

Dear Prabhuji / Mataji

I am aware of the standards, commitments, and responsibilities of the different levels of Bhakti Steps. I hereby express my desire and intention to practice the sadhana standards of **KRISHNA (GAURA) SADHAKA** to receive the blessings of HDG A.C. Bhaktivedanta Swami Prabhupada and Sri Sri Jagannatha-Baladev-Subhadra.

1. To 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.
2. To study the books of Srila Prabhupada and attend the classes as often as possible (atleast the weekend Bhagavad-Gita class every week)
3. To worship Lord Krishna, as far as practical in the home, by setting up an altar, offering arati and foodstuffs, worshipping the sacred Tulasi plant and following basic sadhana like rising up early in the morning.
4. To chant eight to sixteen rounds of the Hare Krishna Maha-mantra every day.
5. To lead a pure holy life by refraining from meat eating (including fish & eggs), intoxication (alcoholic drinks & smoking), gambling and illicit sexual activity
6. To observe fasting on the Ekadasi and festival days as indicated in the Vaisnava calendar.

Date :

Name & Signature :

Guided by:

Please provide us the following details:

Telephone (R):

Mother Tongue:

Local Mobile No:

Qualification & Profession:

Home Town Mobile No:

Special Talents:

Area of residence:

Email ID :

Special Talents:



9. Which of the following deities/pictures do you worship on your altar?

a. Radha-Krishna

b. Jagannatha Baladeva Subhadra

c. Pancha-Tattva/Gaur Nitai

d. Srila Prabhupada

List others, if any:

e. _____ f. _____

g. _____ h. _____

10. According to the sastras, how does one see women other than one's wife?

A. _____

11. What are the forbidden food items on Ekadasi day?

A. _____

12. What time do you rise in the morning?

A. _____

13. Describe the process of offering food-stuffs to the Lord. What mantras do you chant?

A. _____

