sunday for harinam and distributing free prasadam.  

Q11. How important to you is surrendering to God? Why?  
Ans11. Very important because I understand as now I have understood my connection to God and purpose of my life, this valuable human form.  

Q12. How would you rate your life satisfaction before and after starting to practice bhakti yoga?  
Ans. Before I could rate my life satisfaction as 4/10 and now I would rate it as 9/10.
Interview Schedule 2.4:
Case Study Questionnaire:
Name: SUSSHIL JESWANI Age: 42
Marital Status: MARRIED Nationality: INDIAN
Ethnicity/Background: SINDHI
Occupation: BUSINESS

Q1. What does your practice of Krishna consciousness comprise of?
Ans1. Do mangala aarti at home and then attend same at temple
16 rounds of japa, Follow 4 regulative principles, Eat only krishna prasadam,
Listening to Srimad Bhagvatam class, reading sp books, Attending atleast 1 lecture a week,
Arranging programme at my home once a month, Visting dhams, Serve the vaishnavs

Q2. Since how long have you been practicing Krishna Consciousness?
Ans2. I am in contact with ISKCON since about 10 years but have been doing 16 rounds since 6 years

Q3. Do you find some difference in yourself? Was it positive or negative?
Ans3. There is a lot of positive difference now

Q4. Has this practice brought about a behavioral change in your personality? Kindly mention a few changes you find in your behavior now
Ans4. I am much more--- disciplined, focused, and compassionate

Q5. Did this practice help you to overcome any kind of addiction-which one?
Ans5. Even before i started doing 16 rounds just by regularly taking darshans of the lordships /attending guru puja in the morning and honoring caranamrita I was able to stop my addictions of tea /coffee /alcohol /smoking and non veg

Q6. How would you rate yourself emotionally from a scale of 1-10 before taking up practice and now?
Ans6. Earlier emotionally on scale I was 4 but now am at 8
Q7. Do you think you have developed some habits in sattva guna? Name a few?
Ans7. Praying, chanting, reading, service, regular pilgrimages, getting up early in the morning.

Q8. Has this made a difference in clarifying the purpose of your life?
   a. Little
   b. Average
   c. Very clear and focused
Ans8. C

Q9. Do you feel your relationship with God has grown through the practice?
   a. Little
   b. Average
   c. A lot
Ans9. C

Q10. Do you feel compassionate for other members of society? Any activity in particular that you perform for their sake?
Ans10. I now understand the real problems of the people. I try to distribute prasadam. Srila Prabhupada’s books, preach in my capacity, help in serving the temple.

Q11. How important to you is surrendering to God? Why?
Ans11. Very important because I understand as now I have understood my connection to God and purpose of my life, this valuable human form.

Q12. How would you rate your life satisfaction before and after starting to practice bhakti yoga?
Ans. Before practice I would rate my life satisfaction as 2/10 and now after many years of bhakti yoga practice I would now give it a 9/10.
Interview Schedule 2.5:

Name(optional): Rujuta Thatte
Age: 37 years
Marital Status: Married
Nationality: Indian
Ethnicity/Background: Traditional Hindu
Occupation: Service

First of all, please go through all questions below, and then you may choose to write answers as “Story in a narrative fashion” keeping in mind all questions or answer each question one by one as below.

Q1. What inspired you to come to Krishna consciousness? Since how long have you been practicing Krishna Consciousness?
Ans1. I have always liked to be in company of good and religious people. Fortunately I always got such company in life. I always wanted to be honest, vegetarian, religious etc, but was always worried that post marriage if my companion is not aligned to my thoughts how I will lead my life peacefully. Fortunately with God’s grace I don’t have that challenge. My husband’s and my thoughts are mostly aligned. Our daughters are also into KC and they also like practicing the principles of Krishna consciousness.

I remember when I was small my dad used to take me to Krishna movies and he used to tell me Krishna stories every day. During my childhood I was so much fond of Krishna that my life revolved around him. I used to talk with Him, play with Him and fight with Him. He has always been my companion. I don’t have siblings. All the moments of life, happy as well as sad were shared as well as centered around my dad and Krishna. Krishna was my friend, brother and everything for me.

Eventually as I grew up, my focus changed from Krishna to all the material activities in the world. This was the period between 5/6th std to 11th std. Life was not so good. I was doing well in studies, but did not have good friends (they liked watching movies, gossiping etc) I was not a person of that kind who would love all this. But was spending time with them. I was eating non-veg.

During my 11th/12th std, I came across a saintly person who suddenly walked into our house one night and advised us that we are Brahmins and we should not consume meat, He advised me to pray Ram and Hanuman regularly. There was so much power
in his words that from that moment we all left eating non-veg. I started praying Hanuman and Ram daily. There was so much sincerity and consistency in my prayers that all my family and friends used to admire and praise me for that. I remember a few instances wherein I experienced interaction with Him.

This was again the start of the journey I had left in my childhood. I started reading philosophical books so much that I would have taken Sanyasa during my college days. My family was worried about this.

I wanted to become a doctor and wanted to serve the society. But unfortunately I lost it by 1 mark. I was very much passionate about becoming a doctor. I cannot forget the way God made accept the reality of not becoming a doctor. It was a smooth transition over a period of time. He knew that my reaction would be very very sharp when I would face the reality that I would not get admission for medicine. This would not have been possible without God’s support and care.

I was always in search of the real philosophy for spiritual advancement right from my college days.

After my marriage I used to attend ISKON lectures for the sake of hearing something good. Over a period of time I realized that this has something special in it, the philosophy that I am in search of. I started getting more and more into it and realized that this really makes sense and decided to follow it.

Many times I have a few differences on what is being advised, but donot contradict it and leave it for Krishna to clear it over a period of time. I realized that the doubts get cleared to my satisfaction and the belief further strengthens.

I have been in Krishna Consciousness since 2012

Q2. What does your practice of Krishna consciousness comprise of?
Ans2. Chanting daily, Offering Prasadam to Krishna, Reading Bhagwatam, Discussing glories of Lord with close friends, Reading out stories of Krishna to daughters

Q3. Do you find some difference in yourself? Was it positive or negative?
Ans3. Yes, Positive difference. KC gives lot of mental strength to handle difficult situations, increases mental peace and results in maintaining pleasant thoughts in
mind, this is viewed by people around also very positively and encourages people around to enquire as to what makes me feel pleasant all the times. Helps in Controlling my ego, controlling anger.

Q4. Has this practice brought about a behavioral change in your personality? Kindly mention a few changes you find in your behavior now.
Ans4. Have answered this question as part of previous question. If mind gets disturbed due to things not happening as per expectations or people (friends, family, relatives, colleagues etc) behaving in a strange manner, it is easy to come out of the situation. If others were right then accepting the fact and acknowledging that I was wrong and the other person was right is not very difficult rather easy.

Q5. Did this practice help you to overcome any kind of addiction-which one and how?
Ans5. Yes, have left eating Onion and Garlic

Q6. How would you rate yourself emotionally from a scale of 1-10 before taking up practice and now?
Ans6. I rate myself at 6.5 now. Prior to taking up the practice I might be 4.5

Q7. Do you think you have developed some habits in sattva guna? Name a few?
Ans7. Definitely. Few habits – like Offering to Krishna whatever we eat, and eating as prasadam, Forgiveness considering that everything is temporary, Things cannot be enjoyed without Krishna, Chanting daily.

Q8. Has this made a difference in clarifying the purpose of your life?
   a. Little
   b. Average
   c. Very clear and focused
Ans8. Very Clear and Focused

Q9. Do you feel your relationship with God has grown through the practice?
   a. Little
b. Average  
c. A lot  
Ans9. A lot

Q10. Do you feel compassion for other members of society? Any activity in particular that you perform for their sake?  
Ans10. Yes. I can offer prasadam, gift books, talk with them about importance of spiritual development, encourage them to attend ISKON programs and attend yatras.

Q11. How important to you is surrendering to God? Why?  
Ans11. It is of utmost importance to surrender to God since material world is maya and temporary, we are stuck into cycle of birth and death in this material world. Vaikuntha is the place where one should target to be in as it is Krishna’s abode. Getting out of this material world cannot happen without Krishna’s mercy and we can get Krishna’s mercy only by surrendering to him.

Q12. How would you rate your life satisfaction before and after starting to practice bhakti yoga?  
Ans. Before practice I would rate my life satisfaction as 3/10 and now after many years of bhakti yoga practice I would now give it a 8/10.
Interview Schedule 2.6:
Name(optional): Darko Vlacina
Age: 39
Marital Status: single
Nationality: Croat
Ethnicity/Background: Croatian
Occupation: Voluntary service

First of all, please go through all questions below, and then you may choose to write answers as “Story in a narrative fashion” keeping in mind all questions or answer each question one by one as below.

Q1. What inspired you to come to Krishna consciousness? Since how long have you been practicing Krishna Consciousness?

Ans1.
My fist contact with Krishna consciousness was in 1990 when I read the book entitled, Science of self realization. The content of the book was based upon the teachings of Bhagavat-gita, concisely presented in a very interactive from which was easy to follow. Although some terms and concepts were entirely unfamiliar to me, many points that were presented revealed the essential nature of human existence. Most importantly information available offered a practical solution to the social, philosophical and existentional problems that I have been questioning while growing up in a materialistic society.

Q2. What does your practice of Krishna consciousness comprise of?

Ans2.
Following the process of sadhana bhakti which includes engagement of all the senses in the service of Lord Krishna according to the prescribed standards. Utilizing everything favorable in the relationship with the same and rejecting everything that is not favorable.

Application of such practice led me personally to understanding of my conditioned nature which I am trying to engage in Lord Krishna service, specifically through studing and teaching.
Q3. Do you find some difference in yourself? Was it positive or negative?
Ans3. The process affected my lifestyle and character in a very positive manner. That is the very reason why I am still pursuing it with the desire to advance towards the ultimate purifying perfection.

Q4. Has this practice brought about a behavioral change in your personality? Kindly mention a few changes you find in your behavior now.
Ans4. Indifference to loss and gain. Controlled anger. Relief from anxiety and attachment towards objects of temporary nature. Increased desire to interact with others based on higher purposes mentioned in the scriptures for the welfare of all.

Q5. Did this practice help you to overcome any kind of addiction—which one and how?
Ans5. No. Since although being exposed to many kinds of addiction I never personally became a victim of the same. But I can testify of the potency of this practice which played a very vital transforming role in the lives of many close friends of mine who had been addicted.

Q6. How would you rate yourself emotionally from a scale of 1-10 before taking up practice and now?
Ans6. Earlier 6, present 8.

Q7. Do you think you have developed some habits in sattva guna? Name a few?
Ans7. Cleanliness, tolerance, honesty, knowledge.

Q8. Has this made a difference in clarifying the purpose of your life?
   a. Little
   b. Average
   c. Very clear and focused
Ans8. c.

Q9. Do you feel your relationship with God has grown through the practice?
a. Little  
b. Average  
c. A lot  

Ans9. c.

Q10. Do you feel compassion for other members of society? Any activity in particular that you perform for their sake?  
Ans10. Yes. By distribution of sanctified food and higher knowledge that leads to quality existence.

Q11. How important to you is surrendering to God? Why?  
Ans11. Highest priority. Because it offers a clear goal in the present misguided society, that couldn’t offer me the solution to the problems of life, and because it is tangible and pleasing to the mind, body and soul.

Q12. How would you rate your life satisfaction before and after starting to practice bhakti yoga?  
Ans. Before practice I would rate my life satisfaction as 2/10 and now after many years of bhakti yoga practice I would now give it a 10/10.
Interview Schedule 2.7:
Name(optional): VIkram Pandit
Age: 35
Marital Status: Married
Nationality: Indian
Ethnicity/Background: Hindu
Occupation: GM, Marketing and Sales (Sandvik Materials Technology, Sweden)

Q1. What inspired you to come to Krishna consciousness? Since how long have you been practicing Krishna Consciousness?
Ans1. I was intrigued about the spiritual culture of India since my childhood and had heard quite a bit from my Grand-father. But I didn’t have any philosophical basis of whatever spiritual life I had which was more or less ritualistic in nature. Krsna Consciousness gave me that wonderful opportunity to understand the philosophy behind our spiritual heritage. I was deeply moved by a statement Srila Prabhupada makes in one of the purports of Bhagavad Gita in the second chapter – Religion without Philosophy is Sentimentalism and Philosophy without Religion is Speculation. I have practicing Krsna Consciousness for about 5 years now.

Q2. What does your practice of Krishna consciousness comprise of?
Ans2. My practice generally comprises of chanting of Hare Krsna Mahamantra (Mantra Meditation) for about 2 ½ hours daily. I also read scriptures like BG, Srimad Bhagavatam for about 20-30 mins daily. On the weekends I conduct sessions on Lifestyle Management Courses based on the Timeless wisdom of Bhagavd Gita and Isopanishad. I also do the chanting along with musical instruments on weekends in the temple.

Q3. Do you find some difference in yourself? Was it positive or negative?
Ans3. Absolutely it’s a big positive difference. I am more positive with my life now. Failures don’t deter me know. Its like when you know the science behind the things going on in this world and in our lives we are more in control of the situation and can take proper and intelligent decisions.
This can be seen in the confidence level with which you approach the things you want to do. This is become the main pivot of my life and I am really happy about it.

Q4. Has this practice brought about a behavioral change in your personality? Kindly mention a few changes you find in your behavior now

Ans4. Firstly, I have been to control my Anger to a large extent. I had concerns and issues since my childhood that I couldn’t control my Anger. But Mantra Meditation has helped me tremendously to focus and control my energies to use them in a more positive way.

Secondly, the stress levels of the modern age is increasing at an alarming rate and many of the corporates have concerns regarding the same. I was one of them. But because of the positivity that I receive everyday through this process has helped me to cope up with the pressures in a more positive way.

Thirdly, I was quite a self-centered personality who didn’t like to share or give. But this process taught me the joy of giving and sharing which is so deep that it effects your very existence on this planet. By sharing the joy I received with others has increased my own happiness and this makes life so beautiful and world a better place to live in.

Q5. Did this practice help you to overcome any kind of addiction-which one and how?

Ans5. I didn’t have any addictions as such but I had a serious issue of very less attention span which was greatly effecting my grades in my college. But with the meditation my mind has become calm and alert at the same time which helped me to overcome this concern.

Q6. How would you rate yourself emotionally from a scale of 1-10 before taking up practice and now?

Ans6. Before – 3

After - 7

Q7. Do you think you have developed some habits in sattva guna? Name a few?

Ans7. Yes.
My food habits have changed – More fruits, juices, salads etc. No junk food.
Reading books – No television as it took a lot my time earlier.

Q8. Has this made a difference in clarifying the purpose of your life?
   a. Little
   b. Average
   c. Very clear and focused
Ans8. C. Very Clear and Focused.

Q9. Do you feel your relationship with God has grown through the practice?
   a. Little
   b. Average
   c. A lot
Ans9. C. A LOT. My faith has also increased multiple folds. And as they say –
WORRY ENDS WHERE FAITH BEGINS.

Q10. Do you feel compassion for other members of society? Any activity in particular
that you perform for their sake?
Ans10. I take sessions for life style management. Basically I share the things I learnt
with other members of the society so that they also get a chance to change.
I am also visiting faculty in many colleges across India and provide seminars on
   ➢ Time Management
   ➢ Stress Management
   ➢ Enriching Body, Mind and Soul
   ➢ Principle Centered Leadership

Q11. How important to you is surrendering to God? Why?
Ans11. Well, it’s a deep subject matter but in a nut shell it’s the most important aspect
of being a human. The constitutional nature of the Human Being is to serve.
Everybody is serving someone or the other. When you surrender and serve God you
are serving the whole humanity as when you water the root of the tree and whole tree
gets nourishment.
So short cut to happiness is – Surrender Unto God, Chant His holy names and be happy.

Q12. How would you rate your life satisfaction before and after starting to practice bhakti yoga?

Ans. Before practice I would rate my life satisfaction as 4/10 and now after many years of bhakti yoga practice I would now give it a 9.5/10.
Interview Schedule 2.8:
Name (optional): Dr. Parul Doshi
Age: 56 years
Marital Status: married
Nationality: Indian
Ethnicity/Background: Orthodontist
Q1. What inspired you to come to Krishna consciousness? Since how long have you been practicing Krishna Consciousness?
Ans1. My patient started teaching me BG, I got interested and started attending temple program. I have been practicing since 9 years.

Q2. What does your practice of Krishna consciousness comprise of?
Ans2. Chanting 16 or sometimes more rounds.
   Regulative principles
   Attending my mentor’s classes
   Attending bhagwatam on Sundays and attending festivals in temple.
   Keeping kirtan and festival programs at home.
   Worshipping Radha Krishna deities at home.
   Taking BG and sloka classes for some women friends in our area.
   Studying scriptures.
   Calling devotees, Listening to classes from net, Preaching to patients who are little favorable.

Q3. Do you find some difference in yourself? Was it positive or negative?
Ans3. I find lots of positive difference in me.

Q4. Has this practice brought about a behavioral change in your personality? Kindly mention a few changes you find in your behavior now
Ans4. Yes, it has brought about a behavioral change that amidst difficult situations I used to react aggressively, not know the difference between controllable situations and out of control situations. Now I am more peaceful and analyze things from
Krishna conscious perspective. My happiness and joy quotient is more, feel more satisfied and content and loving and understanding.

Q5. Did this practice help you to overcome any kind of addiction-which one and how?
Ans5. I did not have any addictions before, so cannot comment.

Q6. How would you rate yourself emotionally from a scale of 1-10 before taking up practice and now?
And6. I would rate myself at 6 before and at 9 now.

Q7. Do you think you have developed some habits in sattva guna? Name a few?
Ans7. Yes. Getting up early, avoiding tamsic food, becoming very conscious of what I feed my consciousness with in terms of food, people, media etc. Trying to respond instead of reacting. Avoiding mundane company. Eating satvic offered food. Worshipping the Lord. Becoming more peaceful, avoiding material indulgence as far as possible. More contributing and giving to Krishna conscious projects, my time money energy, intelligence etc. Becoming more aware of importance of association of sadhu Shastra.

Q8. Has this made a difference in clarifying the purpose of your life?
   g. Little
   h. Average
   i. Very clear and focused
Ans8. Very clear and focused

Q9. Do you feel your relationship with God has grown through the practice?
   g. Little
   h. Average
   i. A lot
Ans9. Absolutely
Q10. Do you feel compassion for other members of society? Any activity in particular that you perform for their sake?

Ans10.

Yes I feel more understanding and compassionate for other members of the society and understand that it is my duty to preach about this jewel of Krishna’s love which everyone can have.

I often organize kirtan and festivals at my place, decorating our deities, calling bramcharis to preach to invitees. I preach to some people on regular basis the importance of sadhu sastra and sanga. I help in distributing books. I donate in projects associated with furthering Krishna conscious activities.

Q11. How important to you is surrendering to God? Why?

Ans11.

It is of utmost importance to me to surrender to God as now I have understood my connection to God and purpose of my life, this valuable human form. Plus for me surrendering has the biggest relief for me is HIS SHELTER. Only Krishna is full, permanent and capable of sheltering and surrendering gets you HIS shelter, what more can one ask?

Q12. How would you rate your life satisfaction before and after starting to practice bhakti yoga?

Ans. Before practice I would rate my life satisfaction as 5/10 and now after many years of bhakti yoga practice I would now give it a 8.5/10.
Interview Schedule 2.9:

Name: Puru Goyal        Age: 28
Marital Status: Married       Nationality: Indian
Ethnicity/Background: Hindu-Vaishnav

Occupation: CA-Working with RSM International in the capacity of Manager Audit

Q1. What does your practice of Krishna consciousness comprise of?
   - Following four regulative principals prescribed by AC Bhaktivedanta Swami Prabupad
   - Daily 16 rounds of chanting of Hare Krishna Mahamantra

Q2. Since how long have you been practicing Krishna Consciousness?
   2 Years

Q3. Do you find some difference in yourself? Was it positive or negative?
   Yes, It is a positive change in my personality.

Q4. Has this practice brought about a behavioral change in your personality? Kindly mention a few changes you find in your behavior now.
   - Control on anxiety and stress level arises due to work and peer pressure
   - Increase in level of self confidence

Q5. Did this practice help you to overcome any kind of addiction-which one?
   Not Applicable

Q6. How would you rate yourself emotionally from a scale of 1-10 before taking up practice and now?
   Before-6
   After-9

Q7. Do you think you have developed some habits in sattva guna? Name a few?
   - Ekadashi Fasting
Scripture Reading
Daily feeding of COW

Q8. Has this made a difference in clarifying the purpose of your life?
   a. Little
   b. Average
   c. Very clear and focused
   d.

Q9. Do you feel your relationship with God has grown through the practice?
   a. Little
   b. Average
   c. A lot

Q10. Do you feel compassionate for other members of society? Any activity in particular that you perform for their sake?
   Ans10. I am regularly contributing/donating for the study of poor children.

Q11. How important to you is surrendering to God? Why?
   Ans11.
   It is of utmost importance to me to surrender to God as now I have understood my connection to God and purpose of my life, this valuable human form. Plus for me surrendering has the biggest relief for me is HIS SHELTER.

Q12. How would you rate your life satisfaction before and after starting to practice bhakti yoga?
   Ans. Before practice I would rate my life satisfaction as 6/10 and now after many years of bhakti yoga practice I would now give it a 9/10.
**Interview Schedule 2.10:**

Name(optional): Ratilal Waja
Age: 42 Years
Marital Status: Married
Nationality: Indian
Ethnicity/Background: Hindu (Koli)
Occupation: Business

First of all, please go through all questions below, and then you may choose to write answers as “Story in a narrative fashion” keeping in mind all questions or answer each question one by one as below.

Q1. What inspired you to come to Krishna consciousness? Since how long have you been practicing Krishna Consciousness?
Ans1. Bhagvat Gita when heard in Maha Bharat Serial Produce by B. R. Chopra in 1995 was the first reason to study the Bhagvat Gita which i got at Churchgate Railway station in December, Which inspired to me come to the Temple in Juhu. In the year 1997. I am practicing Krishna consciousness since last 18 years.

Q2. What does your practice of Krishna consciousness comprise of?
Ans2. Following of few points in daily practice in Krishna consciousness.
Getting up early for Mangla Arti at 4.30 AM.
Chanting 16 rounds daily, which take two hours.
Worshiping house deity in house, which includes Abhishek, Aarti, Bhoga offering, which take Two hours.
Listening to lectures on Bhagvat Gita & Bhagvatam for One hour daily.
Doing evening Aarties in the house, Which take One hour.
Giving classes thrice a week, Wednesday, Saturday & Sunday’s.
Reading Prabhupada Lila Amrit at night time.

What ever Money earned from my business fixed amount of money is used in Krishna consciousness every month.
Q3. Do you find some difference in yourself? Was it positive or negative?
Ans3. Definitely yes, definitely positive.

Q4. Has this practice brought about a behavioral change in your personality? Kindly mention a few changes you find in your behavior now.
Ans4. Yes,
A. Anger is controlled,
B. Mind doesn’t get agitated more
C. Lust is controlled
D. Enviousness towards others is very very less
E. Greed for money is very very less

Q5. Did this practice help you to overcome any kind of addiction - which one and how?
Ans5. I was a strong meat eater and my outside habit of eating was more but after coming in to Krishna consciousness in our family by default, we eat only food which is offered to Krishna.

Q6. How would you rate yourself emotionally from a scale of 1-10 before taking up practice and now?
Ans6. Before taking of the Krishna consciousness emotionally there is world of changing me, Before you can rate me 1 - 2 but now it is 9 - 10.

Q7. Do you think you have developed some habits in sattva guna? Name a few?
Ans7. Yes
A. Never ever find fault in others
B. Sleep early & Get up early
C. Eat food which is offered to Lord (Satvik food)
D. Never associate with Greedy, Lusty & envious persons
E. Always read Bhagvat Gita & Bhagvatam
F. Be humble & tolerant in all situations
G. Never aspire for praises in life & always give credit to Lord

Q8. Has this made a difference in clarifying the purpose of your life?
   a. Little
   b. Average
   c. Very clear and focused
   Ans8. C

Q9. Do you feel your relationship with God has grown through the practice?
   a. Little
   b. Average
   c. A lot
   Ans9. C

Q10. Do you feel compassion for other members of society? Any activity in particular that you perform for their sake?
    Ans10. Yes, Giving knowledge about who we are and what is the purpose of this life, on the basis of Bhagvat Gita, is the highest compassion towards the members of society, and for that training and giving classes is done by our group members.

Q11. How important to you is surrendering to God? Why?
    Ans11. It is very very important to surrender to Lord, because we are part & parcel of him & it is a prime duty to LOVE & SERVE HIM.

Q12. How would you rate your life satisfaction before and after starting to practice bhakti yoga?
    Ans. Before practice I would rate my life satisfaction as 4/10 and now after many years of bhakti yoga practice I would now give it a 8/10.
**Interview Schedule 2.11:**

Name(optional): Kaustubh

Age: 22

Marital Status: Unmarried

Nationality: Indian

Ethnicity/Background: Hindu

Occupation: Student

Q1. What inspired you to come to Krishna consciousness? Since how long have you been practicing Krishna Consciousness?

Ans1. My mother used to watch devotional lectures and Bhagvata Katha on TV regularly. Initially I was indifferent and didn't bother about it. But after some time, one day I felt from inside, don't know how or why, that something important is going on and I should hear. So I started hearing and came to know Krishna is the supreme Lord and we are his servants meant to engage in His loving devotional service. And one who is serious should seek the association of devotees. So Iskcon was close to my college and I started going there for Sunday programme. So now its little more than two years since I have been practising under the guidance of my mentor there.

Q2. What does your practice of Krishna consciousness comprise of?

Ans2. Chanting 16 rounds of Hare Krishna Mahamantra daily, offering and honouring prasadam, hearing lectures given by Srila Prabhupada or his disciples, attending Gita classes given by my mentor, reading Prabhupada books.

Q3. Do you find some difference in yourself? Was it positive or negative?

Ans3. Yes definitely. I am quite clear now as to what to do in my life and I think I am very fortunate now having got the opportunity to practice Krishna Consciousness. So its positive. Of course I face troubles while doing or maintaining my daily sadhana but definitely there's nothing negative.
Q4. Has this practice brought about a behavioral change in your personality? Kindly mention a few changes you find in your behavior now
Ans4. Initially I used to worry about my studies, getting a job or placements but now I feel focused as to what to do. As of now there is not much behavioural change but I have come to know the frailties and defects/impurities in myself.

Q5. Did this practice help you to overcome any kind of addiction-which one and how?
Ans5. Out of ignorance I used to indulge in masturbation.

Q6. How would you rate yourself emotionally from a scale of 1-10 before taking up practice and now?
Ans6. Before-3, After-8

Q7. Do you think you have developed some habits in sattva guna? Name a few?
Ans7. Yes. Now I try to avoid bad association as much as possible, have stopped eating outside food, not waste time watching TV.

Q8. Has this made a difference in clarifying the purpose of your life?
   a. Little
   b. Average
   c. Very clear and focused
Ans8. Very clear and focussed

Q9. Do you feel your relationship with God has grown through the practice?
   a. Little
   b. Average
   c. A lot
Ans9. Average, maybe because my practice is not up to the mark, not that the Krishna Consciousness process is ineffective.
Q10. Do you feel compassion for other members of society? Any activity in particular that you perform for their sake?
Ans10. I do feel that they are wasting their valuable life. I've tried giving books and Iskcon android apps to some friends who I thought were simple and favourable towards taking up Krishna Consciousness

Q11. How important to you is surrendering to God? Why?
Ans11. Its the most important thing because as a part and parcel and servant of God my only business should be to surrender to Him and that shall be the perfection of my life

Q12. How would you rate your life satisfaction before and after starting to practice bhakti yoga?
Ans. Before practice I would rate my life satisfaction as 5/10 and now after many years of bhakti yoga practice I would now give it a 9/10.
Interview Schedule 2.12:
Name: William Daniel Tansey
Age: 64
Marital Status: Married
Nationality: American
Ethnicity/Background: Irish Catholic
Occupation: Voluntary Service

Q1. What does your practice of Bhakti yoga comprise of?
Ans1. 1. Chanting of minimum 16 rounds of Hare Krishna mahamantra (Hare Krishna Hare Krishna Krishna Hare Hare, Hare Rama Hare Rama Rama Rama Hare Hare) which is recommended in scriptures and following of four regulative principles namely
   a. No meat-eating
   b. No gambling
   c. No intoxication and
   d. No illicit sex
   And we rise early in the morning and reading scriptures like Srimad Bhagavad Gita, Srimad Bhagvatam, worship the Guru, eat sanctified food or Prasad (remnants of food offered to Lord Krishna) and throughout the day engage in various services.

Q2. Since how long have you been practicing Krishna Consciousness?
Ans2. Since 1973 i.e. 43 years as of today

Q3. Do you find some difference in yourself? Was it positive or negative?
Ans3. Yes. Change in the way we see the world. Change in the way we see ourselves also. Before Krishna Consciousness we see the world as an object of my enjoyment and after Krishna Consciousness we understand the world is an energy of Krishna or God and we think how we can engage it in His service.
So you realize that becoming happy doesn’t depend on any kind of material thing, it depends on our perception of the world as Krishna’s energy and our relationship with Him. That creates the change and there is peacefulness in the heart.
Q4. Has this practice brought about a behavioral change in your personality? Kindly mention a few changes you find in your behavior now
Ans4. Of course. I wake up very early the same time I used to go to bed earlier. They way you relate yourself with people. You can understand them better. You can help them. Earlier I never had any kind of interaction with any kind of people at all. I have become more compassionate and outgoing.

Q5. Did this practice help you to overcome any kind of addiction—which one?
Ans5. I used to drink regularly, smoke marijuana, smoke cigarettes. All of this stopped with increase of bhakti yoga practice.

Q6. How would you rate yourself emotionally from a scale of 1-10 before taking up practice and now?
Ans6. Earlier 3, now -7

Q7. Do you think you have developed some habits in sattva guna? Name a few?
Ans7. Cleanliness, practicing mantra meditation, taking bath a couple of times a day, increased tolerance, having clean clothes,

Q8. Has this made a difference in clarifying the purpose of your life?
   a. Little
   b. Average
   c. Very clear and focused
And8. C

Q9. Do you feel your relationship with God has grown through the practice?
   a. Little
   b. Average
   c. A lot
Ans.c

Q10. Do you feel compassionate for other members of society? Any activity in particular that you perform for their sake?
Ans10. Yes very much, giving them spiritual knowledge, distributing karma free food.

Q11. How important to you is surrendering to God? Why?
Ans11. Extremely important. After understanding this philosophy one also understands about what is the nature of God and how is he a person with whom we can establish a strong relationship with in this life. Once one understands the concept of fate, free will and karma, one also understands the importance of surrendering our lives to God and therefore it ought to be done.

Q12. How would you rate your life satisfaction before and after starting to practice bhakti yoga?
Ans. Before I used to be mostly depressed so I would rate it 1/10 and now I would rate it as 10/10. This is because of the deeper understanding that one develops about life and the involvement of fate, free will and karma and most importantly the hand of God in one’s life.