

See discussions, stats, and author profiles for this publication at: <http://www.researchgate.net/publication/280311282>

Full Report complete with Cover

DATASET · JULY 2015

READS

11

2 AUTHORS:



Tamasin Ramsay

University of Melbourne

41 PUBLICATIONS **6** CITATIONS

SEE PROFILE



Patrizia Heise

Independent Researcher

3 PUBLICATIONS **0** CITATIONS

SEE PROFILE

BK Community Survey

Pilot Study (Complete Report)



Tamasin Ramsay, PhD (Australia)

Patrizia Heise, MA (Germany)

March 2014

This report contains raw and un-analysed data. Please distribute it sensitively.

BK Community Survey

Background and Brief

For some time there has been a period of change and expansion within our yagya. Over the last few years we (Tamasin and Patrizia) have found ourselves in a number of conversations with BKs about the changes that many brahmins are facing in their lives. It seems that many are seeking ways to sustain themselves authentically, and remain true to the seed of the yagya, while living within a rapidly expanding organisation in a rapidly changing world. Our specific aim is to find out *what is going on within the lives of brahmins*. However, to truly understand what is happening, and how we as an organisation can respond, the only way is to ask the brahmins themselves.

Both of us have high level training in anthropology (Tamasin), psychology (Patrizia) and social research. We believe that, through this survey, we may discover important information about our BK family that - being in such a large organisation - we may be unaware of. We aim to gather new information, become more aware of the needs of our community and understand best practices as well as finding areas that might be improved.

1. The purpose

The aim of the survey is; to learn more about the relationship between brahmins and the centres in terms of attendance and activity, and to understand more about the inner world of brahmins - their feelings, spiritual practices and level of contentment; to learn both about what supports their spiritual lives and what hinders their spiritual lives; to learn about what supports good relationships (with people and service) and what interferes with them; and to augment our understanding of the way in which the organisation can best serve and support the people within it.

2. The report

With the aim of facilitating learning among all levels of the organisation, the report contains original participants responses with minor annotations included. The data in this report have not been analysed.

The report is available to everyone within the yagya. While participants identities will not be disclosed, the report will be open and transparent, and findings will be made available to all within our yagya.

3. How the data will be used

The data from this pilot study will be used to compile an interim report for the RCs. Our vision and hope is:

- to receive the collective support of the RCs, for a wider distribution of the survey.
- to open discussion among the RCs about any changes that are occurring, and how best to manage the changing nature of our organisation and the lives of its students.
- to aid future decision making within the organisation.
- to feed back to the participants of the survey.

4. How the data will not be used

The data will not be used to support any particular view/ grievance, as this would be serious research misconduct. The data will only be used to learn and better understand our community and to help sustain the vision that Baba first established. The vision of a united community that can bring about positive change in the world.

5. Security

Survey monkey is used by international universities as a method of survey administration. It is highly secure. Their security measures are detailed here: (<http://www.surveymonkey.com/mp/policy/security/>).

6. Anonymity, confidentiality and consent

Each survey participant determined their own level of contribution. S/he was able to remain anonymous, exit the survey at any time, choose to be involved in followup research or not. No names have been included or will be included in any report. Any quote used in publications will be used with acronyms (substitute names) to protect the identities of the participants.

7. The Pilot

Patrizia and Tamasin sent a pilot survey (via email) to 25 souls in Germany and 25 souls in Australia (total of 50). The participants were representatively selected to ensure a cross section of sisters, brothers, centre-residents and non centre-residents. We decided to include a small number of participants who completed the survey before it was officially opened, therefore the final number of participants was 55. As 55 is a small sample size, the findings are not representative of the entire double-foreign Brahmin community. However, the research does show that there are specific themes that are occurring within the brahmin family. A bigger study would address these themes, discovering how widely (or narrowly) they are occurring. The outcomes would help us support our best practices, as well as further our capacity to respond to change within our community.

8. Further Research

Survey's have a notoriously low response rate (around 26%), yet the return rate of this study was remarkably high (almost 100%). This reveals a clear and obvious interest from Brahmins, in the future and wellbeing of our community.

9. Project Timeline

Below is our timeline so far, including our vision for 2014

| TIME 2014 | TASK |
|------------------|--|
| 5th Feb | Email a covering letter and survey link to 50 BKs (25 Australia and 25 Germany). <i>NB. Final result was 55.</i> |
| 17th - 19th Feb | Send brief about survey research to Charlie for distribution to RCs before RC meeting. |
| 19th Feb | Submissions close. We will send two reminder emails to participants between 5th and 19th Feb. <i>NB. Submissions closed on 23rd Feb by special request from some participants.</i> |
| 20th - 27th Feb | Gather and analyse survey responses. <i>NB. Data gathered. Rudimentary analysis and overview conducted. Full analysis yet to be performed.</i> |
| 1st - 4th March | Write preliminary report (including questions, methods, findings, initial recommendations). |
| 5th March | Send report to RCs and all participants. |
| 1st - 15th April | Incorporate feedback from RCs and participants. |

We look forward to this process of discovery and to continue the great work of our yagya. A yagya that was born from the pure thought of the Divine.

For questions or more information please contact:

Tamasin Ramsay at tamasin.ramsay@gmail.com

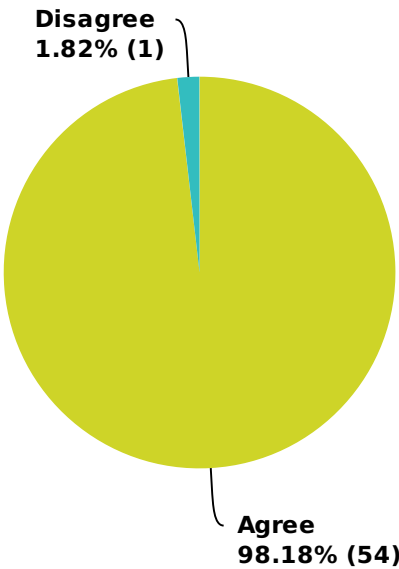
Patrizia Heise at patriziaheise@googlemail.com

Om Shanti

Tamasin and Patrizia

Q1 ELECTRONIC CONSENT: Please select your choice below. Clicking on the "agree" button below indicates that: • you have read the above information • you voluntarily agree to participate • you are at least 18 years of age If you do not wish to participate in the research study, please decline participation by clicking on the "disagree" button.

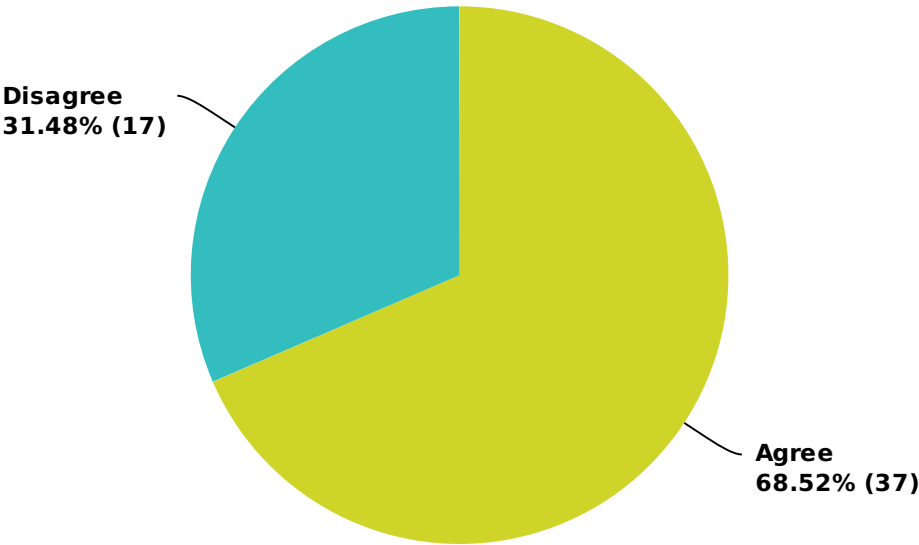
Answered: 55 Skipped: 0



| Answer Choices | Responses | |
|----------------|-----------|----|
| Agree | 98.18% | 54 |
| Disagree | 1.82% | 1 |
| Total | | 55 |

Q2 I wish to remain anonymous.

Answered: 54 Skipped: 1



| Answer Choices | Responses | |
|----------------|-----------|----|
| Agree | 68.52% | 37 |
| Disagree | 31.48% | 17 |
| Total | | 54 |

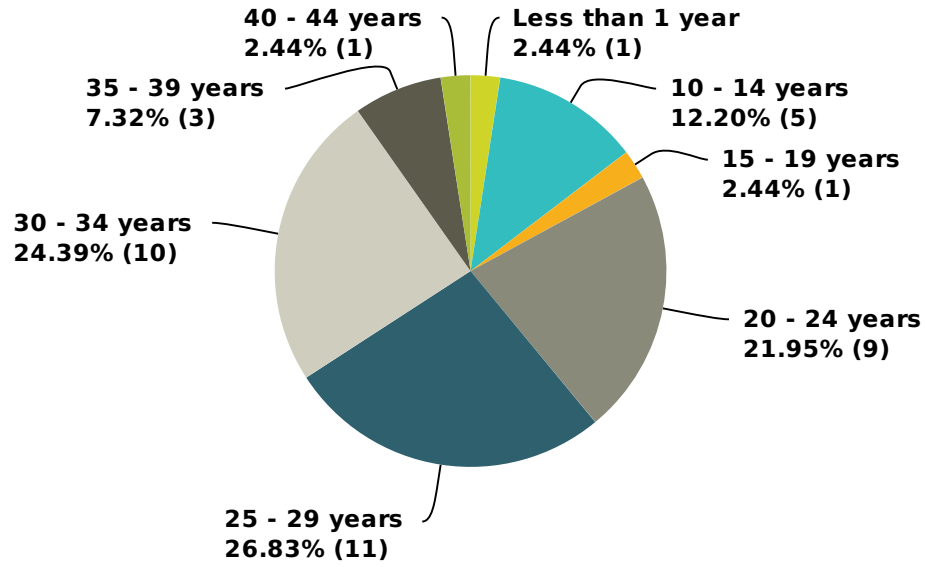
Q3 Please complete the following details. If you wish to remain anonymous, please only include your City, State and Country. If you wish to be contacted for further discussion or research, include all your details.

Answered: 17 Skipped: 38

| Answer Choices | Responses | |
|------------------|-----------|----|
| Name: | 100% | 17 |
| Address 1: | 82.35% | 14 |
| Address 2: | 11.76% | 2 |
| City/Town: | 100% | 17 |
| State/Province: | 88.24% | 15 |
| ZIP/Postal Code: | 88.24% | 15 |
| Country: | 100% | 17 |
| Email Address: | 100% | 17 |

Q4 How long have you been in gyan?

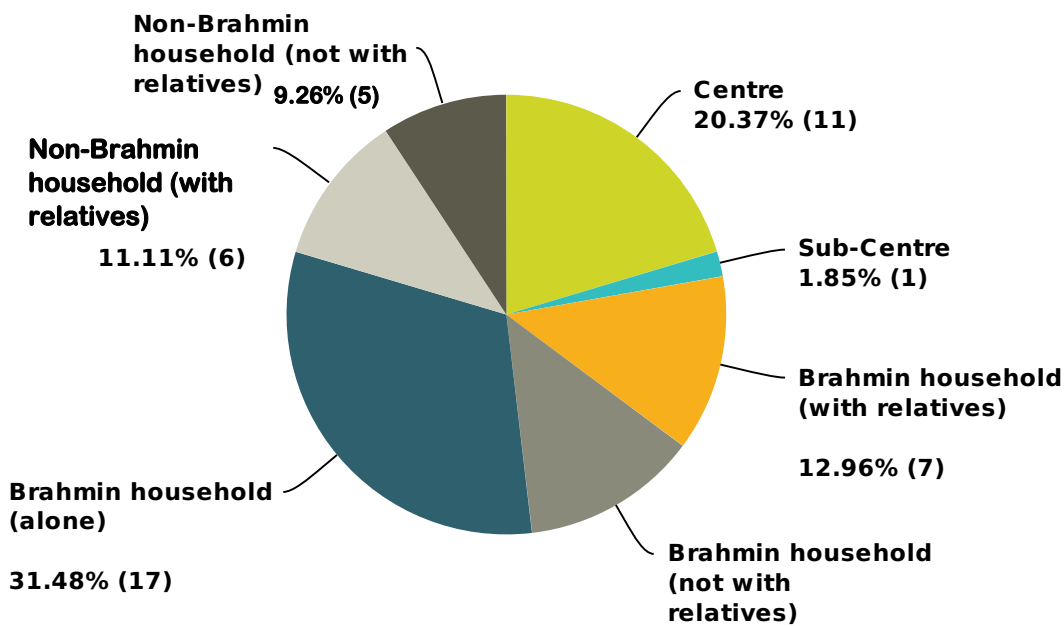
Answered: 41 Skipped: 14



| Answer Choices | Responses | |
|--------------------|-----------|-----------|
| Less than 1 year | 2.44% | 1 |
| 1 - 4 years | 0% | 0 |
| 5 - 9 years | 0% | 0 |
| 10 - 14 years | 12.20% | 5 |
| 15 - 19 years | 2.44% | 1 |
| 20 - 24 years | 21.95% | 9 |
| 25 - 29 years | 26.83% | 11 |
| 30 - 34 years | 24.39% | 10 |
| 35 - 39 years | 7.32% | 3 |
| 40 - 44 years | 2.44% | 1 |
| 45 - 49 years | 0% | 0 |
| More than 50 years | 0% | 0 |
| Total | | 41 |

Q5 Where do you live?

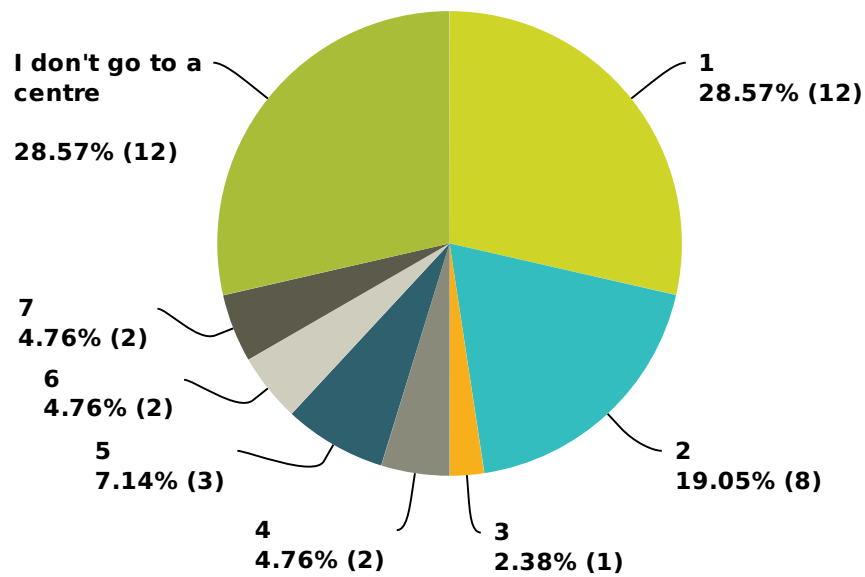
Answered: 54 Skipped: 1



| Answer Choices | Responses | |
|--|-----------|----|
| Centre | 20.37% | 11 |
| Sub-Centre | 1.85% | 1 |
| Brahmin household (with relatives) | 12.96% | 7 |
| Brahmin household (not with relatives) | 12.96% | 7 |
| Brahmin household (alone) | 31.48% | 17 |
| Non-Brahmin household (with relatives) | 11.11% | 6 |
| Non-Brahmin household (not with relatives) | 9.26% | 5 |
| Total | | 54 |

Q6 In a typical week, how often do you attend the Centre for murli?

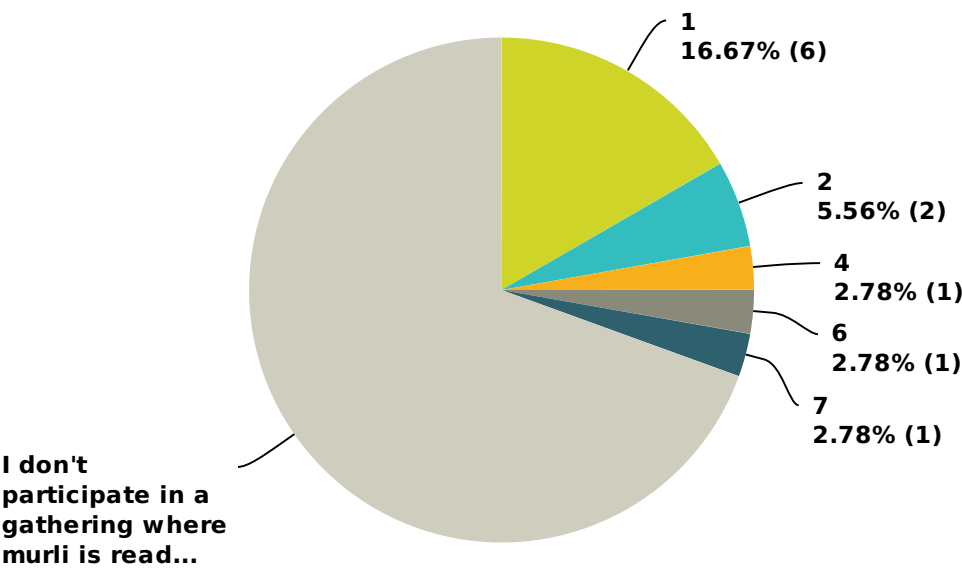
Answered: 42 Skipped: 13



| Answer Choices | Responses | |
|------------------------|-----------|----|
| 1 | 28.57% | 12 |
| 2 | 19.05% | 8 |
| 3 | 2.38% | 1 |
| 4 | 4.76% | 2 |
| 5 | 7.14% | 3 |
| 6 | 4.76% | 2 |
| 7 | 4.76% | 2 |
| I don't go to a centre | 28.57% | 12 |
| Total | | 42 |

Q7 In a typical week, how often do you participate in a gathering where murli is read outside the Centre?

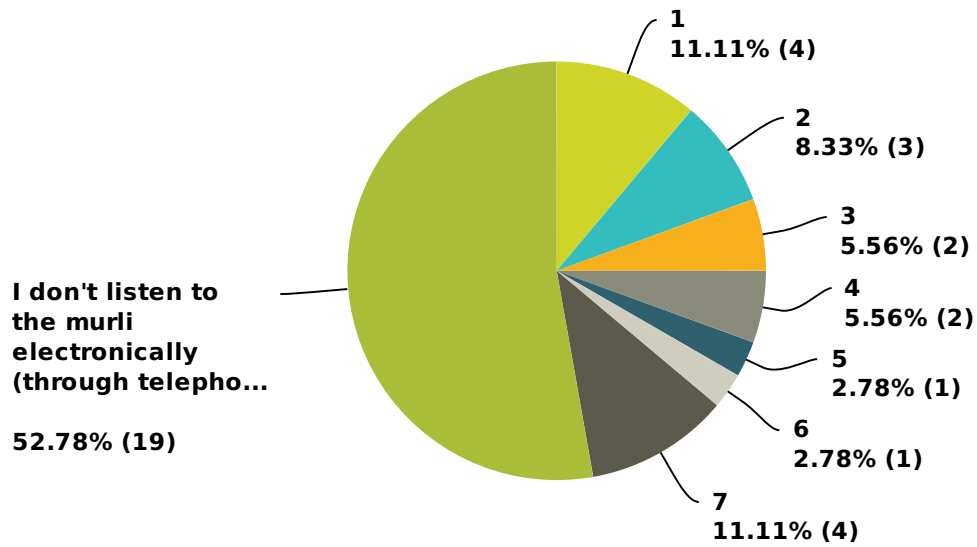
Answered: 36 Skipped: 19



| Answer Choices | Responses | |
|--|-----------|----|
| 1 | 16.67 % | 6 |
| 2 | 5.56% | 2 |
| 3 | 0% | 0 |
| 4 | 2.78% | 1 |
| 5 | 0% | 0 |
| 6 | 2.78% | 1 |
| 7 | 2.78% | 1 |
| I don't participate in a gathering where murli is read outside the centre. | 69.44% | 25 |
| Total | | 36 |

Q8 In a typical week, how often do you listen to the murli electronically (through telephone or internet)?

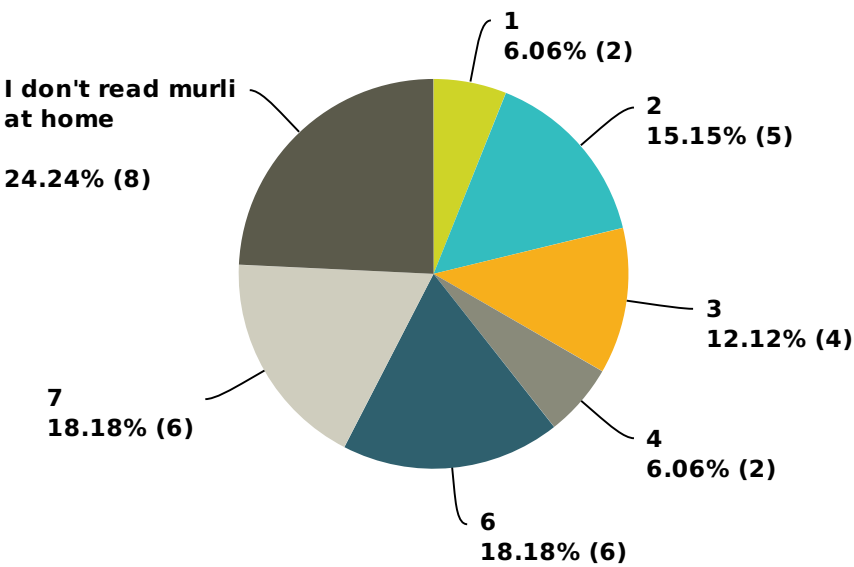
Answered: 36 Skipped: 19



| Answer Choices | Responses | |
|---|-----------|-----------|
| 1 | 11.11% | 4 |
| 2 | 8.33% | 3 |
| 3 | 5.56% | 2 |
| 4 | 5.56 % | 2 |
| 5 | 2.78% | 1 |
| 6 | 2.78% | 1 |
| 7 | 11.11% | 4 |
| I don't listen to the murli electronically (through telephone or internet). | 52.78% | 19 |
| Total | | 36 |

Q9 In a typical week, how often do you read murli at home?

Answered: 33 Skipped: 22



| Answer Choices | Responses | |
|----------------------------|-----------|----|
| 1 | 6.06% | 2 |
| 2 | 15.15% | 5 |
| 3 | 12.12% | 4 |
| 4 | 6.06% | 2 |
| 5 | 0% | 0 |
| 6 | 18.18% | 6 |
| 7 | 18.18% | 6 |
| I don't read murli at home | 24.24% | 8 |
| Total | | 33 |

Q10 What would encourage you to attend more frequently? What stops you from attending more frequently? How you would like the Centre to be different?

Answered: 42 Skipped: 13

| # | Responses | Date |
|----|---|--------------------|
| 1 | I will write it in an email to Patrizia (not yet done) | 2/26/2014 10:04 PM |
| 2 | adsgdf (invalid response) | 2/26/2014 1:35 PM |
| 3 | I like the rythm how I have created it right now: 3 days a week I am just with myself and Baba and 4 Mornings sharing learning with others. | 2/25/2014 7:05 AM |
| 4 | I got tired of the behaviour that a majority of Bks display ,contradictions,too old fashioned rigid mentality,lack of warmth and regard,weirdness in general, too religious rather than emphasis on being spiritual with kindness,empathy,compassion I found this lacking ,judgemental radicals ruling,roles being given to wrong people ,the management style is wrong | 2/21/2014 7:11 PM |
| 5 | Shorter Murli, read more lively, with more understanding, more realistically connected with daily life in the west | 2/20/2014 4:31 AM |
| 6 | I share my free time with spiritual people, who are working on their spiritual improvement in a way I appreciate it. In there Centre of my city there are 1,2 people with whom I have a valuable exchange, the rest are of other Centres or non BKs. Since I decided to give up the limitation only to look for BKs for spiritual nurishing exchange, I enjoy the richness and spiritual maturty of non BKs. | 2/20/2014 1:09 AM |
| 7 | x (invalid response) | 2/19/2014 7:56 AM |
| 8 | If I lived closer to centre I would definitely go most days of the week. | 2/19/2014 5:18 AM |
| 9 | If the centre was closer to my home | 2/18/2014 8:12 PM |
| 10 | I live in the old centre and live a brahmin life as before. I see no need to go any where. | 2/18/2014 7:22 PM |
| 11 | I attend murli on Sundays. I would be more inclined to also attend on Saturday if the centre or murli location had some social-friendly facilities, eg: a location where bks could meet after murli, or an attached coffee place. | 2/18/2014 2:30 PM |
| 12 | Time, work. I'm probably not organised enough | 2/18/2014 6:00 AM |
| 13 | *Not sure.... * The Centre doesn't provide a deeply spiritual and nurturing environment, that brings a spiritual maturity that I need to move forward. * A more mature, realistic environment, where mature, realistic conversations take place, where there is a powerfully peaceful and spiritual atmosphere... where no one actually lives in the sacred space, but close by to maintain and nurture it... | 2/18/2014 1:17 AM |
| 14 | My work and place where I live is on the other side of the city and I find I can take benefit just from reading the murli, and save time travelling. I enjoy the meditation in the gathering before the murli, however sometimes the murli is read like a parrot rather than with enthusiasm and personal experience bringing subtle depth to the words. If there was more inner happiness in those reading and attending class, and less feeling of routine/compulsion which leads to people falling asleep in class - it may be more attractive. | 2/13/2014 11:10 AM |
| 15 | To have a centre in town would help | 2/12/2014 4:48 PM |
| 16 | You gave closed the centre. Fitzroy is my next option but parking too hard. | 2/12/2014 9:52 AM |
| 17 | the centre's are living in the past.the center people are often compromised by their limitations which vary from co-dependant state and or other complexity, this is general and not the rule, obviously they also give according to their skill level and love. the learning environment is limited to the skill set of the individual, there are few aspects that relate to the needs of community, the learning style is that of india circa 1920's and the sakar murli relates to indias from that period. this question deserves a thesis and i wont respond to it in short. | 2/12/2014 9:28 AM |

Brahmin Community (pilot study)

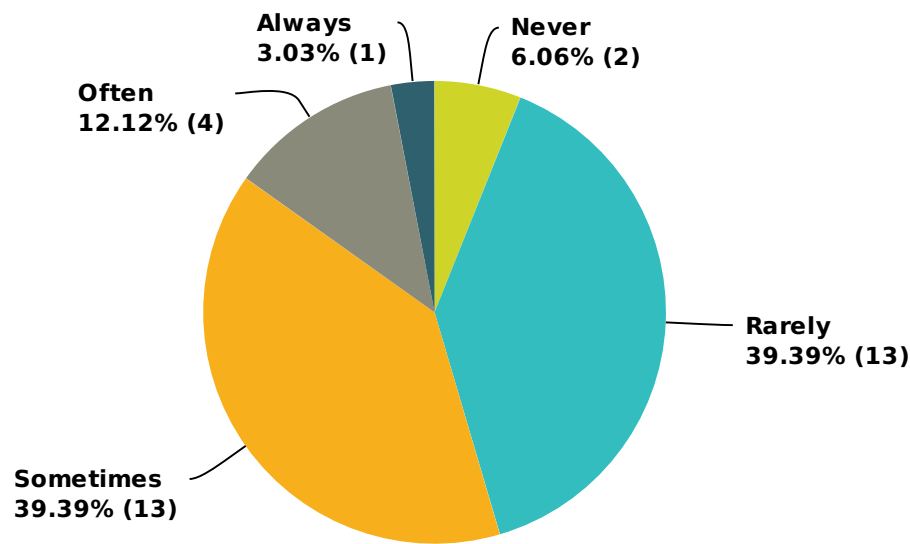
| | | |
|----|---|-------------------|
| 18 | Closer to where I live | 2/12/2014 8:22 AM |
| 19 | Lack of feeling of family Lack of feeling of unity Lack of spiritual atmosphere etc etc | 2/11/2014 1:34 PM |
| 20 | See previous question. | 2/10/2014 7:55 PM |
| 21 | more movement, programmes, exchange, bhattis | 2/9/2014 7:12 AM |
| 22 | see previous question | 2/9/2014 4:48 AM |
| 23 | It's a good centre. Good sense of community, reasonable level of openness. Friendly. Yea, it's pretty good. I would place community, friendliness, openness, welcoming high on the list of priorities. We have a lot of that at the Brisbane Centre. | 2/8/2014 5:17 PM |
| 24 | Work commitments, tiredness limit my ability to attend daily, centre environment is fine as it is, no complaints in that area | 2/8/2014 4:00 PM |
| 25 | controlling and abusive comments recieved mainly from other visitors sometimes centre residents.., but rarely | 2/8/2014 9:42 AM |
| 26 | an open, spritual, living atmosphere, a spirit of intoxication and newness, yoga experiments, open sharing of experiences, profound research on transformation based on joy, newness in service also for souls who are long in gyan | 2/7/2014 8:57 PM |
| 27 | I love the family also the extended Family maybe | 2/7/2014 8:14 PM |
| 28 | I have the feeling: everything in the morningclass has always to be the same. There is no change in any direction. It is like a ritual, which has to be the same, because this gives people the illusion of security. When after murli points are shared, I don't feel comfortable. I feel this is quite superficial and doesn't make so much sense. I like more to write about the murli points in silence on my own. I am interested in deep and honest sharing but this doesn't happen in the center. There is a lack of creativity and newness and also of faith in each other. I often feel: I am wrong, because I see things in a different way. | 2/7/2014 7:45 PM |
| 29 | Openess, Meeting of equals, no attitude, we, as Babas Children are better and so on. More time for group reflections. | 2/7/2014 7:13 PM |
| 30 | Centre needs to be friendly, not run by fixed set of people but a community, variety of program's need to be offered, run by a friendly team, good balance of silence and fun time, supportive and encouraging environment to contribute | 2/7/2014 6:21 PM |
| 31 | 1. I live too far away from the "Murli"-town. 2. No new "blood", we are just a handful of old sisters. 3. Nearly no programm apart from the Murli. | 2/7/2014 7:24 AM |
| 32 | More Friendly and less bureaucratic environment. Centre people being relaxed and not fearful dogmatic | 2/6/2014 3:04 PM |
| 33 | my physical health and I don't have a car to get there in early morning. Also centre has flight of steep and risky stairs - I can climb them but takes me time to get to the top of the staircase. I wish centre had bigger downstairs/ground level venue for all days of week i.e. community hall etc. | 2/6/2014 12:44 PM |
| 34 | I am in the centre | 2/6/2014 10:55 AM |
| 35 | The centre in charge seems quite controlling, and people are often 'sweetly' but persistantly cajoled into thing like shadings experiences. Even, like last week, when they have already done it a few times in the same time period, and about the same thing. People sometimes nicely say 'I'd rtaher no't but the 'coersion goes on in front of the class so that they are embarrassed into it. Just last week omeone was asked to give her exoerence and she said "I already have three times" but she was still cajoled into doing it again. It makes Sunday particularly very long before we break up. I do think it'san attempt to create a family feeling but it does the opposite. People sometimes escape by sitting near the back and leaving early and meeting each other outside for coffee. Also the centre has a feeling as though the people who live there don't get along well. It used to feel welcoming but doesn't at the moment. I would really like different peope reading the murli. Students no matter what their age sgould be allowed to do this. this is Gods words... not the centre in charges words and he speaks to all of us s the reading should be shared by all of us. This might help to stop the 'us' and'them' and heirarchical attitude that people who live in centres are better or more 'holy' etc. | 2/6/2014 8:33 AM |

Brahmin Community (pilot study)

| | | |
|----|--|--------------------|
| 36 | when significant discussions are conducted between spiritual friends I live too far away from a center I'd love to see it al his place of encounter, to an intensive exchange to have with other, projects promote but to have not only to service purposes but for pleasure | 2/6/2014 6:07 AM |
| 37 | how the flow is - happy souls - happy teachers | 2/6/2014 4:59 AM |
| 38 | Distance from my house to Centre and kids go to school at that time. | 2/1/2014 2:39 AM |
| 39 | N/A (invalid response) | 1/31/2014 2:15 AM |
| 40 | I attend daily as I coordinate the centre for Baba. | 1/31/2014 12:40 AM |
| 41 | openess to all bk's despite how much they put in Baba's box or speak the hindi language. | 1/30/2014 12:58 AM |
| 42 | Not sure | 1/29/2014 9:57 AM |

Q11 How often do you casually drop in to the Centre?

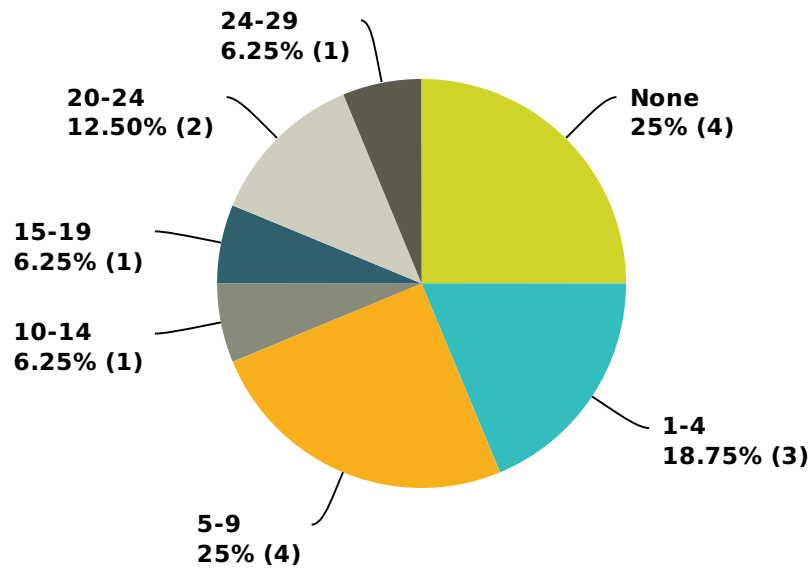
Answered: 33 Skipped: 22



| Answer Choices | Responses | |
|----------------|-----------|----|
| Never | 6.06% | 2 |
| Rarely | 39.39% | 13 |
| Sometimes | 39.39% | 13 |
| Often | 12.12% | 4 |
| Always | 3.03% | 1 |
| Total | | 33 |

Q12 How many people come to the Centre for murli on Sunday?

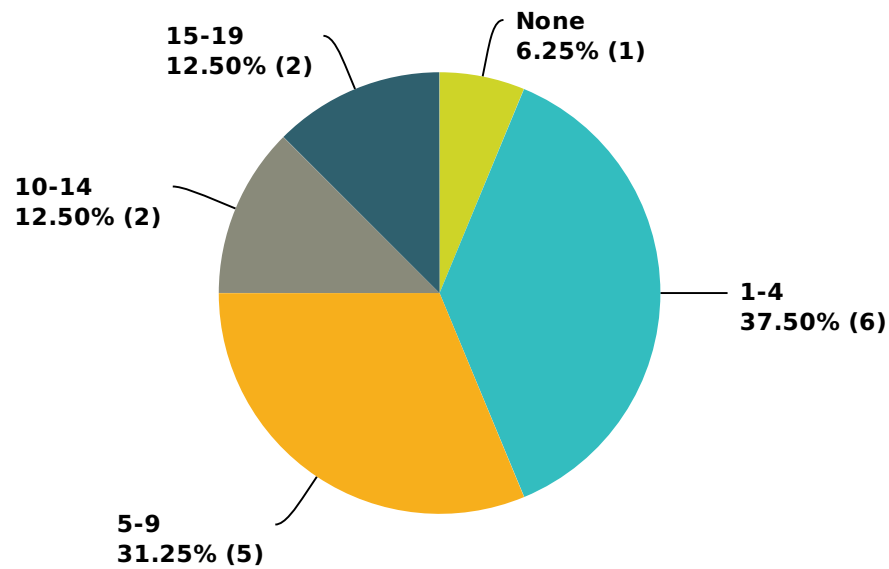
Answered: 16 Skipped: 39



| Answer Choices | Responses | |
|----------------|-----------|-----------|
| None | 25% | 4 |
| 1-4 | 18.75% | 3 |
| 5-9 | 25% | 4 |
| 10-14 | 6.25% | 1 |
| 15-19 | 6.25% | 1 |
| 20-24 | 12.50% | 2 |
| 24-29 | 6.25% | 1 |
| More than 30 | 0% | 0 |
| More than 40 | 0% | 0 |
| Total | | 16 |

Q13 How many people come to the Centre for morning murli during the week?

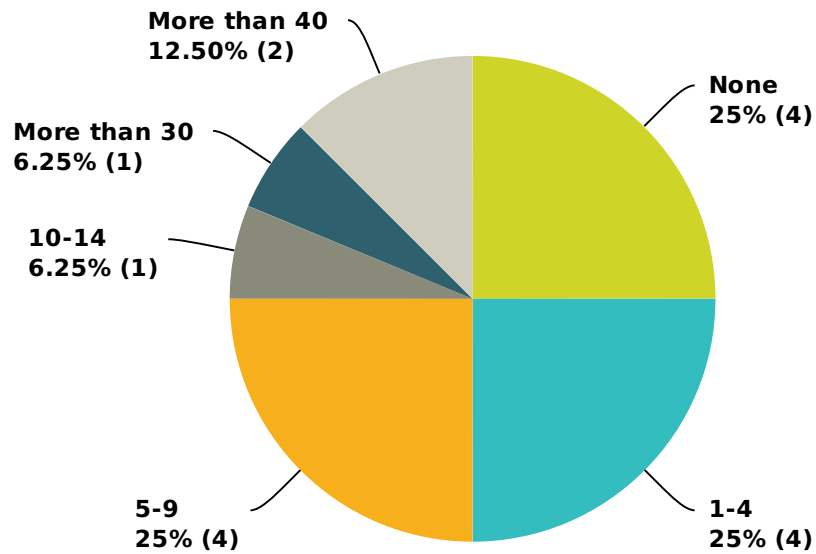
Answered: 16 Skipped: 39



| Answer Choices | Responses | |
|----------------|-----------|-----------|
| None | 6.25% | 1 |
| 1-4 | 37.50% | 6 |
| 5-9 | 31.25% | 5 |
| 10-14 | 12.50% | 2 |
| 15-19 | 12.50% | 2 |
| 20-24 | 0% | 0 |
| 24-29 | 0% | 0 |
| More than 30 | 0% | 0 |
| More than 40 | 0% | 0 |
| Total | | 16 |

Q14 How many people come to the Centre for evening class during the week?

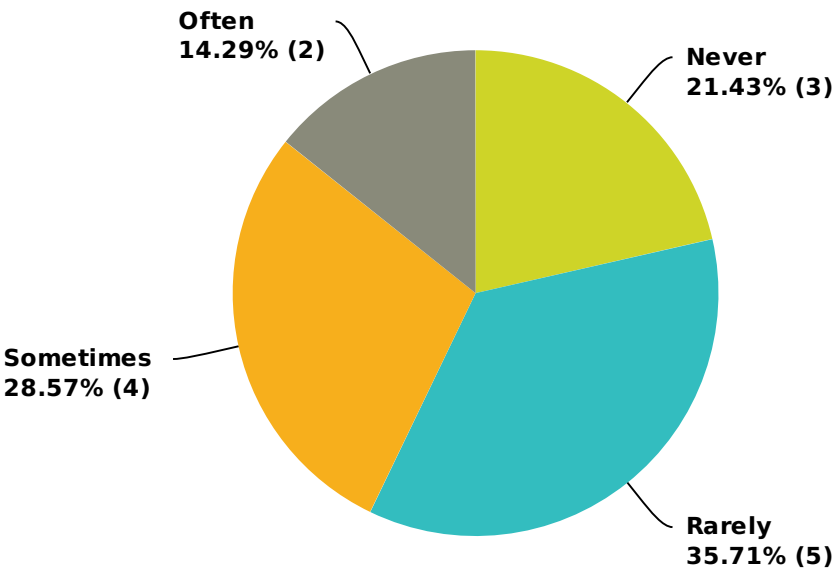
Answered: 16 Skipped: 39



| Answer Choices | Responses | |
|----------------|-----------|-----------|
| None | 25% | 4 |
| 1-4 | 25% | 4 |
| 5-9 | 25% | 4 |
| 10-14 | 6.25% | 1 |
| 15-19 | 0% | 0 |
| 20-24 | 0% | 0 |
| 24-29 | 0% | 0 |
| More than 30 | 6.25% | 1 |
| More than 40 | 12.50% | 2 |
| Total | | 16 |

Q15 How often to people drop in casually to the Centre?

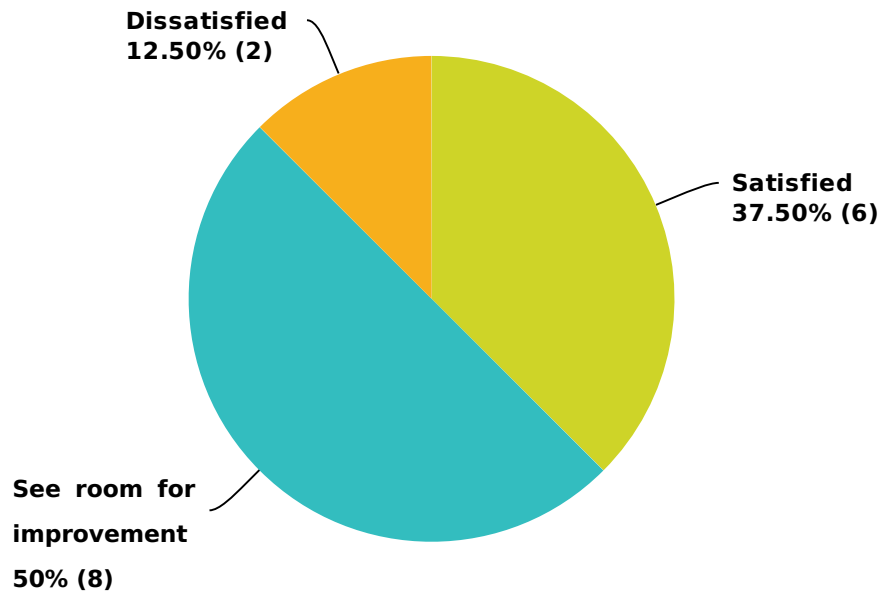
Answered: 14 Skipped: 41



| Answer Choices | Responses | |
|----------------|-----------|----|
| Never | 21.43% | 3 |
| Rarely | 35.71% | 5 |
| Sometimes | 28.57% | 4 |
| Often | 14.29% | 2 |
| Always | 0% | 0 |
| Total | | 14 |

Q16 To what degree are you satisfied or content with the situation at your Centre?

Answered: 16 Skipped: 39

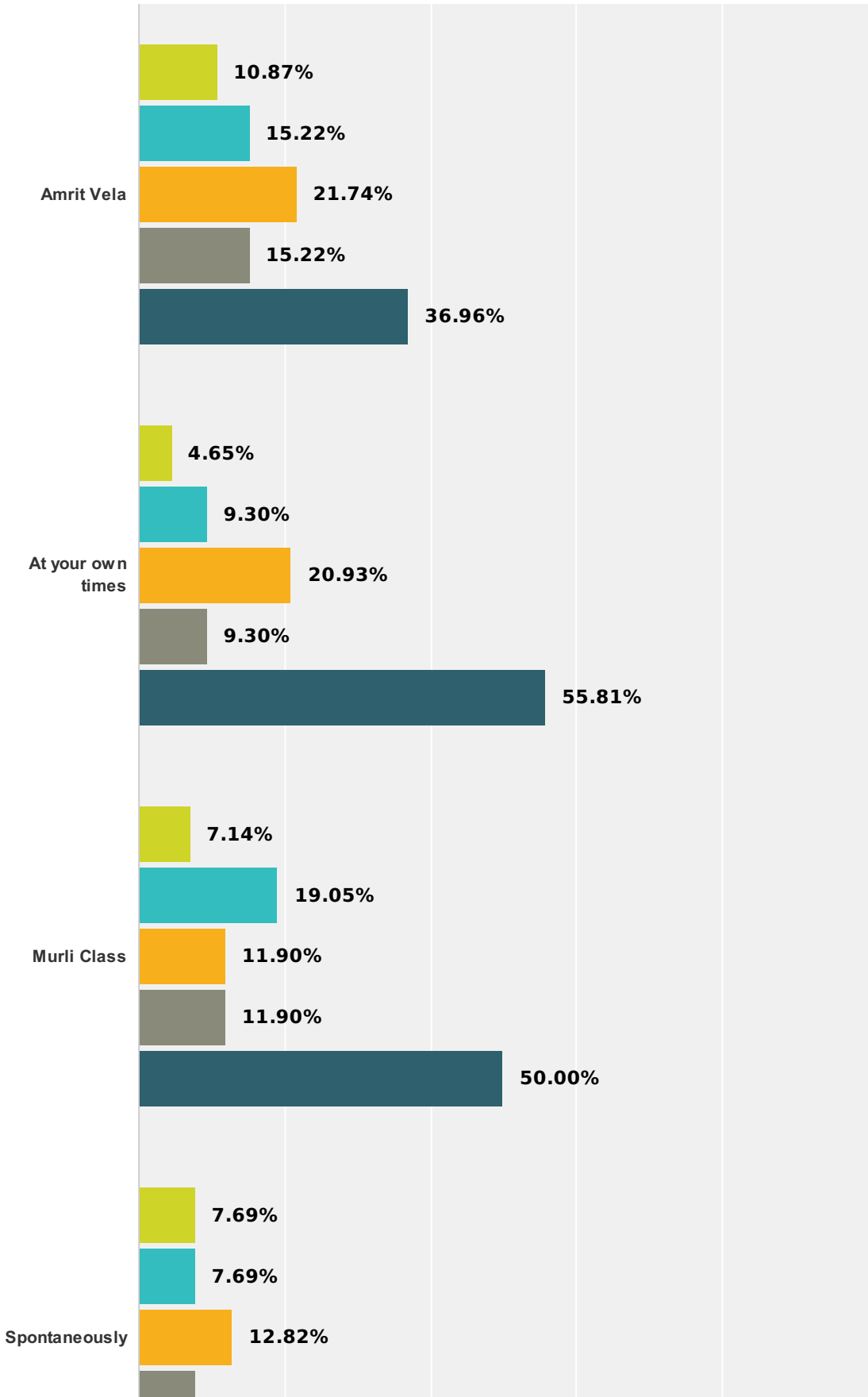


| Answer Choices | Responses | |
|--------------------------|-----------|-----------|
| Satisfied | 37.50% | 6 |
| See room for improvement | 50% | 8 |
| Dissatisfied | 12.50% | 2 |
| Total | | 16 |

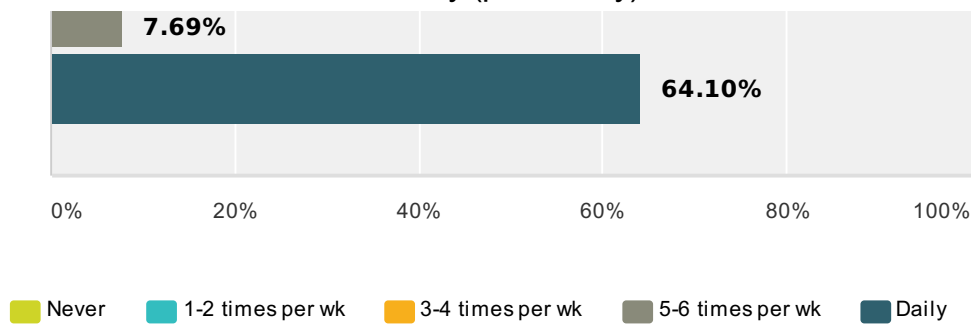
| # | Further comments | Date |
|---|--|--------------------|
| 1 | Commenting on Point #1, we all go to the main centre (Ashfield) on Sundays hence no morning class at East Sydney. | 2/18/2014 12:14 AM |
| 2 | I'm not a teacher and there is no centre in my town | 2/12/2014 4:50 PM |
| 3 | the centre close to me has had a rocky journey, disharmony and mental health issues in students have contributed to the instability, plus centre people leaving either due to exhausted unhappy or other. | 2/12/2014 9:31 AM |
| 4 | I took that this column is for Brahmins living in Centers to go further I had to enter something | 2/11/2014 1:32 PM |
| 5 | Size factor (need a bigger space). Age factor (old building with associated issues in maintenance). Room for improvement is on a physical level, otherwise everyone seems to be improving! | 2/10/2014 7:55 PM |
| 6 | improvement of relationships, selfrespect and - as a result - attraction of the center | 2/9/2014 4:48 AM |
| 7 | I do see room for improvement, but I experienced a lot of "playing one against the other" a.s.o. through the Senior. I feel this only in this Centre - i was even depressed over several weeks, coming out of that slowly - but the Senior only spoke to everone else - never alone to me, with honest interst - this time I did not approach to speak to her. I withdrew as much as possible to avoid negative remarks and forces from her and others around her. | 2/7/2014 7:55 PM |
| 8 | Extremely satisfied. Enjoying my part and the wonderful family emerging. | 1/31/2014 12:39 AM |

Q17 How frequently do you meditate at the following times?

Answered: 51 Skipped: 4



Brahmin Community (pilot study)



| | Never | 1-2 times per wk | 3-4 times per wk | 5-6 times per wk | Daily | Total |
|-------------------|-------------|------------------|------------------|------------------|--------------|-------|
| Amrit Vela | 10.87% 5 | 15.22% 7 | 21.74% 10 | 15.22% 7 | 36.96% 17 | 46 |
| At your own times | 4.65% 2 | 9.30% 4 | 20.93% 9 | 9.30% 4 | 55.81% 24 | 43 |
| Murli Class | 7.14% 3 | 19.05% 8 | 11.90% 5 | 11.90% 5 | 50% 21 | 42 |
| Spontaneously | 7.69% 3 | 7.69% 3 | 12.82% 5 | 7.69% 3 | 64.10% 25 | 39 |

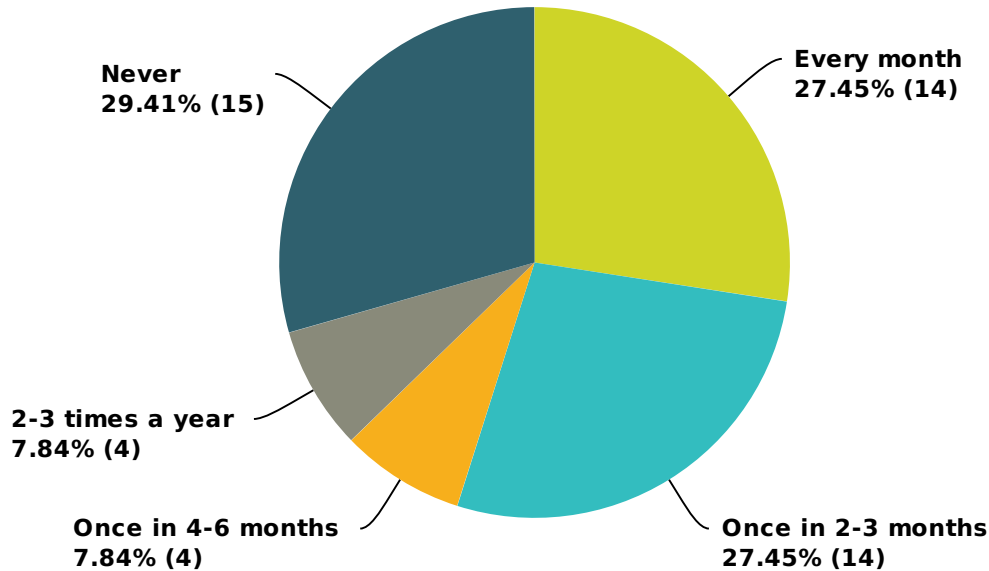
| # | Further comments | Date |
|----|--|-------------------|
| 1 | Amrit Vela is definitely too early in connection with my work and my sleeping rhythm. I'm responsible for my Balance. | 2/25/2014 7:06 AM |
| 2 | I am finding murli out of touch being too Indian and old fashioned, it has lost appeal for me. It doesn't inspire me anymore. I find Facebook postings more uplifting and positively inspiring - sad isn't it! | 2/21/2014 7:15 PM |
| 3 | Amrit Vela only when I go to sleep very early and at BK Retreats. In daily life I am not able to work when I get up at 4. | 2/20/2014 4:36 AM |
| 4 | job | 2/20/2014 1:10 AM |
| 5 | Meditation from early morning right through the day and traffic control are cornerstones of my life. Amrit Vela is a very blessed and precious time for me. | 2/19/2014 5:25 AM |
| 6 | I want to change my sleeping times so that I can have a regular Amrit Vela meditation. | 2/18/2014 7:26 PM |
| 7 | I usually only have Amrit Vela when at a BK event when I am not also working, i.e. BK Retreats, Madhuban. | 2/18/2014 2:34 PM |
| 8 | I meditate daily after getting up. But that is sometimes later than 4 o'clock, often 4.30 or 5.00. For me that is my Amrit Vela. | 2/17/2014 5:29 AM |
| 9 | Meditation is my joy and I do it as my situation allows, it is my main support. | 2/12/2014 9:34 AM |
| 10 | I attempt to be in meditation as much and as often as possible...It may be in bed quite often but I am aware of what is happening in my mind because of having challenges sleeping. | 2/11/2014 1:37 PM |
| 11 | 7-7.30pm and before sleep. | 2/10/2014 7:55 PM |
| 12 | evening meditation | 2/9/2014 7:15 AM |
| 13 | I feel uncomfortable with these questions, because they ask for measurable points "how many, how often" - but these quantities don't tell anything about the inner state of satisfaction. I get up for AV every day - but I'm not always happy about it. Sometimes I am tired, sometimes there is something else. So satisfied I am only, if I realised, experienced, radiated something precious with Baba. | 2/9/2014 4:54 AM |
| 14 | I try to do Amrit Vela every day, but sometimes I don't hear the alarm clock. | 2/9/2014 3:29 AM |
| 15 | I mostly meditate 1/2 hour before reading the murli. | 2/7/2014 8:57 PM |
| 16 | Amrit Vela to me is when I first wake up...it may be 4 but it also may be 6. | 2/6/2014 8:35 AM |

Brahmin Community (pilot study)

| | | |
|----|---|-------------------|
| 17 | I'm in silence between Amrit Vela and Murli and call this my meditation, even if i am doing during this time little actions. I enjoy the time very much and it gives me strength. | 2/6/2014 6:12 AM |
| 18 | Evening meditation whenever schedule allows | 1/31/2014 2:19 AM |

Q18 How often do you attend world meditation hour?

Answered: 51 Skipped: 4



| Answer Choices | Responses | |
|--------------------|-----------|-----------|
| Every month | 27.45% | 14 |
| Once in 2-3 months | 27.45% | 14 |
| Once in 4-6 months | 7.84% | 4 |
| 2-3 times a year | 7.84% | 4 |
| Never | 29.41% | 15 |
| Total | | 51 |

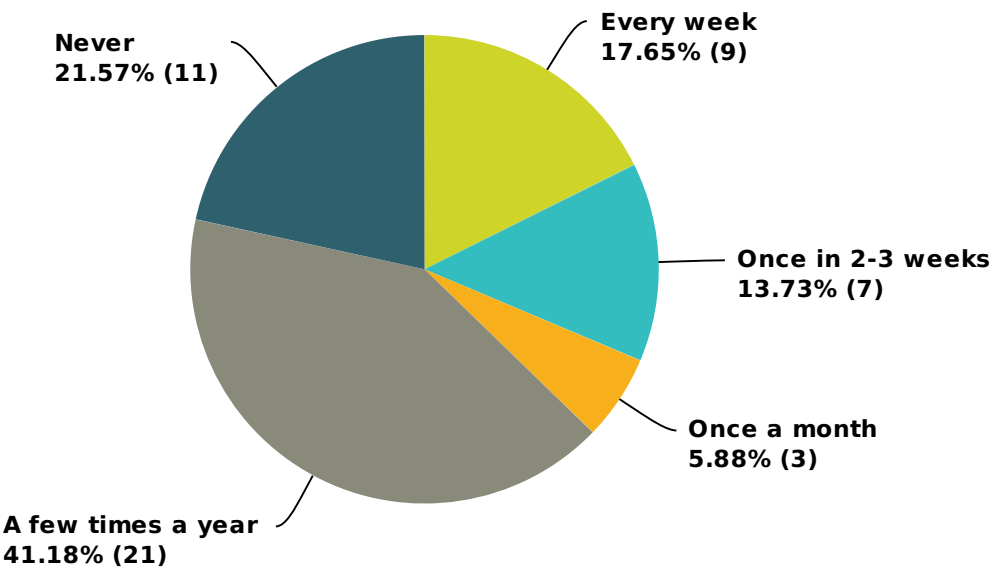
| # | Other (please specify) | Date |
|---|--|-------------------|
| 1 | I meditate on my own. | 2/21/2014 7:15 PM |
| 2 | Once a month I go regularly to another world peace meditation hour at the Tian Gong Institute in Berlin. The meditation-setting is created more lively there. | 2/20/2014 4:36 AM |
| 3 | Every month I'm very aware of this beautiful event and I either contribute music/commentaries for the event at the centre or meditate around the same time at home or wherever I am. | 2/19/2014 5:25 AM |
| 4 | World meditation hour has become a bit 'pat'... like a habit that no one really knows what it's about, except someone from the public who turns up with a sincere heart. The Brahmins do it out of duty... with out the power there was when it first began... | 2/18/2014 1:20 AM |
| 5 | each time i have gone to the centre it is usually me and the sister in the centre. | 2/12/2014 9:34 AM |
| 6 | I had been in charge of wmh at the center and I really loved it; I still find it so important, but when I decided not to come to class any more, this service had been taken away from me. And I don't enjoy sitting alone for wmh at home. I sometimes join other groups for world meditation, e.g. med mob which is a worldwide meeting of meditators. (In some places, BK coops with medmob.) | 2/7/2014 8:57 PM |
| 7 | On the average every second month, but I do not go to the Center for that, I do it at home. | 2/7/2014 7:24 AM |
| 8 | Conduct or attend regular sunday evening meditation | 1/31/2014 2:19 AM |

Brahmin Community (pilot study)

| | | |
|---|--|--------------------|
| 9 | It coincides with our regular meditation time with which we have that as a theme but we don't make a specific program of it. | 1/31/2014 12:42 AM |
|---|--|--------------------|

Q19 How often do you attend yoga bhatti?

Answered: 51 Skipped: 4



| Answer Choices | Responses | |
|--------------------|-----------|----|
| Every week | 17.65% | 9 |
| Once in 2-3 weeks | 13.73% | 7 |
| Once a month | 5.88% | 3 |
| A few times a year | 41.18% | 21 |
| Never | 21.57% | 11 |
| Total | | 51 |

Q20 Describe your practice of meditation (in as much detail as possible).

Answered: 48 Skipped: 7

| # | Responses | Date |
|----|---|--------------------|
| 1 | sit down at a good place, collect me direct my attention to the gap, there is peace, relaxation and Baba (translated from German using google translate) | 2/26/2014 10:36 PM |
| 2 | i merge into myself as an energy which I can feel and hear the frequency of it. then the Connection to Baba is more practical and realistic for me. | 2/25/2014 7:06 AM |
| 3 | Lately I am experimenting with just being still and letting go of thoughts...in soul awareness | 2/22/2014 5:39 PM |
| 4 | the open eye technique taught bk system with positive affirmations and inspirational feelings. | 2/21/2014 7:34 PM |
| 5 | I meditate in the medi-room, when I'm going for work, during the day, befor murli... in the morning, during the day, in the evening.. sitting, walking... | 2/20/2014 6:38 AM |
| 6 | Inner reflections of my biographie in the presence of the supreme power which I draw to myself by Qi Gong and Tai Ji exercises, as well as by my thoughts and inner dialogues with god. I do also chant sanskrit mantras and reflect them in Babas knowledge. | 2/20/2014 4:53 AM |
| 7 | detached from the body, to be soulconchis became an angel. | 2/20/2014 2:28 AM |
| 8 | Meditation is an inner, close communication with the Divine. There is a response of love and care. Finally there is a deep and sweet silence - fulfillment. | 2/20/2014 1:43 AM |
| 9 | being alert to feel the inner self in it's purest (honsest) form. being alert to Babas love and the feeling of His highest rightousness. being alert what drama is telling me. being alert what my personal lesson is at that moment and how my personality has to change in order to become hole, healthy and elevatet | 2/20/2014 1:35 AM |
| 10 | Visualisation and experience through systemised practice is essential for me. So I love the study, as it gets lots of methods and stages of yoga to practice. Particularly the five forms is a very strong and successful practice for me. I used that every day for two years from November 2010 to November 2012. I was remembering many things in my soul cycle , rather than just visualising or imagining. I've also for many years practised the pilgrimage of remembrance , Again rather than leaving the mind blank. I've always focused on the importance of having an aim in each meditation. | 2/19/2014 11:04 AM |
| 11 | x (invalid response) | 2/19/2014 7:58 AM |
| 12 | Sitting quietly and concentrating on shiv baba | 2/18/2014 8:15 PM |
| 13 | Currently I am attracted to practice the Point form stage of the soul.. I want to be the Soul-Point which is full of light. Till now I am able only to reach the Point form, but I still have to practice to be full of radiating light. Even the Point form, I still have to practice more to be able to maintain it for a longer period of time. | 2/18/2014 8:00 PM |
| 14 | Deep spiritual thoughts about self, Baba, BapDada, gyan, the world, life. | 2/18/2014 2:41 PM |
| 15 | I have a corner in my bedroom screened with white curtain in the corner, a pic of Brahma baba, i sit in silence with Baba. | 2/18/2014 6:09 AM |
| 16 | Too many methods to describe, from different relationships with Baba, to conversations with Baba, conversations with myself, awareness exercises when with people, blessing people/ clients when doing business, having good wishes for people in difficult war zones or disaster areas, good wishes for friends who go through difficulties, reading meditations, reading knowledge, educating myself with new methods of learning and teaching | 2/18/2014 12:32 AM |
| 17 | Become a point - go into the soulworld - meet shivbaba and take his power of love, peace, happyness inside. | 2/17/2014 9:50 PM |
| 18 | relaxation of the body, awareness of the star in the forehead, observing the thoughts and feelings, experiencing the silence behind the thoughts, finding an image for silence, stabilising in that stage of silence, creating an image for another quality like love, joy, patience etc. and experiencing it. when there are negative emotions | 2/17/2014 6:48 AM |

Brahmin Community (pilot study)

| | | |
|----|---|--------------------|
| 19 | <p>The idea is very simple and requires very little effort. In fact, there is only one effort: to wake up. Once awake, then everything becomes clear and very easy. If it is difficult, then we are not awake. Aim is to be soul conscious. Who can be soul conscious? The soul. Not peter. peter is the name given to the body. That is the body conscious identity. That can never become soul conscious. So it just depends on who is making the effort. Is it the soul or peter trying to meditate? soul is a soul. it does not need to make any effort to be who it is. that seems ridiculous. So what makes it difficult? "I" or ego. If we remove the ego, everything becomes easy. Then it is not meditation or yoga. It is simply seeing. To see, one must be awake. So the question arises, how to awaken and then, once awake, how to stay awake? Also, what puts us to sleep? To answer these riddles, practice is required. We practice seeing angels. These angels have no ego or body consciousness. Read pure soul in its original condition. If we observe these angelic beings in their home of light, and see how they see, we start to understand deeply what Baba sees. We start to understand what Baba wants us to see. It's mostly about perspective. From where am I seeing and what am I using to see? If peter is trying to see and understand, he will use his imperfect intellect which will not give him a perfect picture. If we use a pure intellect like the one the angel has, we can see very clearly, as the angel does. It is actually us, this angel, but we cannot use that language at present, because it is polluted with the body conscious I. So we use the perspective of the awake angel, which is what Baba wants us to become. Actually, we are that already. We don't have to become anything. We just need to do one simple thing: wake up. To experience true soul consciousness, the ego has to die. How to assassinate ego? We make it small. It cannot handle that. It wants to be in charge. we do not give it any importance. all the importance is on the world of light, the home, and the real people there. Ego cannot go there and it has no interest in that world. It does have an interest in being a good Brahmin. It thinks it is very clever at that. Only pure beings live there. The bliss that comes once ego is removed is something worth dying for. Once this practice is practiced regularly, it leaves everything else behind. There is no interest in the attractions of the puppet world that is all going to finish in ten seconds. Why would you be interested in a graveyard? So nice to have a simple practice that is just so easy. It is so easy, we are amazed.</p> | 2/13/2014 8:44 PM |
| 20 | <p>Generally it always feels like meditation 'happens to me' rather than I 'make meditation happen. I simply have the intention to create a powerful stage and generally focus my attention on the centre of the forehead or sometimes just above my head, and it then feels like there is a magnet pulling all the energy there and feels like there is a big fire there and almost every time there is beautiful golden light that comes everywhere, and very beautiful avyaakt feelings, and then it is easy to stay 'there' because it is all so beautiful and feels so nice, that I naturally focus on either the Light, or the feeling of 'Fire' and the more I focus on it the more it magnifies and increases and becomes more powerful. I don't really know how this experience is created it feels like 'Magic'. In the beginning I questioned it, but now I just enjoy it, and realise that it is actually not such a common experience. It started happening right from the beginning after about a month of being in contact with the BKs and learning meditation when I was 16, and it only continues to become better and better. Out of everything in the BKs the meditation is definitely what keeps me here. So the most common experience I have is of 'light' and 'might', generally in seated meditation. However there are slight variations, sometimes the light sparkles, sometimes it comes in waves, sometimes it is like a big sun just in front of me etc. The 'fire'/'power' is sometime just on top of my head, sometimes flowing through my body like lava, sometimes it feels like my whole body is melting, sometimes it is more like electricity and can even be quite sharp like lightening ... most times I feel my body give a little jump, like I have just had an electric shock you get used to it So that's powerful meditation. Also I have felt from the beginning of my 'BK life' a massive relationship connection to Baba/Mama/dadis, and so I have had many experiences of Love and closeness and thought connection in remembrance of these souls too. Generally though our the day, there is also just the simple awareness of Baba as my one true support and attraction and that everything is fun but just part of the ever changing game and drama and I know that my deepest pleasure and satisfaction comes from my connection with Baba. I also try to practice keeping my mind and feelings simple and light through out the day so that when I do sit for 'meditation' I can easily put a full stop/concentrate in a second. Actually there is the aim to keep the mind in a 'full stop' state through out the day as much as possible.</p> | 2/13/2014 11:45 AM |
| 21 | I love the silence and talk with Baba, from soul to soul I like to experiment with yoga | 2/13/2014 5:41 AM |
| 22 | Have my own meditation room in my flat, using it spontaneously | 2/12/2014 4:57 PM |
| 23 | conversation with god reflection on action reflection on thoughts/ feelings deep states of silence exploring theology time for drawing on virtues and powers using meditation as a way to share good wishes healing for self or other exploring experience of the metaphysical realm tool to withdraw, face, practice thought development, or detachment and so on | 2/12/2014 3:35 PM |
| 24 | Normal? | 2/12/2014 9:55 AM |

Brahmin Community (pilot study)

| | | |
|----|---|-------------------|
| 25 | Keeping my mind still by focusing on point | 2/11/2014 1:47 PM |
| 26 | I have a connection of soul to Supreme Soul by becoming soul conscious firstly, and focusing my mind of qualities of love, peace and power etc. | 2/10/2014 7:55 PM |
| 27 | Connecting with God and taking power. | 2/10/2014 9:46 AM |
| 28 | I always start the meditation by raising the awareness that I am spiritual being and that I exist in a state of being and very often I use the concept of the Zero that Baba inspired in one Aviakt Murli. I use this concept actively and finally start to "see" and experience myself as a conscient divine Zero being one with the eternal Zero..... | 2/10/2014 3:58 AM |
| 29 | different: s.t. going inside - feeling the place where I the soul sit - going upwards - imaging Baba and being under a canopy of light or just feeling a stream of energy coming from up above or visualizing the 5 forms in connection with the qualities of the soul or asking Baba questions what to do and waiting for an answer in form of an energy-flow... | 2/9/2014 7:55 AM |
| 30 | either I beginn with me, the soul, the point continue with Baba the Supreme Point in Subtle Region in Avyakt Brahmas body of light or in Paradam, or I beginn with the experience of bringing Pramdam or Subtle Region atmosphere into physical world, but meditation for me is also the stopps in daily life, e.g. at a traffic light or in a moment of silence in talks to become introverted and experience Baba as the Ocean of Love/Peace/Happiness, the most powerfull being etc. | 2/9/2014 5:11 AM |
| 31 | I go into the depht of Baba's drills | 2/9/2014 3:43 AM |
| 32 | Link with Shiv Baba Link and speech with Brahma Baba Sending light to the world | 2/9/2014 3:43 AM |
| 33 | I mostly visualise. My aim is to be soul conscious and feel constantly connected to Baba and to that end I have many methods, but mostly they are all based on visualising and experiencing the visualisation to be real. | 2/8/2014 5:25 PM |
| 34 | I enjoy meditating when I am driving or riding as this keeps me alert much longer than sitting to meditate, love the evenings as I feel much more focused, try to make most activity as a meditative experience. Try and engage in group meditation sessions | 2/8/2014 4:10 PM |
| 35 | sit down process the day ..release worries connect the soul connect to the supreme or brahma | 2/8/2014 11:35 AM |
| 36 | 1. I become aware of the quantum field (the unlimited nonmaterial field that is "between" all matter). 2. I become aware of my body of light. 3. I become aware of me being a soul. 4. I focus on Baba. 5. I imbibe Babas qualities, or I burn old stuff, or I just sit there very silently... depends. | 2/7/2014 8:57 PM |
| 37 | I go inwards and realise my fullness. Everything is in my troue nature. I'm next to Baba. I don't need anything. | 2/7/2014 7:16 PM |
| 38 | Silent time with self, Baba to check it with one another. Practise of Point / now awareness. Anytime and anywhere practise. Having spiritual conversations. | 2/7/2014 6:29 PM |
| 39 | It differs: Sometimes I have a chit-chat with Baba, sometimes I am an angel and fly around, sometimes I like to be in Madhuban, sometimes I am only in Paramdham, sometimes I practise to be dead, sometimes I churn about Murli points or how to solve problems, sometimes I give others Baba's knowledge in a subtle way. | 2/7/2014 7:24 AM |
| 40 | natural - easy connection. get woken for amrit vela | 2/6/2014 12:58 PM |
| 41 | Yoga is often not so good due to influences of things happening in my life | 2/6/2014 10:59 AM |
| 42 | I have created a place in subtle regions. I go there, meet BB. Usually I go from there to the point of light with the feeling of Father and sit there. Or if I am asking for a healing or something I take BB with me but let SB do it. Difficult to describe in just a few words. | 2/6/2014 8:43 AM |
| 43 | I practice every day my thoughts flow to slow, to be in silence and to feel myself as a divine beings | 2/6/2014 6:34 AM |
| 44 | i am the shining light - the soul - infinite - bringing focus into beingness and in this inner silence be with god | 2/6/2014 5:12 AM |
| 45 | Churning of specific point of knowledge Experiencing virtues, blessings, power and all attainments Experiencing different relationships with Baba Practicing soul consciouness, bodiless and/or 5 form drill Practice going in silence | 1/31/2014 2:43 AM |

Brahmin Community (pilot study)

| | | |
|----|---|--------------------|
| 46 | I experience Baba in may relationships, contexts in both the Soul World, Subtle Region and in my role of service daily. I find my experience of remembrance is getting deeper and filled with tremendously pure feelings, which is probably why this has been the happiest part of my 33 year Brahmin life.Baba told me this would happen eventually and it seems to have happened. | 1/31/2014 12:51 AM |
| 47 | my practice is based on Baba'a shrimat/ directions | 1/30/2014 1:04 AM |
| 48 | Room | 1/29/2014 10:32 AM |

Q21 In your experience, what helps your meditation practice?

Answered: 48 Skipped: 7

| # | Responses | Date |
|----|--|--------------------|
| 1 | to do it voluntarily, that wherever and whenever I want to do it. Also, I must be able to sit comfortably and not too long. At home I have good seats, elsewhere it is even more difficult. (translated from German using Google Translate) | 2/26/2014 10:36 PM |
| 2 | to go back to the roots and connecting my exercises with Feeling my Body consciously and not thinking by mistake that that would be too bodyconscious. | 2/25/2014 7:06 AM |
| 3 | Concentration...att to thoughts...during day..gyan in the mind a focus | 2/22/2014 5:39 PM |
| 4 | Relaxing,affermations and feeling peace letting go that which weighs me down | 2/21/2014 7:34 PM |
| 5 | To feel immedeately the power, love, silence... from Baba, Bapdada I know Baba is with me | 2/20/2014 6:38 AM |
| 6 | Qi Gong, Tai Ji, making music, singing, listeneing to music, being honest with my self internally, knowing my weaknesses, writing them in letters to god and burning them or sending them to Madhuban, but only in the hands of people whom I trust. | 2/20/2014 4:53 AM |
| 7 | go in deep silence. | 2/20/2014 2:28 AM |
| 8 | An inner preparation: there is now time to meet the Divine. Joy and love for the meeting. | 2/20/2014 1:43 AM |
| 9 | being alert to be honest and althruistic, having regular daily time to feel and hear within myself. to deeply check, what is the right thing to do. | 2/20/2014 1:35 AM |
| 10 | Having a special room or special place to meditate at home is essential. I find that physical quietness is vitally important to me as well. I love to inspire myself with writing about yoga/meditation stages and writing down realisations to look over again in future to further inspire new experiences. | 2/19/2014 11:04 AM |
| 11 | x (invalid response) | 2/19/2014 7:58 AM |
| 12 | Frequency | 2/18/2014 8:15 PM |
| 13 | Nothing. I must gain the mastery over my thoughts by myself. | 2/18/2014 8:00 PM |
| 14 | I like to meditate when I am walking or moving. I'm not good at sitting still for too long. I do not prefer routines, but go with the flow of my day so that meditation is not forced and not a waste of time. | 2/18/2014 2:41 PM |
| 15 | Incense, and just silence | 2/18/2014 6:09 AM |
| 16 | To constantly have a variety of methods at hand and a natural state of soul consciousness. Raising awareness through many little examples of seeing, feeling things around me and connect or disconnect consciously. A powerful point of knowledge supports a red thread that I can hook on to all day | 2/18/2014 12:32 AM |
| 17 | Comentaries | 2/17/2014 9:50 PM |
| 18 | sometimes soft music speaking a commentary | 2/17/2014 6:48 AM |
| 19 | Sharing knowledge with others. That means listening as well as introducing newness. | 2/13/2014 8:44 PM |
| 20 | Keeping my heart, mind, and actions aligned/connected. Being honest and truthful with myself and the world. When I am honest I can access the deepest and most subtle parts of myself and in this state my Love - Baba naturally becomes present. Also keeping ones mind simple though out the day, staying 'on the rails of Drama' helps. Eg. after a scene has finished, move on. Not becoming 'dramatic' or emotional about anything or making mustard seeds into mountains. keeping thinking simple. Not coming into expansion or complication of thinking. Remaining in a 'concentrated' state of mind through out the day helps me come into a powerful experience instantly for seated meditation I think. Being happy in life, helps with natural Silence. | 2/13/2014 11:45 AM |
| 21 | to learn the new joy | 2/13/2014 5:41 AM |

Brahmin Community (pilot study)

| | | |
|----|--|--------------------|
| 22 | to live my life much more peacefully, having a clear mind and seeing the drama as a detached observer | 2/12/2014 4:57 PM |
| 23 | continued stimulation of theory and theology, the desire to improve, heal and grow, the response to my vision, aim and values. | 2/12/2014 3:35 PM |
| 24 | Gratitude | 2/12/2014 9:55 AM |
| 25 | not so sure now as it is a state of mind quite often. | 2/11/2014 1:47 PM |
| 26 | Ability to focus and not be distracted by unnecessary thoughts/worries. I also need to be able to feel love for God | 2/10/2014 7:55 PM |
| 27 | Remain clear and clean. | 2/10/2014 9:46 AM |
| 28 | Meditating at the best time: Amrit Vela, i.e. between 4 and 5 am. Meditating in the centre for half an hour before the murli starts. Meditating with others e.g. during a bhakti. Sharing drishti intensifies my experience even more. It is very essential to perform good karma so that no unsettled account (with matter, another soul or also financial obligations) pulls me when I want to meditate. | 2/10/2014 3:58 AM |
| 29 | change and creativity, atmosphere charged with yoga power (when bhaktis are intense, f.e. 18th january as real silence day or sometimes bhaktis in Madhuban) | 2/9/2014 7:55 AM |
| 30 | sharing the experiences with others - to inspire one another and to see whether Maya had mixed something into it | 2/9/2014 5:11 AM |
| 31 | repetition for sometime of the same meditations, newness, spiritual inputs, murli, shared meditations with drishti and commentaries | 2/9/2014 3:43 AM |
| 32 | love and faith in Baba and myself, concentration | 2/9/2014 3:43 AM |
| 33 | Being free from worry and concerns. Being content. Using Gyan (ie past is past, benefit in everything. A few choice gyani points to quickly quell waste or worry. Also, concentration, focus exercises. Five minutes traffic control every hour where possible. Good amrit vela which means being well rested and fresh when sitting. Variety, newness. I love to be creative and can manage that quite well. More than satisfied. | 2/8/2014 5:25 PM |
| 34 | Feeling good about my self and my interactions during the day | 2/8/2014 4:10 PM |
| 35 | simple life.. no conflict if possible work holistically anticipate problems early and use baba to solve problems instead of taking law into own hands | 2/8/2014 11:35 AM |
| 36 | The knowing about and switching into the quantum field helps me a lot. I don't have to travel far to reach the destination. It's like turning a switch, very easy. And I do a bit of gym before meditation, especially before Amrit Vela . | 2/7/2014 8:57 PM |
| 37 | realisation, in my mind everything is possible. everything can be achieved here and now. | 2/7/2014 7:16 PM |
| 38 | Conducive environment. Presence of nature. Silence. Yogic place. | 2/7/2014 6:29 PM |
| 39 | Only my own determination to elevate myself. | 2/7/2014 7:24 AM |
| 40 | comfy chair, subtle light, fresh air in room | 2/6/2014 12:58 PM |
| 41 | Bhaktis | 2/6/2014 10:59 AM |
| 42 | silence and often the gathering. The vibration of people doing the same things creates a helpful atmosphere | 2/6/2014 8:43 AM |
| 43 | thought I record from the Murli - moments deep emotional moments, they deeply touch me - like a deep drishti in the right moment or a conversation at the right time | 2/6/2014 6:34 AM |
| 44 | calm atmosphere, relaxing sound, light colors, space | 2/6/2014 5:12 AM |
| 45 | Honesty with Baba Maintaining the daily timetable Relaxation, calmness Peaceful state of mind | 1/31/2014 2:43 AM |
| 46 | Consistent churning of the murli, honesty with Baba, regular meditation and experience of personal relationships, and lots of service of both lokiks and Brahmins seems to be earning me a lot of blessings. | 1/31/2014 12:51 AM |
| 47 | having an honest heart | 1/30/2014 1:04 AM |
| 48 | Quiet | 1/29/2014 10:32 AM |

Q22 In your experience, what causes obstacles in your meditation practice?

Answered: 48 Skipped: 7

| # | Responses | Date |
|----|--|--------------------|
| 1 | Barriers cause: any pressure uncomfortable seats ticking clocks too much work, Unerledigtes, ... (translated from Germany using Google Translate) | 2/26/2014 10:36 PM |
| 2 | all the service and meetings connected to brahmin policy and too much organizational themes and administrative stuff with which we are overloaded | 2/25/2014 7:06 AM |
| 3 | Too many thoughts..waste or neg ...other people... | 2/22/2014 5:39 PM |
| 4 | I don't always need dhrishti,the way when meditating in a group when others enter continually the room with total disregard of others meditating to be considerate and enter quietly respectfully. | 2/21/2014 7:34 PM |
| 5 | own sanskaras sometimes thinking to much when obstacles come, working to much, so that I'm tired | 2/20/2014 6:38 AM |
| 6 | When I meditate in the discribed ways, I have no obstacles. The main thing is, I have to follow my very own way. | 2/20/2014 4:53 AM |
| 7 | When students allwais go and comes to the Meditationroom | 2/20/2014 2:28 AM |
| 8 | Too much thinking, things which aren't solved out, tensions with others, worries. | 2/20/2014 1:43 AM |
| 9 | evey decision I do which is been influenced by limited identification or desires makes me fall back in being a line with myself and the feeling of being inline with the Truth | 2/20/2014 1:35 AM |
| 10 | When I've been through Periods of time where I'm not getting as much sleep or too many late nights will really impinge upon the quality of my meditation. And thus the quality of my life and clarity of my Life suffers. Also when I've been too bound up in business and details and other people's lives, my meditation will become unfocused and hazy. | 2/19/2014 11:04 AM |
| 11 | x (invalid response) | 2/19/2014 7:58 AM |
| 12 | Busy lifestyle | 2/18/2014 8:15 PM |
| 13 | Too much of mundane work. | 2/18/2014 8:00 PM |
| 14 | Trying to do it when its not the right time due to too many other thoughts or being too tired. I am not a morning person so early morning is a struggle for me. | 2/18/2014 2:41 PM |
| 15 | Sometimes laziness | 2/18/2014 6:09 AM |
| 16 | Getting caught up with a heavy workload of my business where I have to concentrate myself on, but I have lots of methods to help me remind myself of myself and Baba. | 2/18/2014 12:32 AM |
| 17 | If there is a problem in my work or with people in the center, to many waste thoughts come. I am not able to concentrate the mind on Baba because the situation and people are always in the mind. | 2/17/2014 9:50 PM |
| 18 | waste thoughts too much activity | 2/17/2014 6:48 AM |
| 19 | I DO. | 2/13/2014 8:44 PM |
| 20 | Getting too engaged/stuck/emotional/complicated about any situation or person, and especially being dishonest with the self about anything. Just if there's any attraction/interest in anything/anyone other than baba then naturally thinking will go there too. | 2/13/2014 11:45 AM |
| 21 | convenience | 2/13/2014 5:41 AM |
| 22 | sometimes feel asleep when the body is too tired | 2/12/2014 4:57 PM |
| 23 | whats in the way is the way | 2/12/2014 3:35 PM |
| 24 | Business | 2/12/2014 9:55 AM |
| 25 | not sure | 2/11/2014 1:47 PM |

Brahmin Community (pilot study)

| | | |
|----|--|--------------------|
| 26 | See above. If I am caught up in negative thinking and worries - which I would call a lack of faith and understanding, I get affected by obstacles. Obstacles are there to be understood spiritually and a new wiser mindset established. | 2/10/2014 7:55 PM |
| 27 | Lack of sleep- Diet Purity | 2/10/2014 9:46 AM |
| 28 | That there are unsettled accounts (see explanation above) lurking around in my consciousness. thinking about the behavoir of others. Physical tiredness. | 2/10/2014 3:58 AM |
| 29 | just sitting down with no aim, routine, waste thoughts, thinking going on - thinking of others or what has happened, dozing off , being lazy with my mind,lack of concentration power, lack of new and deep experiences (f.e. being bodiless, seed stage, avyakt stage), easily being distracted, not reakky being master of thoughts, feelings, sense organs... | 2/9/2014 7:55 AM |
| 30 | lack of selfrespect, which creates negative thoughts about me and than about others imbalance of any type, e.g. too much karma yoga and not enough silent meditaion; too much determination and not enough gentleness throughout the day | 2/9/2014 5:11 AM |
| 31 | laziness, beliefs | 2/9/2014 3:43 AM |
| 32 | waste thoughts, tiredness | 2/9/2014 3:43 AM |
| 33 | tiredness mainly. Also if I have got caught up in something or someone. | 2/8/2014 5:25 PM |
| 34 | The opposite of the previous. | 2/8/2014 4:10 PM |
| 35 | ego feeling sorrow through interactions with others difficulties at work ..lack of contentment..lack of security fear of future lack of a feeling of belonging, being ignored | 2/8/2014 11:35 AM |
| 36 | Having eaten too much. Not having slept enough. | 2/7/2014 8:57 PM |
| 37 | to much to do. | 2/7/2014 7:16 PM |
| 38 | Personal laziness. Lack of easy connection with Baba. Controlled methods to so call meditate. Inconsistency in practise. | 2/7/2014 6:29 PM |
| 39 | My own mind which wants to wander around. | 2/7/2014 7:24 AM |
| 40 | not much distracts me - only bodily discomfort. fidgety BKs can be a distraction in the gathering. | 2/6/2014 12:58 PM |
| 41 | Influences of other souls | 2/6/2014 10:59 AM |
| 42 | recorded commentaries are, to me a hindrance. Timings are not the same with everyne and a voice is saying where you are but you are someplace quite different. Also music payed during meditation. Silence is best and non interfering. | 2/6/2014 8:43 AM |
| 43 | too many Telefonkonferenzen about not important things if I have too many unimportant thoughts | 2/6/2014 6:34 AM |
| 44 | laziness, social interactions, | 2/6/2014 5:12 AM |
| 45 | Not maintaining daily timetable due to laziness or carelessness Waste thoughts Seeing defects in others | 1/31/2014 2:43 AM |
| 46 | Lack of honesty, carelessness, or laziness so I remain particularly attentive to these. When I cease to be true to my own truth. | 1/31/2014 12:51 AM |
| 47 | when I get caught up with others karma especially when i feel there is any inequity and if I am tired | 1/30/2014 1:04 AM |
| 48 | People | 1/29/2014 10:32 AM |

Q23 In your spiritual life, what brings you meaning and fulfillment? What personal methods have helped you so far?

Answered: 48 Skipped: 7

| # | Responses | Date |
|----|---|--------------------|
| 1 | with Baba to live together, very practical. His knowledge to use in everyday life. To look behind things, to see the truth behind it all, and thereby to be free. "Meditate" I could always best when cycling, today it is also indoors. I sit down quietly. Example, depending on the place of work, every hour just away from the workplace and collect myself. I am supported by my gratitude, it is a key of power. I have also many secular "masters" deals: Byron Katie, E.Tolle, R.Betz, MasterKeySystem, MindWalking, GfK... This has given me Baba's knowledge "open-minded", applicable, made tangible. (translated from German using Google Translate) | 2/26/2014 10:36 PM |
| 2 | I emphasize mainly on filling up my security inside by Feeling myself clearly and having some good brahmin friends and friend of all sorts. | 2/25/2014 7:06 AM |
| 3 | I love murlies they are my life force in this bk life. Also bk friends hanging out talking giving support. Doing classes and karma yoga | 2/22/2014 5:39 PM |
| 4 | being a spiritual warrior for justice and truth feeling blessed to have life with knowledge and life understanding being open to other ways of spirituality being open and broad minded not being judgemental in feeling superior and to other spiritual groups creating us and them me tality. | 2/21/2014 7:34 PM |
| 5 | to realise my own inner beautiy and the beauty from the others - to know and to understand the eternity, the drama, the time - to become more and more free,detached,peaceful and "take responsibility | 2/20/2014 6:38 AM |
| 6 | The connection of Qi Gong, Kung Fu, Music (Performance), my work as socialworker and mediator which I connect with my spiritual Intentions, guiding meditation workshops in the bk center, being engaged in the MH-Group, bk-familiy retreats. | 2/20/2014 4:53 AM |
| 7 | Babas Love | 2/20/2014 2:28 AM |
| 8 | Doing things which are meaningful. To do karmas concentrated and being in the flow. To detach, being in the stage of a detached observer. To be part in service activities, which are meaningful. | 2/20/2014 1:43 AM |
| 9 | I did a biography work of 2 1/2 month that was one of the best thinks to see how me the soul is, what is my job in this live personally and in a higher misson | 2/20/2014 1:35 AM |
| 10 | To feel a direct personal and close relationship with God is the main jewel in the crown of meaning of life for me . also fulfilment comes from the combination of music and Meditation ...deep ongoing development of musical /Artistic expression with the foundation of spiritual life and practice. The two are inseparable for me now. I couldn't imagine playing music (or doing anything really)without stillness silence and meditation before, during and after activities. | 2/19/2014 11:04 AM |
| 11 | x (invalid response) | 2/19/2014 7:58 AM |
| 12 | Regular silence and service | 2/18/2014 8:15 PM |
| 13 | Meaning comes from conviction of Gyan. Fulfillment comes from inner good stage and a useful role in the society, which includes the Brahmin society. I haven't yet found a fulfilling role. | 2/18/2014 8:00 PM |
| 14 | Making sure everyday includes God. Making sure I practise what I believe. Giving and sharing and helping people as much as possible | 2/18/2014 2:41 PM |
| 15 | Knowing that God is here. Keeping a balance between lokik an alokik | 2/18/2014 6:09 AM |
| 16 | Babas service, assisting others to find their way and to wake up. My personal method is to find constantly new ways to raise awareness and pass that on. | 2/18/2014 12:32 AM |
| 17 | Meaning and fulfillment: At the moment I can not say it. Methods: To attend an help organision spiritual retreats. | 2/17/2014 9:50 PM |
| 18 | to do service from the heart, something I really like to do to make others happy | 2/17/2014 6:48 AM |

Brahmin Community (pilot study)

| | | |
|----|---|--------------------|
| 19 | Deep profound experiences. Practising the aforementioned. | 2/13/2014 8:44 PM |
| 20 | Experiencing the energy of purity, and a powerful stage in meditation. Just making sure I make the time to enjoy good quality meditation keeps me interested and moving forward as it is always good and enjoyable. Being honest and authentic in life and connections also helps the heart be happy. | 2/13/2014 11:45 AM |
| 21 | trust Trust love for the Murli | 2/13/2014 5:41 AM |
| 22 | to have the knowledge makes it easy to understand life and situations. | 2/12/2014 4:57 PM |
| 23 | meaning is found in obstacles and exploration either in crisis or joy. i have continued to study weather in or outside the bk world learning and newness have been very supportive to my journey, relationships we have weather in the family of origin, or BK have also helped me on my journey | 2/12/2014 3:35 PM |
| 24 | Too big a question for a survey | 2/12/2014 9:55 AM |
| 25 | creating a good atmosphere through thoughts, words and deeds. Serving people at reception and generally sincerely and with consideration and good manners. Just be having the awareness what makes people feel uplifted. It is more a natural way as I grew up in an environment where good manners and respect for each other were practiced. | 2/11/2014 1:47 PM |
| 26 | Firstly my relationship with God as it is a wonderful zone of exploration and continued newness if I am genuine and attentive to it. Also I like people and to be able to appreciate everyone's uniqueness and part. I like to be creative too - poetry, writing, projects eg retreats. Good connectedness with other spiritually minded people is very fulfilling. | 2/10/2014 7:55 PM |
| 27 | Integrity and honest relationships. | 2/10/2014 9:46 AM |
| 28 | Sharing my realisations and experiences in the form of talks, seminars, workshops etc. Enabling others to have their own spiritual experiences by e.g. sharing Baba's drishti or speaking a mediation commentary. I felt very fulfilled when I notice that the divine virtues are naturally expressing themselves through me. I felt fulfilled when I was used as an instrument to create beauty, order and cleanliness in Baba's centre. | 2/10/2014 3:58 AM |
| 29 | experience of Baba talking to me at Amrit vela, giving personal advice or comments which I note down and enjoy(but often forget during the day and not practising!), cooperation with others f.e. in preparing programmes together, giving the course, helping and encouraging others f.e. in personal conversations, creative ways of expressing | 2/9/2014 7:55 AM |
| 30 | meaning: to see and to feel that every scene in the physical world is just the "output" of what is going on in the souls, to experience three levels at the same time: physical life (scenes), subtle life (thoughts and feelings) and spiritual level (Baba's treasures) | 2/9/2014 5:11 AM |
| 31 | retreats, spiritual friends, service | 2/9/2014 3:43 AM |
| 32 | Knowledge -to know, who I really am and to trust this view. Love and faith in Baba and myself and drama as well. The knowledge of the cycle and repetition helps a lot, also the point of the immortality of the soul. The faith, that Baba gives help and the soul is not alone... | 2/9/2014 3:43 AM |
| 33 | Meaning comes from realising my beauty and having the company of God and a big picture of whats going on in the world. Oh, and chocolate. As much as I can eat without anyone noticing!!! | 2/8/2014 5:25 PM |
| 34 | Always the blessings & good wishes of others & helping others physically or spiritually and maintaining happiness | 2/8/2014 4:10 PM |
| 35 | looking in long term..building gradually step by step..not believing the the negative things that bks or anyone say and remaining faithfull to one | 2/8/2014 11:35 AM |
| 36 | It's fulfilling for me to stay during the day with my awareness in the nonmaterial space as much as possible, yet to be very present in every moment, to see what is needed, to feel Babas energy, to use it for all tasks, to play and experiment with all scenes and powers, to research, to reflect and to progress. The basic method for me is - beside QE- Amrit Vela and an intense study of Babas daily murli. After meditation and murli reading (1h) I usually write 1/2 hour about murli points do deepen my understanding. (At class in the center there has never been proper time for inculcation) I also extract 2-3 practical points for the day which I call "Babas prescription for the day for me". In the evening I sit and check whether the medicine has been helpfull or not - and if not: Why? | 2/7/2014 8:57 PM |
| 37 | to stay in fullness. Based in eternity. | 2/7/2014 7:16 PM |
| 38 | Positivity and lightness in approach to life. Practise of bk lifestyle. Good company. True service. Ongoing link with Baba. | 2/7/2014 6:29 PM |

Brahmin Community (pilot study)

| | | |
|----|---|--------------------|
| 39 | Knowledge about the cycle, the world, all events and people. Acceptance and respect for all and everything is most important for me. Being unlimited in my vision and attitude cools and warms my heart. Being in balance is always my aim. And having faith in the perfection of the drama is essential for me. And nothing can work without my love to BapDada. | 2/7/2014 7:24 AM |
| 40 | 1. a sense of Baba remembering me - feel the magnetic pull, distinct sense of him looking out for me cos I spend a lot of time alone now due to health issues. 2. spend regular time with older BK whom I have known for over 25 yrs and who have a natural depth of conversation and ease with each other. They openly discuss all manner of life issues and BK related dilemmas etc 3. daily time to just 'be' - free of timetables etc 4. regular skype or email contact with older BKs around the globe - chatting about life and BK projects | 2/6/2014 12:58 PM |
| 41 | Just doing the basic things and keeping the routine going | 2/6/2014 10:59 AM |
| 42 | Spiritual company of close friends. Creating ways that are different to reach people who are not BK's | 2/6/2014 8:43 AM |
| 43 | in recent years, it was the conversations with my companions, good friends in the BK family, a deeper understanding has begun, when I do the things that reflect my be how i am really are I often do only things I really want to do and they have no political or hierrachy aspects | 2/6/2014 6:34 AM |
| 44 | sharing digital talents in service for baba, spreading the message, playing with the gems of knowledge, cooperating in projects, openness, learning,growing,understanding, unconventional thinking | 2/6/2014 5:12 AM |
| 45 | Taking full responsibility and accountability for the role I play and strving to be the best quality in every aspect. Good understanding of gyan keeps me well grounded and focussed on removing my weaknesses. I pay special attention to devoting equal amount of time to all four subjects. | 1/31/2014 2:43 AM |
| 46 | All the attainments of knowledge and the murli: self respect, faith, love, peace, power, purity, the brahmin family, a deep sense of purpose, living my truth, the wonderful things Baba teaches me and show me, I live for self-transformation. personal empowerment from realization and transformation. | 1/31/2014 12:51 AM |
| 47 | daily practice and staying connected/ remembrance is sometimes a little difficult but daily practice is my lifeline | 1/30/2014 1:04 AM |
| 48 | Life | 1/29/2014 10:32 AM |

Q24 What makes you feel blocked in your spiritual life?

Answered: 48 Skipped: 7

| # | Responses | Date |
|----|--|--------------------|
| 1 | I had until about a year ago a total blockade, as soon as I sat in a room for meditation. Immediately, I could no thoughts create, unless I spoke a comment for others. Thanks to a multi-day work with Ulrich Kramer (MindWalking) I got out there. My gratitude knows no limits, and since then it says: practice! (translated from German using Google Translate) | 2/26/2014 10:36 PM |
| 2 | too much classes of the seniors instead of coming up with more experience orientated procederes. too much superficial talks when we are in a broader group. boring morning classes of only reading the Murli but not experimenting immediately. | 2/25/2014 7:06 AM |
| 3 | Getting caught up in other people...neg. self talk....and indulgence..not enough meditation | 2/22/2014 5:39 PM |
| 4 | a sense of feeling of not belonging to a beautiful compassionate, considerate spiritual group that is kind considerate and respectful of others and non judgemental. | 2/21/2014 7:34 PM |
| 5 | thinking waste | 2/20/2014 6:38 AM |
| 6 | My family wants more private time with me. | 2/20/2014 4:53 AM |
| 7 | angry brahmans | 2/20/2014 2:28 AM |
| 8 | Politics in Brahmin life, status orientation. Always speaking about "family". Yet there is a thought, we aren't a family in the west. For my experience we are a "community of interest" in the best case a school. Battles and fighting amongst BKs. | 2/20/2014 1:43 AM |
| 9 | accepting the limitation of BK Position thinking, accepting the limitation of BK thinking of one BK cultre (neglecting culture), which causes separation. | 2/20/2014 1:35 AM |
| 10 | I feel blocked life when ive got too wrapped up in what other people think of me or any situation -and I felt blocked when I've not been clear about my own role. blockages have also come in the natural scheme of things in terms of obstacles to learn from and progress from. Looking back over my whole life obstacles and crisis points have been great learning times. they continue to be... I don't fear them any more | 2/19/2014 11:04 AM |
| 11 | x (invalid response) | 2/19/2014 7:58 AM |
| 12 | dogma | 2/18/2014 8:15 PM |
| 13 | My inner spiritual life remains untouched to a large extent from the outwardly happenings. The mundane obligations which denad a lot of time and energy do influence my inner spirizual stage in a negative way. My external spiritual life is blocked by the Politics in Brahman Society. | 2/18/2014 8:00 PM |
| 14 | Would love to be a morning person and enjoy that time with Baba! I guess my own limitations and not endeavouring to overcome them or not knowing how to overcome them. | 2/18/2014 2:41 PM |
| 15 | Mistakes I have made along the path | 2/18/2014 6:09 AM |
| 16 | my sub-conscious, belief systems that I am still discovering | 2/18/2014 12:32 AM |
| 17 | Old sanskaras. A lack of selfrespekt and negative thoughts about myself. Feeling sometimes lonely. | 2/17/2014 9:50 PM |
| 18 | when there is no selfrespect and success fear of making mistakes | 2/17/2014 6:48 AM |
| 19 | I do. In other words, ego, or false identity. | 2/13/2014 8:44 PM |
| 20 | Any desires from limited things/people. If I have ever given my 'personal power' over to another person, especially someone I considered to be a 'senoir' then there is a blockage because one feels powerless and helpless, and then positivity and enthusiasm decreases as self respect decreases until we take our own power back, or our control over our mind and intellect back. Also any fear or compulsion or 'slave' or 'follower' mentality definitely limits Spirit and spiritual life. | 2/13/2014 11:45 AM |
| 21 | Pressure to perform, control, threats | 2/13/2014 5:41 AM |

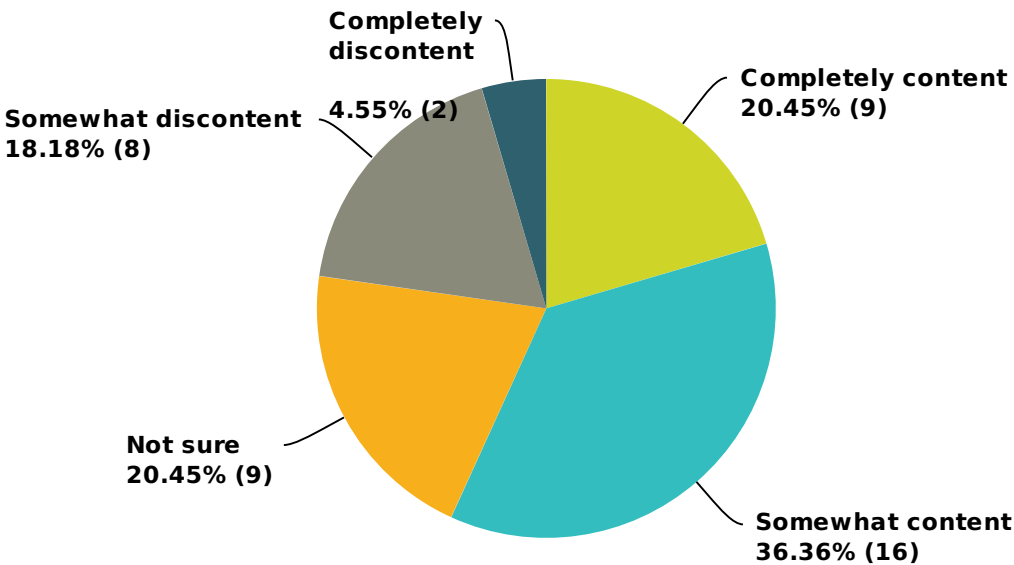
Brahmin Community (pilot study)

| | | |
|----|---|--------------------|
| 22 | nothing | 2/12/2014 4:57 PM |
| 23 | THE oppressive culture of small village consciousness that sometimes happens in groups, the cult(y) nature of bk.s and my own unconscious issues or negative traits that i still have to contend to. | 2/12/2014 3:35 PM |
| 24 | Lack of progress | 2/12/2014 9:55 AM |
| 25 | Hard to put into words. Maybe the atmosphere at the center . Lack of spiritual chats and to much 'aloneness', separation from each other....etc | 2/11/2014 1:47 PM |
| 26 | If I feel stuck in some level of misunderstanding and consequently don't feel as close to God, then I reflect on what I need to do to change that kind of feeling. | 2/10/2014 7:55 PM |
| 27 | Waste and worry. | 2/10/2014 9:46 AM |
| 28 | When I feel the influence of old sanskars in my being and behaviour. When there is no respect and appreciation for other BKs, that is my intellect is under Ravan's influence. | 2/10/2014 3:58 AM |
| 29 | self doubts, lack of self respect, ego, jealousy, stubbornness in sticking to old sanskars, not really successful in letting go, no real efforts and progress and so not content with myself, feeling unworthy, stagnating, lack of effectivity | 2/9/2014 7:55 AM |
| 30 | comparisons with others, followed by the idea, I should be different and someone else than I am and that others are better in helping and revealing Baba | 2/9/2014 5:11 AM |
| 31 | old patterns, no newness | 2/9/2014 3:43 AM |
| 32 | pressure, force, stress will block me, so I try not to get involved with it and use my common sense and spiritual view, if s.th. comes up | 2/9/2014 3:43 AM |
| 33 | Boredom.Lack of deep spiritual communication and close contact with others, especially BK's | 2/8/2014 5:25 PM |
| 34 | Difficult situations, involving family & relatives | 2/8/2014 4:10 PM |
| 35 | feeling guilty and not good enough for making mistakes..constant control used by those in position | 2/8/2014 11:35 AM |
| 36 | My energy gets stuck if I don't have enough bodily exercises. And due to a lack of sleep sometimes the whole head becomes like a stone. | 2/7/2014 8:57 PM |
| 37 | If there is no fullness and I want something. | 2/7/2014 7:16 PM |
| 38 | Heaviness on work and difficult situations. Lack of newness. Lack of time to churn and meditate | 2/7/2014 6:29 PM |
| 39 | The old-fashioned way of the centres. There is nearly nothing new since I came into gyan 30 years ago. It bores me. | 2/7/2014 7:24 AM |
| 40 | I don't really feel 'blocked' spiritually but do feel the communications barriers that come up especially when I put major cards on the table and seek honest dialogue. Some 'senior' BKs won't reply to email etc when open dialogue would be best i.e. when commenting on BK group process in service project. Have learnt to keep my mouth shut on deep personal issues - would never take them to 'seniors' now. This means I have learnt to be deeply personally reliant. or only speak to people who really understand life processes. Psychological - EQ - skills within BK management are highly underdeveloped in my experience and confidentiality is often violated etc. So don't take my big questions to the 'seniors' now. I have 2-3 skilled and perceptive friends who I can share anything with and always get wise response that guides my development. | 2/6/2014 12:58 PM |
| 41 | Myself | 2/6/2014 10:59 AM |
| 42 | Too much administration/programs/meetings...things that are appropriate for business and not conducive to spirituality. Too much talking!!! Also being told to hold the 'seniors' as examples etc when they, being human, all too often behave in ways that are actually spiritual bereft and lacking in even normal human kindness and consideration. | 2/6/2014 8:43 AM |
| 43 | if I focus on the structures and other or perish therein | 2/6/2014 6:34 AM |
| 44 | impurities, | 2/6/2014 5:12 AM |
| 45 | Projection on others Attachment with brahmins | 1/31/2014 2:43 AM |
| 46 | all forms of ego: projection, excuses, desire, dependency, attachment. It happens less and less and almost to the point where I am ready to say rarely. | 1/31/2014 12:51 AM |
| 47 | tirednesss and disconnection from baba | 1/30/2014 1:04 AM |

| | | |
|----|------|--------------------|
| 48 | Life | 1/29/2014 10:32 AM |
|----|------|--------------------|

Q25 How content are you with your local Brahmin family?

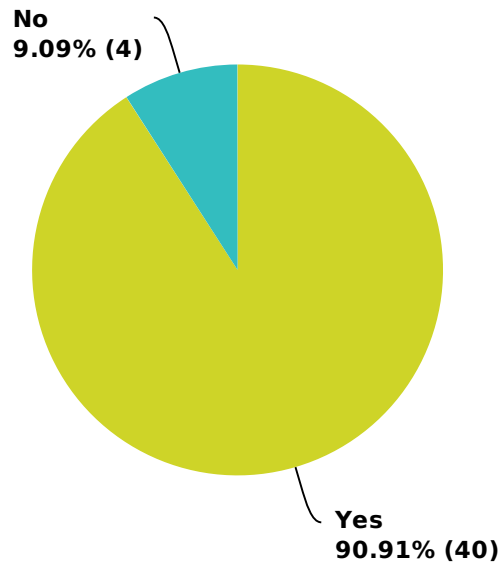
Answered: 44 Skipped: 11



| Answer Choices | Responses | |
|-----------------------|-----------|----|
| Completely content | 20.45% | 9 |
| Somewhat content | 36.36% | 16 |
| Not sure | 20.45% | 9 |
| Somewhat discontent | 18.18% | 8 |
| Completely discontent | 4.55% | 2 |
| Total | | 44 |

Q26 Do you have close friends in the Brahmin family?

Answered: 44 Skipped: 11



| Answer Choices | Responses |
|----------------|-----------|
| Yes | 90.91% 40 |
| No | 9.09% 4 |
| Total | 44 |

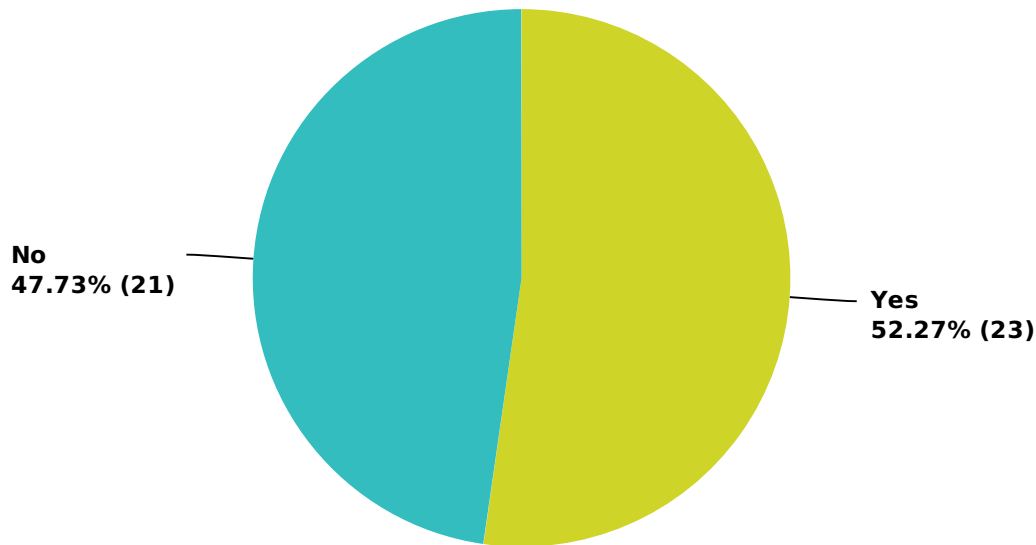
| # | Further comments | Date |
|----|---|--------------------|
| 1 | Unfortunately in other cities | 2/20/2014 5:00 AM |
| 2 | More in other towns. | 2/20/2014 1:45 AM |
| 3 | Feel extremely fortunate that I have many do you and close friends. Those I can call on to share significant things of the heart and inspire each other | 2/19/2014 11:07 AM |
| 4 | I don't look for any friends, also not in the Lokik society.I have a loose friendly attitude towards most people I know, but I don't make any close friends. | 2/18/2014 8:13 PM |
| 5 | but not too many in the local BK family. Most have taken their distance or chosen to walk their own path, or do their own thing | 2/18/2014 12:38 AM |
| 6 | yes but not as much contact | 2/13/2014 5:42 AM |
| 7 | the friends i have are 20-30 years in the making, they are friends i meet on the spiritual journey over the years some recent many long ago, some of them are regular in bk lfe and some don't attend anymore | 2/12/2014 3:42 PM |
| 8 | some nice acquaintances, but no buddy or mate or friends as I once knew in my life before 'becoming a Brahmin' | 2/11/2014 1:50 PM |
| 9 | Those who I can share experiences of the path's journey with and who love me even if I show a monkey side. | 2/10/2014 7:55 PM |
| 10 | but not so much contact with them - not living at the same place | 2/9/2014 8:17 AM |
| 11 | This is one of the best experiences in my BK life, this closeness in relationships in balance with independency. | 2/9/2014 5:15 AM |

Brahmin Community (pilot study)

| | | |
|----|--|-------------------|
| 12 | Few but real gold | 2/7/2014 6:32 PM |
| 13 | worked and lived together for periods of time over past 30 years... | 2/6/2014 1:01 PM |
| 14 | Most of the friends are BKs | 2/6/2014 11:00 AM |
| 15 | To me this is very necessary. We are in the position now of not having puses or children and if not living in a centre it can be lonely and there is a need for companionship. Even in a centre it can be lonely if peole do notbecome friends. A fear of 'attachment' keeps people isolated. this is in my view unhealthy. I have a close group of BK riends all of whom have been in gyan for a long time and lived through the same times. They are invaluable and loves and 'family' to me. in my view all BKs should endeavor to find real friends withint the family | 2/6/2014 8:48 AM |

Q27 Do you feel supported by the seniors within the Brahmin family?

Answered: 44 Skipped: 11



| Answer Choices | Responses |
|----------------|-----------|
| Yes | 52.27% 23 |
| No | 47.73% 21 |
| Total | 44 |

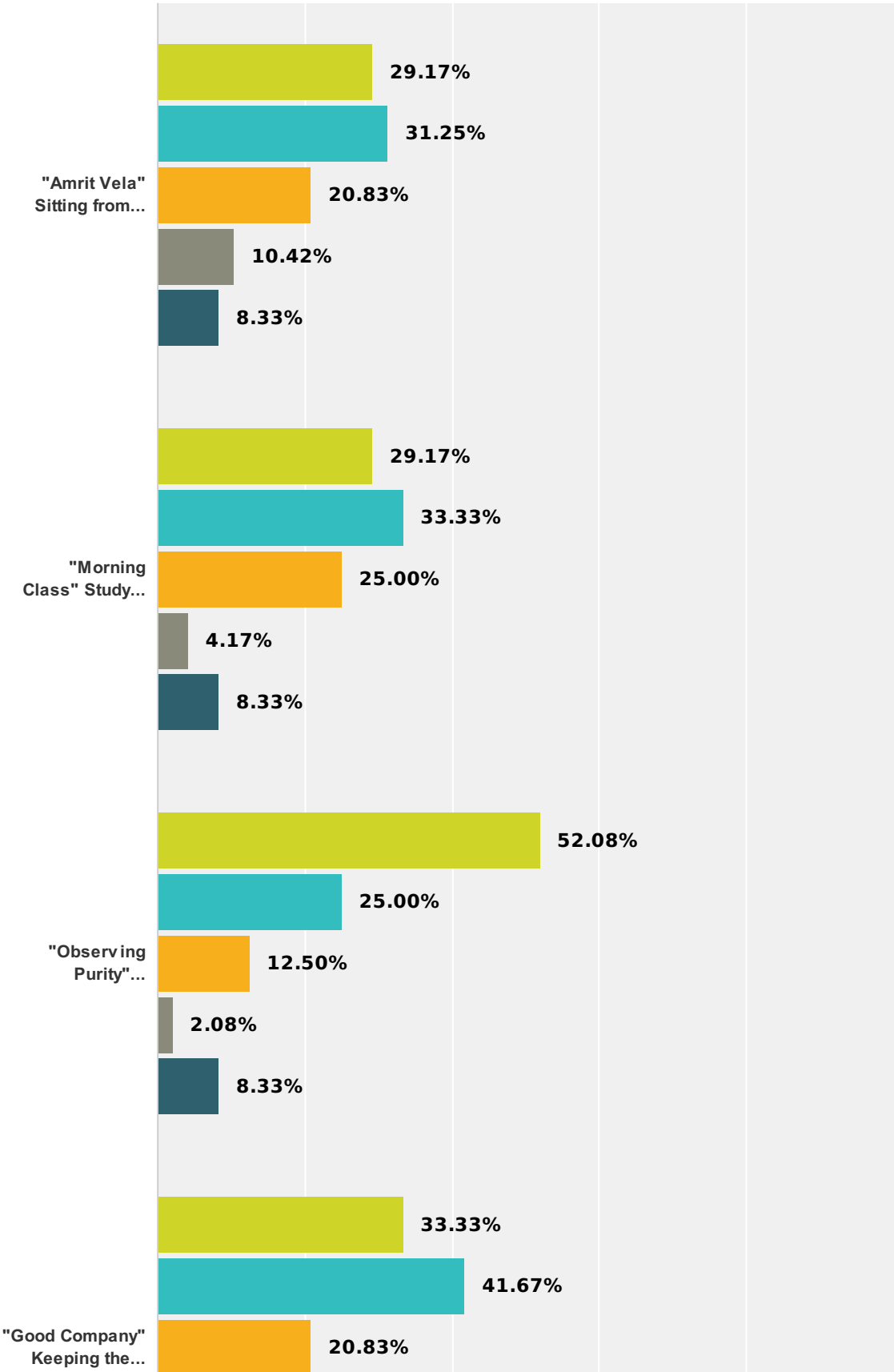
| # | Further comments | Date |
|---|--|--------------------|
| 1 | I do not feel that they really understand us with our needs, our balance we need between our lokik work | 2/25/2014 7:08 AM |
| 2 | I never occupy/make use of sth. | 2/20/2014 6:43 AM |
| 3 | In the past there where indian seniors who did not or could not (want to) understand my life and mind. | 2/20/2014 5:00 AM |
| 4 | Sometimes - not fully- | 2/20/2014 1:45 AM |
| 5 | well they to their best, but they can't really support me. :-) but the good will is definitely there. ;-) | 2/20/2014 1:36 AM |
| 6 | I don't expect much from Mussini is these days but my own connection with Didi and Charlie and many others that I've connected with over the years has been Engeman is the supportive and loving and understanding. | 2/19/2014 11:07 AM |
| 7 | I do have a friendly relation with many seniors in the Yagia, but they are of no help in the time of real need. | 2/18/2014 8:13 PM |
| 8 | Somewhat and somenot but I prefer not to rely on support from the seniors. I don't discuss my brahmin life with any official seniors or talk to them about any personal issues | 2/18/2014 2:43 PM |
| 9 | I don't even feel included, I am being treated like a child in class, not included to share or teach at retreats or other retreat/center activities of the retreat centres or main centre. In the past (10 years ago) at least this was happening, but now no more invitations to give classes. In thirteen years I was asked to give approx 10 times drishti, and once I was reading the murlie by invitation of a retreat centre, and that with 35 years experience. | 2/18/2014 12:38 AM |

Brahmin Community (pilot study)

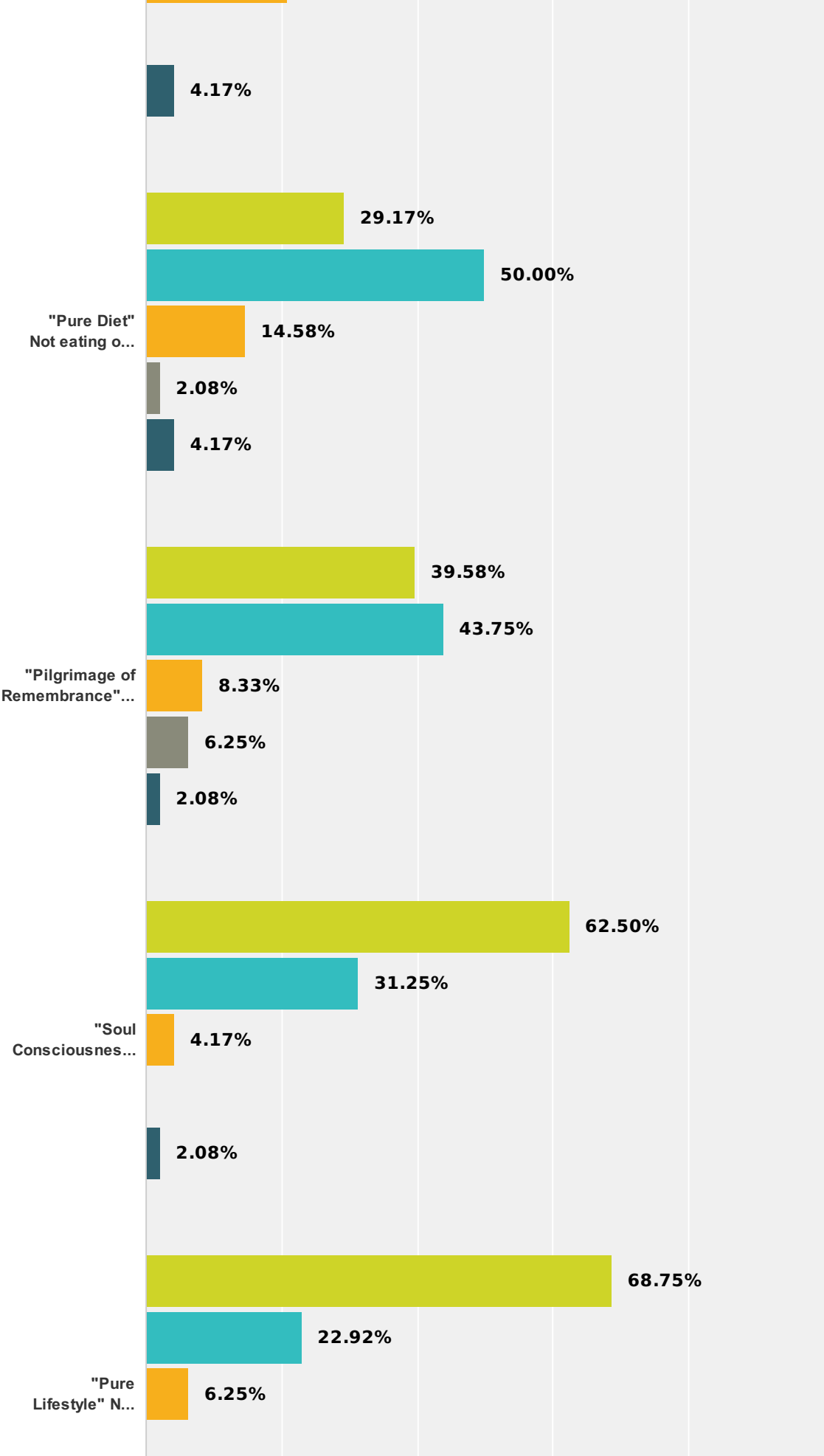
| | | |
|----|---|--------------------|
| 10 | Supported by classes yes. But I think they have some bigger problems than mine, so I dont take there help. | 2/17/2014 9:52 PM |
| 11 | Luckily, I am detached and generally self sufficient and do not want much support from 'seniors'. I would not want to be supported by most people, and the few whom I might, would prefer I just stand on my own 2 feet anyway. However, I do not think there is much genuine support for students, however that is not necessarily a bad thing as it does not breed 'followers' but encourages detachment. However there is the risk that souls then take limited support from else where when they feel a bit week. | 2/13/2014 12:01 PM |
| 12 | partially | 2/13/2014 5:42 AM |
| 13 | some seniors feel distant and some feel very close, i don't seek support, when i was younger i felt unsupported, by my emendate country seniors, i understand that now, cross cultural differences and my rejection of some of the bk systems created unspoken angst. | 2/12/2014 3:42 PM |
| 14 | lots to be said but the no has to do | 2/11/2014 1:50 PM |
| 15 | but at the moment I myself feel more distant than before. I have the feeling it's due to a lack of realization and that makes me feel somehow discomfortly at the moment and disheartened. I would like to take hep s.t. but on the other hand fear to use up their time and attention without making full effort to put into practise what they suggest. | 2/9/2014 8:17 AM |
| 16 | By Didi Sudesh and traveling seniors on the physical level and by the Dadis and the Advance Party on an avakt level. | 2/9/2014 5:15 AM |
| 17 | Yes and no. I value and appreciate their efforts, what they have done and especially their stability. I feel thereis not enough pro active support in regards to many things. I think probably that the organisation is so large now that they dont have time and so we at a local level need to be courageous and step up to the position. In Australia, in particular, I feel that Charlie's time could be better spent involved with visiting Australian Centres and spending more time with the locals. | 2/8/2014 5:29 PM |
| 18 | To some extent, but there's no give, I feel only take, so it's strictly spiritual business | 2/8/2014 4:13 PM |
| 19 | because I'm not asking for support and I'm not in contact with seniors. | 2/7/2014 8:58 PM |
| 20 | They don't want to get to root of problems but believe in quick fixes. Segregation of students and teachers. Don't have time to make and follow through changes. They don't see their role as supporters. | 2/7/2014 6:32 PM |
| 21 | I used to go to 'them' some years ago but 5 yrs ago - that safety zone dissolved and left me totally isolated and fragile. Had to pick myself up and now just speak with the 2-3 BKs who have the skill and nature to listen well without judgement. if I don't speak to them, I just hang in there with BapDada and do my best to grow up! | 2/6/2014 1:01 PM |
| 22 | I have had experience of the support | 2/6/2014 11:00 AM |
| 23 | Dadi Janki yes, but others, whom I will not name, are not at all supportive in general. Also I question the word 'seniors'. There are a couple of examples of people in 'position' who are actually rude and offensive in their behaviour to BKs. | 2/6/2014 8:48 AM |

Q28 How important are the maryadas for your experience of happiness and wellbeing?

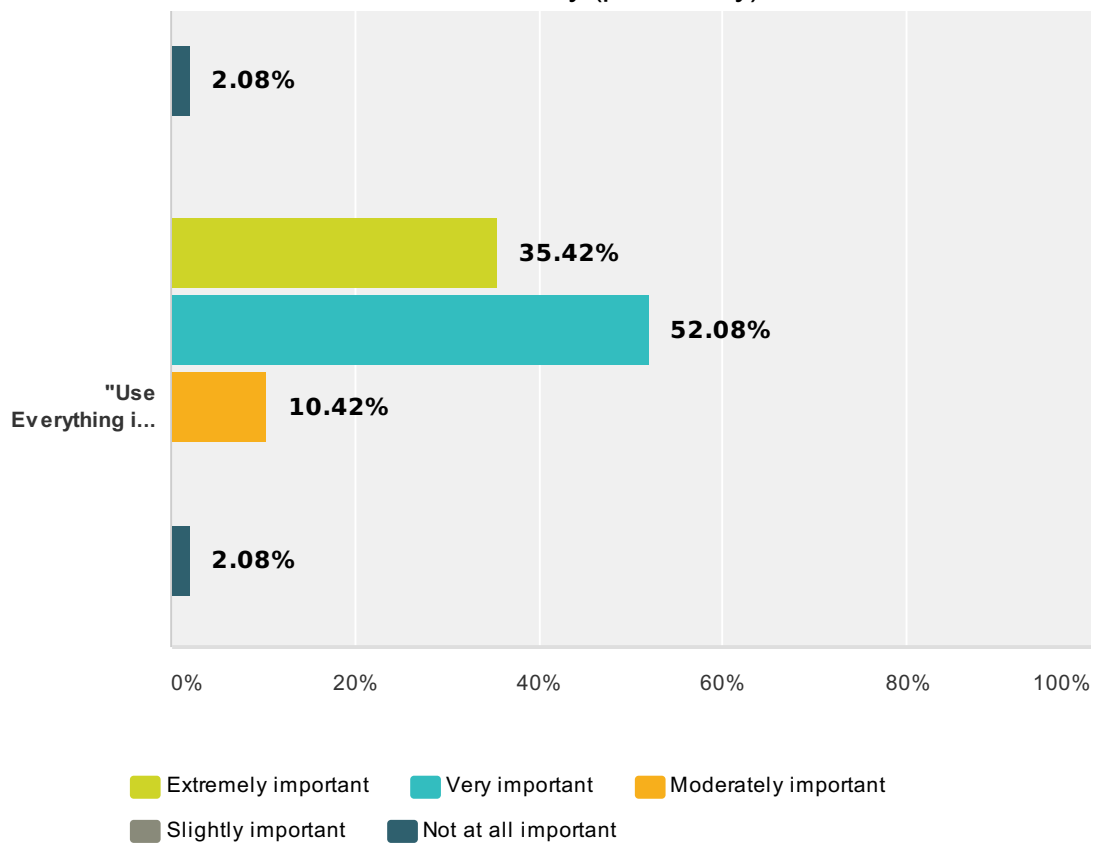
Answered: 48 Skipped: 7



Brahmin Community (pilot study)



Brahmin Community (pilot study)



| | Extremely important | Very important | Moderately important | Slightly important | Not at all important | Total | Average Rating |
|---|---------------------|----------------|----------------------|--------------------|----------------------|-------|----------------|
| "Amrit Vela" Sitting from 4:00am to 4:45 in meditation. | 29.17% 14 | 31.25% 15 | 20.83% 10 | 10.42% 5 | 8.33% 4 | 48 | 2.38 |
| "Morning Class" Studying murli daily. | 29.17% 14 | 33.33% 16 | 25% 12 | 4.17% 2 | 8.33% 4 | 48 | 2.29 |
| "Observing Purity" Practicing celibacy and restraint between genders. | 52.08% 25 | 25% 12 | 12.50% 6 | 2.08% 1 | 8.33% 4 | 48 | 1.90 |
| "Good Company" Keeping the company of knowledgeable and powerful souls. | 33.33% 16 | 41.67% 20 | 20.83% 10 | 0% 0 | 4.17% 2 | 48 | 2.00 |
| "Pure Diet" Not eating out. Maintaining a vegetarian diet without eggs, onions or garlic. | 29.17% 14 | 50% 24 | 14.58% 7 | 2.08% 1 | 4.17% 2 | 48 | 2.02 |
| "Pilgrimage of Remembrance" Daily meditation. | 39.58% 19 | 43.75% 21 | 8.33% 4 | 6.25% 3 | 2.08% 1 | 48 | 1.88 |
| "Soul Consciousness" Seeing the best of yourself and others with spiritual vision. | 62.50% 30 | 31.25% 15 | 4.17% 2 | 0% 0 | 2.08% 1 | 48 | 1.48 |
| "Pure Lifestyle" Not drinking, smoking, taking drugs or gambling. | 68.75% 33 | 22.92% 11 | 6.25% 3 | 0% 0 | 2.08% 1 | 48 | 1.44 |
| "Use Everything in a Worthwhile Way" Using time, money and energy wisely. | 35.42% 17 | 52.08% 25 | 10.42% 5 | 0% 0 | 2.08% 1 | 48 | 1.81 |

| # | Other (please specify) | Date |
|---|--|--------------------|
| 1 | for me this is not a renunciation / restriction, I live this way because this way of life is good for me and I enjoy. The point "outside food" does not exist separately, so I could not check that I am not only BK-food to me. (translated from German using google Translate) | 2/26/2014 10:56 PM |
| 2 | Coming in the flow is very important for myself. | 2/20/2014 1:46 AM |

Brahmin Community (pilot study)

| | | |
|----|---|-------------------|
| 3 | go vegan! be a fairtrade customer! | 2/20/2014 1:39 AM |
| 4 | questions limited i understand as its a survey | 2/12/2014 3:43 PM |
| 5 | being able to trust.... I have lost this trust in 'leadership' Great emphasis on the center looking great in a material sense but is lacking in otherways totally | 2/11/2014 1:55 PM |
| 6 | in general I observe the maryadas and can hardly say or measure how important they are for my wellbeing, how much I'm doing it from the heart or as discipline or because I'm being used to it. Only the last point I know,that I'm often waste a lot and that this makes me feel discomfortly and robs happiness. So it's more: It w o u l d be very important to use e.th. in a worthwhile way! | 2/9/2014 8:30 AM |
| 7 | integrate individual specialities in BK life and transform them- for me dancing is very important as an expression of happiness and not as a bodyconscious show | 2/9/2014 5:19 AM |
| 8 | Living by values | 2/7/2014 6:35 PM |
| 9 | 1. To forgive someone very quickly. 2. To speak with Baba whenever there is a need for company. | 2/7/2014 7:25 AM |
| 10 | extensive reading of intelligent comment from both BK and other media sources. I enjoy watching drama shows and documentaries for their content and comment on life and planet - like to stay abreast of trends in society and ethnic issues etc. I have enjoyed my working life in health care and education and wish to deepen my compassion and ability to respond to life's calls. | 2/6/2014 1:04 PM |
| 11 | Eating out to me is fine as long as it's vegan, no onions/garlic/eggs etc. If I were so weak that someone else's vibration, while making an avocado sandwich, or a cup of coffee in a coffee shop upset me or my meditation, than I would consider myself to have no power at all. If I were that weak I should probably just never leave the house, or speak to people who aren't BK's. Interestingly enough all of the people who were absolutely adamant about this when I first came into gyan... have left. Alaos interesting is the fact that years ago with Dadi GLuzar in the UK, we stopped at Harrods (a group of us) and Dadi had a coffee with no hesitation, and in those days even coffee out was considered to be really bad. | 2/6/2014 9:00 AM |

Q29 How would you describe your role in service?

Answered: 48 Skipped: 7

| # | Responses | Date |
|----|--|--------------------|
| 1 | I'm there when I'm needed. I love to motivate souls to inspire, to lead them their truth / features / qualities / ... in mind. Baba has always work for me. Be it. In the BK family, at work or elsewhere I'm in the background, prefer to work on the foundation, at the roots. I always have good thoughts about everyone and good wishes for each and everything and work on all levels with my mind. (translated from German using Google Translate) | 2/26/2014 11:08 PM |
| 2 | a facilitator for different Groups, Teams, encouraging others to use their specialities in Service. | 2/25/2014 7:08 AM |
| 3 | Active...but could do more..local service | 2/22/2014 5:41 PM |
| 4 | Not existant | 2/21/2014 7:40 PM |
| 5 | as the case may be..it is ok | 2/20/2014 7:01 AM |
| 6 | support the center in teaching meditation in a authentic way, support the center and the country in discussing and solvin conflicts, social problems and mental health problems, bringing creativity and livelihood to center by musical performances and Qi Gong practice. | 2/20/2014 5:07 AM |
| 7 | I am a allrounder soul | 2/20/2014 2:31 AM |
| 8 | Advisor in the field of Public Relation. Having friendly connections with non BKs and in this way easy service in cooperation. | 2/20/2014 1:48 AM |
| 9 | I have my duty to coordinate a project and that's fine. to: question 2 below: my contentment is not at all based on service anymore ;-)))) | 2/20/2014 1:40 AM |
| 10 | I'm very lucky to be other to offer Music and Meditation Services in a variety of forms. Also being a relative"senior " in the West, I'm understanding my role of being a supportive elder .- An example in some ways. | 2/19/2014 11:29 AM |
| 11 | x (invalid response) | 2/19/2014 8:01 AM |
| 12 | A spiritual teacher for meditation and giving of Baba's Knowledge. | 2/18/2014 8:22 PM |
| 13 | General spiritual support to others | 2/18/2014 8:17 PM |
| 14 | I work in a bk office most days and find it very enjoyable. I have the luxury of having a lot of variety in the course of the day and having a lot to do all the time. | 2/18/2014 2:46 PM |
| 15 | Have done little service lately | 2/18/2014 6:11 AM |
| 16 | co-creator of God, serving the tree with lots of love, sharing and uplifting others and finding ever new methods for it - spiritual teacher, helping to awaken others and bringing people together. I don't like wasting time, therefore I am very busy in inventing new programs, courses, projects and methods to keep it fresh and interesting according to the zeitgeist and current happenings. | 2/18/2014 12:44 AM |
| 17 | I think I be someone who is there since a long time. I am always kooperative to others and helping if there is a need. | 2/17/2014 9:57 PM |
| 18 | I feel blocked to do what I could do, I do very little service | 2/17/2014 6:53 AM |
| 19 | allrounder | 2/13/2014 8:46 PM |
| 20 | Varied, constant, enthusiastic, growing. | 2/13/2014 12:03 PM |
| 21 | more in secret, in silence, and as an example | 2/13/2014 5:43 AM |
| 22 | "soul-catcher" to introduce to the people, who come in contact withe me, that they are a soul and not the body | 2/12/2014 5:00 PM |

Brahmin Community (pilot study)

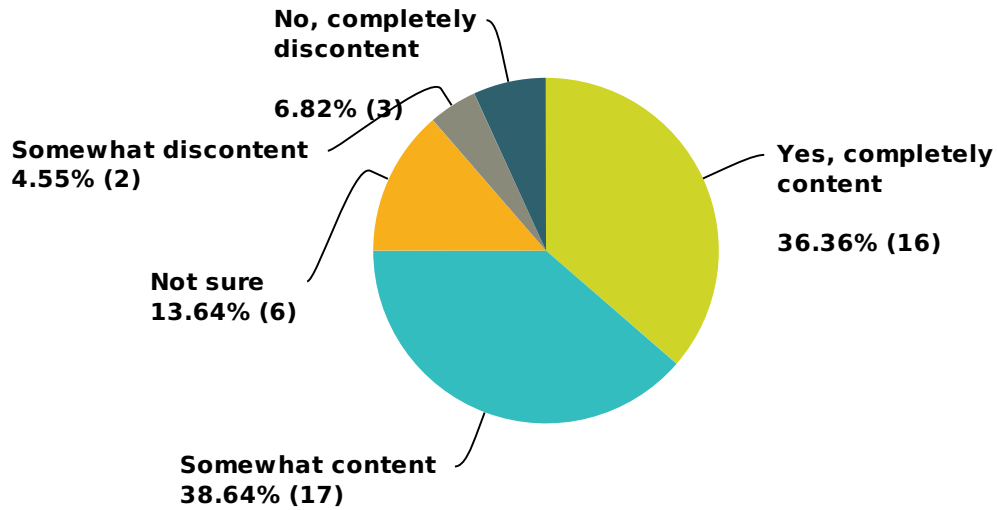
| | | |
|----|---|--------------------|
| 23 | i have a concern with the culture of serves, i feel there is to much propaganda and we don't really understand the needs of those we are confronted with. there is a focus on glorifying god and brahma which goes against my understanding of GOD IS DOING? when we look around at the centres there is a high proportion of pictures of Brahma Baba and deities. i believe the real need for people is to connect to God in a way that suits their needs, over the years i have done many roles... centre incharge student teacher cleaner. the thing i have found useful is to give time to others listen feel their need via soul consciousness and be open to god, god and my hopeful nature will try to support those i find myself connected to. | 2/12/2014 3:51 PM |
| 24 | Have none | 2/12/2014 9:56 AM |
| 25 | Very important as it is a first impression when someone comes to the center. (Reception) Unfortunately it appears, Brahmins don't understand nor do they have the respect for this role. | 2/11/2014 1:58 PM |
| 26 | Constantly changing! Yes I live in and co-ordinate a centre however am also involved in an ongoing range of meetings and project input etc.. I was unwell in 2013 and so did more mansa seva than usual which was a wonderful change. | 2/10/2014 7:56 PM |
| 27 | Just being. | 2/10/2014 11:04 AM |
| 28 | I am one of the pillars of the centre. I read murli twice a week, translate English guest speakers during public programmes, give talks and conduct meditations. I support and sustain my BK brothers and sisters in personal conversations, by professional life coaching and also with therapeutical processes. I can experiment with new formats of service in the centre. I love to keep Baba's cente clean and neat. | 2/10/2014 4:05 AM |
| 29 | I got a lot of chances and could do much more than I do, but s.t. feel to have no time, no energy, not enough courage, not enough yoga power to do what I could and should do. | 2/9/2014 8:34 AM |
| 30 | Baba can use me for different tasks, e.g. organisation, translation etc. I seem to be best in personal contacts, with direct verbal exchange and in small programs and also in BK internal topics (e.g. cashier task) and support of brothers and sisters. I do not travel a lot, I am not fit in IT and until now, we have no pull towards big programs . | 2/9/2014 5:27 AM |
| 31 | I use my skills and I love to do my service - in the time I can spend, besides lokik work etc. As soon as my lokik works ends, I can do even more or other service. Now I see my lokik work also as "service". Considering the aspect of time and location, I'm content with my role. I know I could do even more, if I had more time. But it is ok. | 2/9/2014 3:52 AM |
| 32 | it was a good role and became less good becaue of my faults | 2/9/2014 3:43 AM |
| 33 | Active.i involving myself in service plans that i am enthusiastic about. I follow my heart and am most satisfied. | 2/8/2014 5:36 PM |
| 34 | General maintenance, handyman,type service | 2/8/2014 4:15 PM |
| 35 | very difficult | 2/8/2014 11:38 AM |
| 36 | My consciousness helps in establishing a new world. My pure vision helps others to develop trust in themselves. | 2/7/2014 8:58 PM |
| 37 | to be stabel, networking, service through the unlimeted mind. | 2/7/2014 7:19 PM |
| 38 | Helping out on need and project basis as requested by seniors or teachers | 2/7/2014 6:36 PM |
| 39 | If I only knew | 2/7/2014 7:25 AM |
| 40 | for many years, taught foundation course and took BK classes, cooked bhog etc. But now, I mainly help through online projects and Skype conferences. little face to face contact now with BK community - bit selective about where I go and who I spend time with. Mainly up to me what I do but senior may ask me to participate in special BK events, or prepare write ups as I am writer/editor and like the freedom of doing things in my own time. | 2/6/2014 1:07 PM |
| 41 | My role in service is to give the sustenance to the Bks that come to the centre. Love in the centre is a vital service | 2/6/2014 11:01 AM |
| 42 | I get between God and the page or the computer. I write and or perform and really enjoy what I do and feel that it is valuable. Theatre particularly often bypasses peoples 'critical faculties' and goes straight to the heart so many who would not come to a centre and do the course find gyan and Baba ... or Bab finds them. Also books and things are often picked up by non BKs in other countries and published etc... which joins us with the rest of the world. The chance to take gyan outside the BK family in a way that's non-confrontational. | 2/6/2014 9:04 AM |

Brahmin Community (pilot study)

| | | |
|----|--|--------------------|
| 43 | I try to play no role 'm quite free my nature is service in and for the family, that all | 2/6/2014 6:40 AM |
| 44 | om shanti :) -unconventional digital artist, broadcasting, design/grafik, websites - digital soulutionmaker - sharing baba's word with new media | 2/6/2014 5:19 AM |
| 45 | Right-hand of centre coordinator | 1/31/2014 2:46 AM |
| 46 | Getting subtler, much better of as an instrument, less of my personality involved. My specialty is living in the the two cultures (Canadian and Indian) and being able to translate Baba's spiritual concepts to both cultures. I am principally the motivator and believe that my example both good and bad seems to have a lot of impact, I give 90% of the courses (about 160 per week) and read murli 5 of the 7 days, I take care of main decisions and am involved in final decision making on many topics. That being said, I think what is happening now is I am starting to step back, put others ahead and let go of control as I feel more and more pulled to Baba and yoga. Hence my role seems to be getting subtler | 1/31/2014 12:56 AM |
| 47 | I am available for whatever Baba directs me to do: exhibition children's class, organize progams inhouse or public... | 1/30/2014 1:08 AM |
| 48 | Busy | 1/29/2014 10:34 AM |

Q30 Are you content with your role in service?

Answered: 44 Skipped: 11



| Answer Choices | Responses | |
|---------------------------|-----------|-----------|
| Yes, completely content | 36.36% | 16 |
| Somewhat content | 38.64% | 17 |
| Not sure | 13.64% | 6 |
| Somewhat discontent | 4.55% | 2 |
| No, completely discontent | 6.82% | 3 |
| Total | | 44 |

Q31 What would increase your level of contentment in service?

Answered: 12 Skipped: 43

| # | Responses | Date |
|----|--|-------------------|
| 1 | Big changes with the BK structure as I find it embarrassing I wouldn't suggest it to my family,friends and loved ones. | 2/21/2014 7:42 PM |
| 2 | x (invalid response) | 2/19/2014 8:01 AM |
| 3 | I need more opportunities to do service. | 2/18/2014 8:23 PM |
| 4 | Making more effort | 2/18/2014 6:11 AM |
| 5 | To find out what is my real specaility and what make my heart happy, if I do it. Not making serive because I have do to it. | 2/17/2014 9:59 PM |
| 6 | to build up good relationships amongst each other to have someone who coaches the center team | 2/17/2014 6:55 AM |
| 7 | Not sure | 2/12/2014 9:56 AM |
| 8 | some sort of civil discussion | 2/8/2014 11:38 AM |
| 9 | I would love to be part of a group of brahmins who churn and develop and put into practise together new methods for service. I live in a big city and there are only very few Bks. I feel very sorry for that. | 2/7/2014 8:58 PM |
| 10 | Team based operations, public events build in consultation with family, level of ownership in fulfilling and success of activities | 2/7/2014 6:38 PM |
| 11 | All students should be involved in the one or the other way, have a specified role. Also activities are needed. And some sort of success should possibly be seen. Also there should be times in the center like "sitting in a café" and talk together. There should be regular "service-talks" where all decide together. No "center-leader-government". A feeling of being at home in the center, not in a never-ending school. | 2/7/2014 7:30 AM |
| 12 | letting go of the scenes and trusting that all will work out... WAH Drama | 1/30/2014 1:10 AM |

Q32 What do you believe is the foundation for your contentment in service?

Answered: 44 Skipped: 11

| # | Responses | Date |
|----|--|--------------------|
| 1 | "Happiness does not mean to get what I want but to want what I have received." Baba used me totally, that's my feeling. Total words: the circumstances, life er-/fordert to use all my features, and often they are aware of this fact that to me. There is an interplay, Separate nothing. My life is service and service is my life. I love the people and to show them their luck has always been my life. And Baba has this "work" to get a foundation on which I can dance. I have never come across "service" thought, I always have enough to do "service". He always comes to a sufficient degree to me. And above all, service to myself, which I have also always more than enough! (translated from German using Google translate). | 2/26/2014 11:23 PM |
| 2 | I do not take it too serious, I'm very keen to maintain my balance of good relationships, and remaining active and creative in finding solutions with which I personally feel authentic and not to what I feel obliged to. | 2/25/2014 7:08 AM |
| 3 | Enthusiasm...knowing I will benefit self and others..self reflection | 2/22/2014 5:42 PM |
| 4 | that is a big question ???? | 2/21/2014 7:42 PM |
| 5 | naturalness, honesty, authenticity, simplicity, love or the souls... | 2/20/2014 7:06 AM |
| 6 | Doing the things I am convinced of, the things, that belong to me and want to be done and said internally from my soul. | 2/20/2014 5:09 AM |
| 7 | My love for Baba and create the new world | 2/20/2014 2:32 AM |
| 8 | Having Baba as a companion and letting things flow. To go ahead not allowing obstacle to influence the soul. Surety that things move on well. | 2/20/2014 1:50 AM |
| 9 | being content without service. only do the service where you feel good with and stand behind it. | 2/20/2014 1:41 AM |
| 10 | Contentment comes when I'm not expecting too much and not thinking I deserve special treatment. That tends to come anyway and it becomes a challenge in itself. Service is meant to be as an instrument so I keep that in mind as much as possible | 2/19/2014 11:30 AM |
| 11 | x (invalid response) | 2/19/2014 8:02 AM |
| 12 | When I am able to bring a soul closer to God in the sense that the soul understands God better and has found a loving relation with Him. Then I feel I have done the right thing and am happy over the thought that this particular soul will be able to take strength from God whenever she will feel the need of it. The larger is the number of Souls which I can help in this way the more content I am with my role in Service. | 2/18/2014 8:30 PM |
| 13 | Commitment to truth and sharing that | 2/18/2014 8:17 PM |
| 14 | Appreciating people in general. I appreciate all the bks I am working with and endeavour to err on the positive side of life. A general love for people makes me content. Without people life would be a bore! The more bks that I can come across who I can be on the same wave length with the happier I am. | 2/18/2014 2:48 PM |
| 15 | . (invalid response) | 2/18/2014 6:11 AM |
| 16 | My purpose - bring benefit to others, help them wake up and connect with their truth and the Truth, hence helping to build the new world. I always look at how this could bring benefit to others without converting them and let them grow within their pace and space. | 2/18/2014 12:45 AM |
| 17 | Enthusiasm and love for other people. | 2/17/2014 9:59 PM |
| 18 | to have a close relationship to Baba to stay in the unlimited | 2/17/2014 6:56 AM |
| 19 | spiritual maturity. developing freedom from ego. the potential we have yet to tap into. | 2/13/2014 8:47 PM |

Brahmin Community (pilot study)

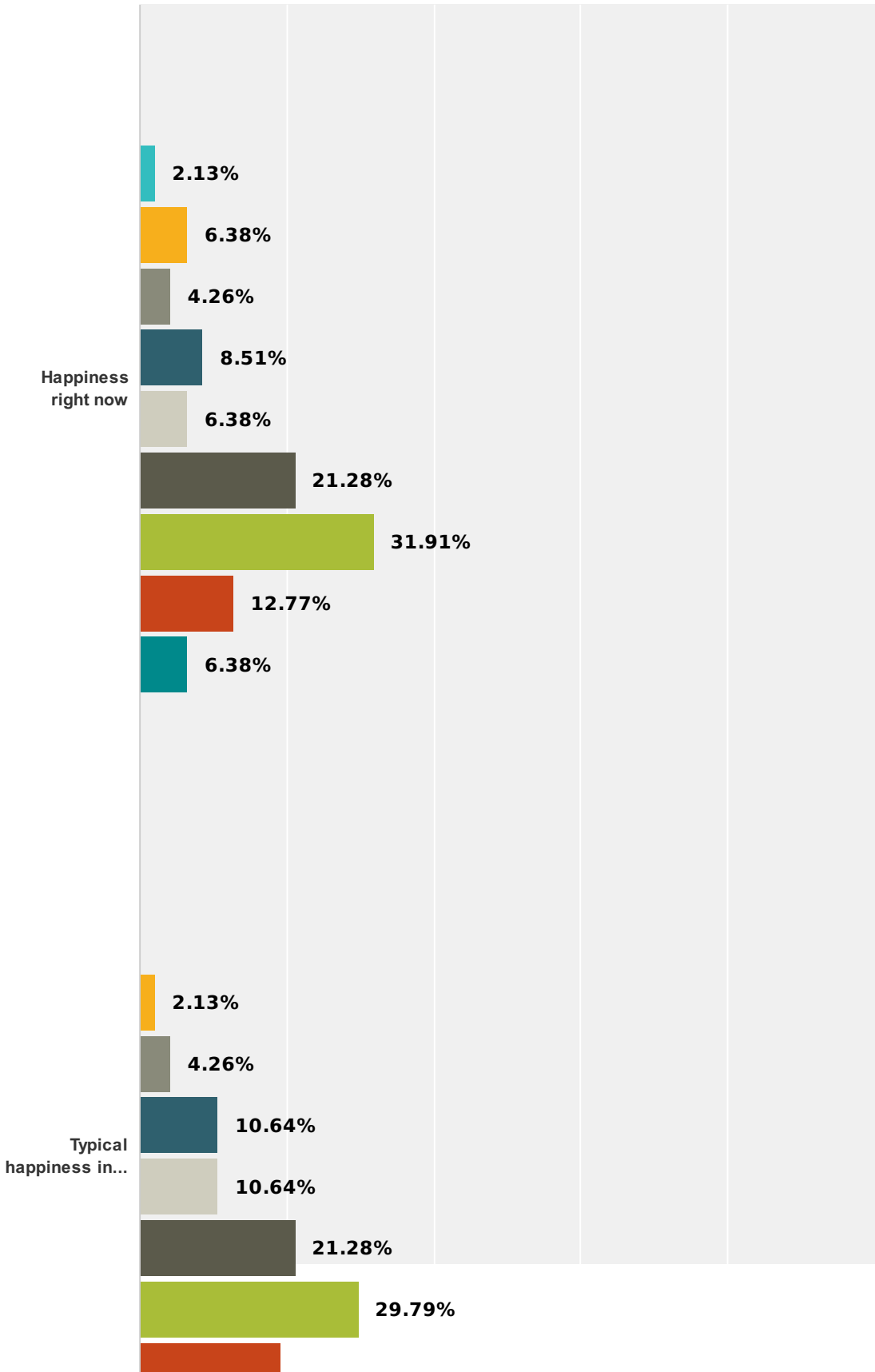
| | | |
|----|---|--------------------|
| 20 | I have high self respect and choose do use my time in service that I am genuinely interested in and happy to do. I make sure that I am not stuck in one place or service area but keep moving in a variety of areas and places and connecting with many different people. Through a big learning curve - I decided to not give my 'mind and intellect' or my 'personal power' or the decisions made for whee my time and energy will be used, over to another person, no matter how 'senior'. I therefore live truthfully, from my heart, as much as possible and this authenticity brings great contentment and also joy. | 2/13/2014 12:06 PM |
| 21 | free design which I induviduellen personality corresponds | 2/13/2014 5:46 AM |
| 22 | the knowing that God has come | 2/12/2014 5:01 PM |
| 23 | BK Culture is obsessed with doing and position, there are rco's nco's cc, co-oprative souls, students, then there are serveisable souls all-rounder souls, their are the famous instruments that write books and run the meetings and there are those who cook clean and do the dishes, its all a bit of a samozel, contentment for me is based on self efficacy and i seem to find that as i grow learn love give receive share have fun find meaning in day to day life | 2/12/2014 3:57 PM |
| 24 | Not sure | 2/12/2014 9:57 AM |
| 25 | Sincerity and Knowing that through an honest heart I am creating a good feeling in visitors to the center and making them feel that they are welcome plus plus | 2/11/2014 2:01 PM |
| 26 | Well, it's good to understand what is service and what is not service, as there is intent and attitude also, not just a physical activity of doing some task. I feel we have to deeply understand that and it may take some years. Contentment whilst cooking bhog or talking to a large crowd is ideally the same. Small tasks, done in a beautiful consciousness can be creating a very powerful atmosphere. So to be content with whatever service comes, not to go chasing after it, but also not to let good opportunities go by. This brings contentment. And for some reason I am not content in service then I usually need to look at what I am lacking in virtues or powers and need to bring to the meeting or activity. | 2/10/2014 7:56 PM |
| 27 | Awareness Co-operate Accept | 2/10/2014 11:05 AM |
| 28 | A deep understanding of the spiritual laws; e.g. that the soul is doing everything for her/his own good karma and also understanding the law of projection so that I am aware that my non-divine intellect is projecting the moment it starts to critizise and blame someone else and thus making me into a victim. I can exerpeince contenent in service when I feel (relatively) fulfilled myself so that the sharing (that is happening in service9 is taking place based on my own abundance. | 2/10/2014 4:10 AM |
| 29 | cooperation with and from others, appreciation from others (instead only from Baba!) | 2/9/2014 8:37 AM |
| 30 | knowing, understanding, accepting, loving myself and looking for transformation - becoming more and more free | 2/9/2014 5:29 AM |
| 31 | I can use (some of) my skills and I really love to do it. | 2/9/2014 3:53 AM |
| 32 | ... (invalid response) | 2/9/2014 3:44 AM |
| 33 | Following my heart. Bringing benefit to others | 2/8/2014 5:36 PM |
| 34 | Good wishes from people | 2/8/2014 4:16 PM |
| 35 | my efforts | 2/8/2014 11:39 AM |
| 36 | Intoxication for my valuable fortune and life. | 2/7/2014 8:58 PM |
| 37 | to stay connected to the inner sorce. no artificial service for others. allways conneted with self contentment. | 2/7/2014 7:20 PM |
| 38 | Community, newness, unity, creativity, group ownership | 2/7/2014 6:39 PM |
| 39 | I am not contented. | 2/7/2014 7:31 AM |
| 40 | To do right thing at right time and remain alert to what I feel I really want to do. Don't force myself to do anything and also only do things that I love too do - won't do things out of sense of duty or compulsion from others. Like to see things have real (visible) impact too. Drama presents many opportunities to me so I feel blessed in that way despite my health 'issues' that restrict me physically from time to time. | 2/6/2014 1:09 PM |
| 41 | Serving souls | 2/6/2014 11:02 AM |

Brahmin Community (pilot study)

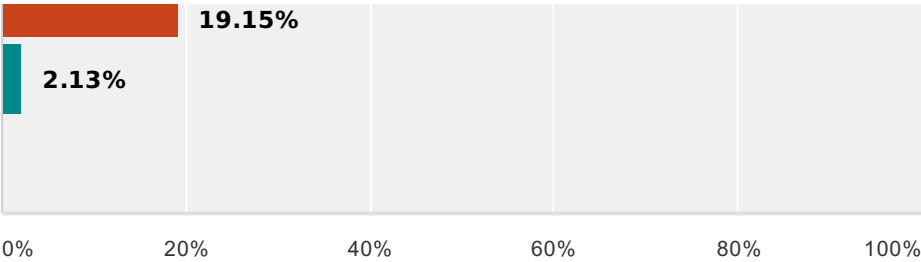
| | | |
|----|---|------------------|
| 42 | I can do what I love and feel that it is useful in an essential way...to the world to me to the BK's. I feel very lucky that I have that. | 2/6/2014 9:06 AM |
| 43 | themselves to be happy out of me and without external circumstances | 2/6/2014 6:43 AM |
| 44 | small decisionable groups, inspiring, courage to do, to laugh | 2/6/2014 5:25 AM |

Q33 What is your internal level of happiness right now? (If '1' is completely sad and '10' is completely happy)

Answered: 47 Skipped: 8



Brahmin Community (pilot study)



1 2 3 4 5 6 7 8 9 10

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Total | Average Rating |
|--------------------------------|---------|------------|------------|------------|-------------|-------------|--------------|--------------|-------------|------------|-------|----------------|
| Happiness right now | 0% 0 | 2.13% 1 | 6.38% 3 | 4.26% 2 | 8.51% 4 | 6.38% 3 | 21.28% 10 | 31.91% 15 | 12.77% 6 | 6.38% 3 | 47 | 7.04 |
| Typical happiness in your life | 0% 0 | 0% 0 | 2.13% 1 | 4.26% 2 | 10.64% 5 | 10.64% 5 | 21.28% 10 | 29.79% 14 | 19.15% 9 | 2.13% 1 | 47 | 7.21 |

Q34 How would you describe or define happiness?

Answered: 46 Skipped: 9

| # | Responses | Date |
|----|---|--------------------|
| 1 | means for me to be happy that I'm carefree, I am satisfied with myself, I am light, can shine. (translated from German using google translate) | 2/26/2014 11:36 PM |
| 2 | in tune with myself and in daily life connecting all Levels of life: inner strength, good Connection to Baba, friends, Yagya, lokik Family, profession, financial situation, health | 2/25/2014 7:09 AM |
| 3 | Living my life according to my spiritual life. Seeing my self progressing...few thoughts..and the feeling of connecting to baba | 2/22/2014 5:45 PM |
| 4 | Contentment with genuine love feeling balanced and having deep peace of acceptance easily to overcome obstacles hurdles of life.fullfilment. | 2/21/2014 7:46 PM |
| 5 | inner love and inner peace, when I'm content I'm happy | 2/20/2014 7:17 AM |
| 6 | Being satisfied with myself, my surrounding and my performances of the day, having the feeling of a good and peaceful contact with the people next to me. | 2/20/2014 5:16 AM |
| 7 | I have more as the rest of the world | 2/20/2014 2:34 AM |
| 8 | Happiness means lightness and being in the flow. Being with the Divine and letting things move. | 2/20/2014 1:56 AM |
| 9 | for me it is more a contentment and inner smile, yes sometimes i also like to bring it out but mainly i like it within myself. a feeling of gratitude that I got that life which I have and that I love myself in what ever circumstances. And I love life and I love God. And actually I love the people around me. But as I am sometimes a bit temper-person there are also sweet clashes but as conversation is there at everytime thinks a solved really very quickly. (I can't leave a person without having spoken and forgiven) | 2/20/2014 1:47 AM |
| 10 | A natural cheerfulness and underlying joy of being alive and being myself. happiness is also then a natural gift to others – natural service. Even in the supermarket (Especially in the supermarket)! | 2/19/2014 12:23 PM |
| 11 | x (invalid response) | 2/19/2014 8:03 AM |
| 12 | I can't define or describe it. It is a state of mind. | 2/18/2014 8:36 PM |
| 13 | Lack of desire or neediness | 2/18/2014 8:18 PM |
| 14 | Feeling secure on all levels - spiritually, mentally, emotionally, physically. Security gives me peace of mind and happiness and everything else come from that. | 2/18/2014 2:52 PM |
| 15 | Peaceful | 2/18/2014 6:13 AM |
| 16 | Appreciation of my life and gratitude to have the fortune to help others | 2/18/2014 12:48 AM |
| 17 | If there is a lightness in the heart and the drama is in flow. | 2/17/2014 10:23 PM |
| 18 | contentment, enthusiasm, feeling rich and capable | 2/17/2014 7:03 AM |
| 19 | a quiet mind, settled, content. | 2/13/2014 8:49 PM |
| 20 | A feeling of lightness and joy where generally life feels to be flowing and aligned with your deeper self, conscience/heart/love. | 2/13/2014 12:10 PM |
| 21 | Fullness satisfied, inner joy | 2/13/2014 5:56 AM |
| 22 | being free from obstacles and if obstacles come to see them as a chance to develop | 2/12/2014 5:04 PM |
| 23 | being aware of my responsibilities, spiritual, personal and worldly, feeling capable of negotiating those responsibilities with humility. i feel i have achieved a level of happiness as i come to understand my state of wellbeing, understanding wellbeing is a deep integrated spiritual concept related to many aspects of life, health wealth relationships and self efficacy. | 2/12/2014 4:04 PM |
| 24 | ? (invalid response) | 2/12/2014 9:57 AM |

Brahmin Community (pilot study)

| | | |
|----|--|--------------------|
| 25 | a state of mind.... | 2/11/2014 2:06 PM |
| 26 | Stable inside and open to what drama offers as its all a game and an awesome adventure. | 2/10/2014 7:56 PM |
| 27 | Content and stable | 2/10/2014 11:06 AM |
| 28 | For me happiness is the outcome of the deep underlaying experience of "All is well" or even "All is divine!". And this experience is the result of a profound realisation that the drama is a divine game/play = Maha Lila. Happiness also evolves when I experience myself as the spiritual being who I am and my divine nature e.g. the virtues. | 2/10/2014 4:23 AM |
| 29 | inner sparkle, inner bubbling with joy; the joy, embrace, dance, song, laughter of life with Baba | 2/9/2014 8:55 AM |
| 30 | when I the soul have the concentration to focus my intellect where I want so that the mind can experience what it needs - and enable others to do so through example or words or company or whatever | 2/9/2014 5:37 AM |
| 31 | sparkling joy, contentment; joyful mood | 2/9/2014 4:01 AM |
| 32 | A feeling. Contentment. Satisfaction, hope. An aim and objective in life that involves bringing benefit to all | 2/8/2014 5:43 PM |
| 33 | Completely content with my self, Irrespective of wealth or status or if people love me or not | 2/8/2014 4:20 PM |
| 34 | looking forward to the future | 2/8/2014 11:40 AM |
| 35 | It's the silent feeling of being at home in the flow of Babas energy. | 2/7/2014 8:58 PM |
| 36 | Follness, content, everything clear and in order. | 2/7/2014 7:22 PM |
| 37 | Happy or neutral thoughts majority of the time. No complains and good understanding of significance of my everyday scenes in drama | 2/7/2014 6:41 PM |
| 38 | Having joy in life. Seeing the beauty of the world. Joy of getting up in the morning. | 2/7/2014 7:31 AM |
| 39 | a natural well-spring of energy bubbles from 'inside' and has a life of its own. i.e. not dependent on external circumstances. An easy smile emerges and makes others feel lighter hearted too. | 2/6/2014 1:34 PM |
| 40 | Happiness is inner joy and wellbeing | 2/6/2014 11:03 AM |
| 41 | Not longing for what I don't have. Feeling good about what I do. Feeling loved. | 2/6/2014 9:11 AM |
| 42 | to feel myself to feel myself as a divine essence and to live | 2/6/2014 6:46 AM |
| 43 | being content - inner lightness - flowing - easy living | 2/6/2014 5:32 AM |
| 44 | Seeing myself in my state of complete purity as Baba sees me despite my shortcomings. | 1/31/2014 2:55 AM |
| 45 | A state of awareness of myself as being complete, pure, powerful, virtuous, detached, inspired, enthusiastic, clear, unaffected, free, full, generous. | 1/31/2014 1:01 AM |
| 46 | happiness is whatever keeps you balanced in spirituality | 1/30/2014 1:14 AM |

Q35 What makes you happy?

Answered: 47 Skipped: 8

| # | Responses | Date |
|----|--|--------------------|
| 1 | Of course, if all goes well, but I'm working still, for still I want to always be happy no matter what is on the outside. It does not need anything, that makes me happy, I am. At the moment it is still so, that it promotes my happiness when the external circumstances are beautiful, if I can earn my livelihood if I can make a lot of service that makes me happy. Particularly happy to me but every time I see through how Baba used me and how unique and perfect is the drama, and, of course, that Baba has found me and so great dealing with me! That He always knows what I need (in any way). (translated from German using google translate) | 2/26/2014 11:36 PM |
| 2 | Balance and authenticity in all fields | 2/25/2014 7:09 AM |
| 3 | Laughter | 2/22/2014 5:45 PM |
| 4 | Being in love. | 2/21/2014 7:46 PM |
| 5 | together with Baba i'm detached. the energy is flowing and I'm happy | 2/20/2014 7:17 AM |
| 6 | Enough sleep, music, Kung Fu, 'meditation good food and talk with my familiy, talks about god with my colleagues, friends and clients | 2/20/2014 5:16 AM |
| 7 | When I feel closed to Baba | 2/20/2014 2:34 AM |
| 8 | When there is a connection with the Supreme, nature, good friends, meaningful karmas. Awareness of the wonderful fortune the soul has. When there is a connection from soul to soul. | 2/20/2014 1:56 AM |
| 9 | to be honest, althruistic, to love | 2/20/2014 1:47 AM |
| 10 | Knowing that I am loved and respected. I'm very happy to be able to share experience, wisdom and inspiration through spirituality and music and in the lifestyle that I have set up for myself . | 2/19/2014 12:23 PM |
| 11 | x (invalid response) | 2/19/2014 8:03 AM |
| 12 | Having no financial worries, and having my T.V. programmes where I am talking about Meditation and Spiritual knowledge, having lots of guests and someone who should cook for me daily and clean my flat. | 2/18/2014 8:36 PM |
| 13 | Peace | 2/18/2014 8:18 PM |
| 14 | When I am doing the best things for myself and others. When I have a lot of variety if my day and life. When I am interacting with a lot of different people. When I am active and keeping a balanced life. When I am free to express myself. | 2/18/2014 2:52 PM |
| 15 | Nature | 2/18/2014 6:13 AM |
| 16 | If I can be of help, use my time in a beneficial way and help someone to come a step closer to truth, to connect. | 2/18/2014 12:48 AM |
| 17 | It can be little thinks. Also to be thankfull to Baba makes me happy. To meet other Brahmins and have a deep conversation of knoledge. | 2/17/2014 10:23 PM |
| 18 | dancing, playing theatre feeling Babas love having good and deep conversations doing something together with others in harmony | 2/17/2014 7:03 AM |
| 19 | understanding gyan deeply | 2/13/2014 8:49 PM |
| 20 | Love. A feeling of connection with good people and expressing the best in myself and unique talents, specialities. Being honest/authentic in life. Good Yoga !!!!!!! | 2/13/2014 12:10 PM |
| 21 | freedom | 2/13/2014 5:56 AM |
| 22 | Living the my life as it is | 2/12/2014 5:04 PM |
| 23 | self respect, healthy mind body and healthy relationships. Gods is included in the relationships | 2/12/2014 4:04 PM |
| 24 | ? | 2/12/2014 9:57 AM |

Brahmin Community (pilot study)

| | | |
|----|---|--------------------|
| 25 | Generally just being able to serve and take care of people | 2/11/2014 2:06 PM |
| 26 | Baba's love and blessings. Blessings of others and of myself. A job well done. Good company. Newness in my thinking and attitude (more uplifting). | 2/10/2014 7:56 PM |
| 27 | Stable and content life that flows. | 2/10/2014 11:06 AM |
| 28 | The fact that I am a pure, divine, spiritual being who is eternal und that my love-relationship with my eternal partner is also eternal!! The realisation that divinity is the foundation of the whole drama-movei and that this quality never gets completely lost and is finally regained with Baba's invervention. To study and experiment together with my sisters and brothers to deepen the realisation and experience of the truth that Baba is sharing with us. | 2/10/2014 4:23 AM |
| 29 | creative expression cooperation with others reading s.th. new singing, playing, laughing, teaching making others happy, helping them | 2/9/2014 8:55 AM |
| 30 | sharing the best of what Baba gave and thought me with others | 2/9/2014 5:37 AM |
| 31 | inside: joy, love, contentment Working - beeing able to do, what is to be done. Gardening, nature beeing creative, using skills, discovering new skills | 2/9/2014 4:01 AM |
| 32 | Being of value to others. Recognising my own lovliness and qualities. Experiencing being loved by God | 2/8/2014 5:43 PM |
| 33 | Peace of mind Rested Money | 2/8/2014 4:20 PM |
| 34 | contentment | 2/8/2014 11:40 AM |
| 35 | Being in that flow. | 2/7/2014 8:58 PM |
| 36 | inner fullness, realisation, deep meetings with spiritual friends. | 2/7/2014 7:22 PM |
| 37 | Knowing the truth behind the truth. Food, company , good health , travel, a happy family and some money. | 2/7/2014 6:41 PM |
| 38 | Good connections to other people. Having the feeling of a close relationship to God. Seeing the success of my thoughts sometimes. | 2/7/2014 7:31 AM |
| 39 | 1. synchronicity - when uplifting things happen as if by magic - someone walks in the room justwhen you need them. or rings on the phone just as you think of them. Or when I am gifted something that 2 days before I mentioned to myself, "it would be useful to have ..." I love feeing that drama is my friend - what I really need (as a soul) will come automatically. 2. feeling Bapdada remembering me - and the light current flows into me 3. a deep, nourishing chat with soul(s) about some spiritual topic - maybe be BK or not. 4. Feeling I have done something worthwhile that helped make another person clearer about themselves or what their next step might be in their journey. 5. being able to articulate my experience well so that others 'get it' feeling that I say or do the 'right' thing at the 'right' time - e.g. ring someone, go some where ... kinda like synchronicity | 2/6/2014 1:34 PM |
| 40 | Being able to have time to myself | 2/6/2014 11:03 AM |
| 41 | The feeling of being on track with life and that the path is there at my feet. The company of other species. I have learned a lot from watching them. The wind and the sun and the light and the trees...all of nature and all of the animals. Still having a little trouble with things with more than four legs, but I do take them outside rather than squashing them whenever possible, and I do try to have good feelings for buggy things. I think it is important to have respect for all life... but stilltoo many legs is a challenge | 2/6/2014 9:11 AM |
| 42 | my magical moments with God | 2/6/2014 6:46 AM |
| 43 | silence, knowledge, music, traveling inner and outside, having time, simplicities, | 2/6/2014 5:32 AM |
| 44 | Contentment with my spritual effort and progress, deeper yoga experiences with Baba | 1/31/2014 2:55 AM |
| 45 | Baba, this knowledge and this life. I really love my Brahmin life. I say this after having passed through obstacles that would have killed off and have killed of most. I have been doing this for some 33 years. | 1/31/2014 1:01 AM |
| 46 | when I accurately follow the practice and it benefits others. Spending time with my family, taking time for myself and working with children | 1/30/2014 1:14 AM |
| 47 | Life | 1/29/2014 10:35 AM |

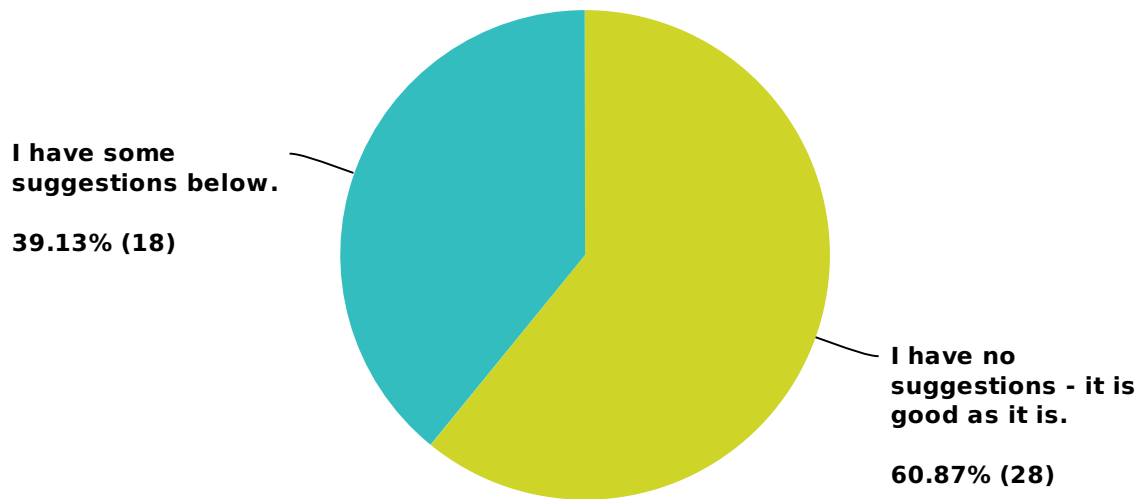
Q36 What interferes with your happiness?

Answered: 47 Skipped: 8

| # | Responses | Date |
|----|--|--------------------|
| 1 | if I let pure pull me into drama when I think I could have done something better. (translated from German) | 2/26/2014 11:36 PM |
| 2 | Brahmin arrogance of knowing everything and feeling as something better comparing with the rest of the world | 2/25/2014 7:09 AM |
| 3 | Intensity.....waste..neg thinking....low self esteem..going against my higher self | 2/22/2014 5:45 PM |
| 4 | financial problems of daily life. | 2/21/2014 7:46 PM |
| 5 | waste thoughts | 2/20/2014 7:17 AM |
| 6 | Conflicts, argues, lack of meditation | 2/20/2014 5:16 AM |
| 7 | Center students fight together | 2/20/2014 2:34 AM |
| 8 | Too much work to do, too many small, small things to to, expectations and worries. | 2/20/2014 1:56 AM |
| 9 | misunderstandings | 2/20/2014 1:47 AM |
| 10 | When I get too ambitious and start to push the drama of life- this interferes with my happiness and flow. Also when I note that I'm getting impatient or disappointed or tense about situations - this gets in the way. I'm learning to trust the drama more. Not as theory but from recent expenses of pain in business dealings and complex arrangements that are too long to go into... I realised that I need to take patience from the infinite source every day and be mindful of the drama as much as I'm mindful of God and myself as a soul. This is something I haven't really paid enough attention to. I'm focusing on this now every day! | 2/19/2014 12:23 PM |
| 11 | x (invalid response) | 2/19/2014 8:03 AM |
| 12 | Financial insecurity. | 2/18/2014 8:36 PM |
| 13 | Peacelessness | 2/18/2014 8:18 PM |
| 14 | My own weaknesses, my own waste thoughts. | 2/18/2014 2:52 PM |
| 15 | Me | 2/18/2014 6:13 AM |
| 16 | My belief systems that I am not aware of. | 2/18/2014 12:48 AM |
| 17 | My negative thoughts about the situations, people, drama and myself. | 2/17/2014 10:23 PM |
| 18 | conflicts with others doubts in the self too much to do and too little to do | 2/17/2014 7:03 AM |
| 19 | ego. not paying attention to the pilgrimage of remembrance. | 2/13/2014 8:49 PM |
| 20 | getting too caught up in 'Dramas', or being dishonest and acting out of compulsion or fear. | 2/13/2014 12:10 PM |
| 21 | restriction | 2/13/2014 5:56 AM |
| 22 | nothing in this moment of time | 2/12/2014 5:04 PM |
| 23 | lack of self awareness, it is natural to be lost from happiness, then its an opportunity to explore, and find a different quality to experience | 2/12/2014 4:04 PM |
| 24 | Thinking | 2/12/2014 9:57 AM |
| 25 | I suppose, when I am not at my best the lack of good manners and the lack of awareness in Brahmins. | 2/11/2014 2:06 PM |
| 26 | Letting myself get influenced by ego, fear and attachment in particular. Having expectations rather than hopes. Seeing defects in others. (If I see them in myself I work on it with Baba). | 2/10/2014 7:56 PM |
| 27 | BK's! Not really. Situations in life. | 2/10/2014 11:06 AM |
| 28 | Conflicts and waste and disrespectful thoughts about others. When I am influenced by the judgements of Ravans non-divine intellect. | 2/10/2014 4:23 AM |

Q37 What changes would most improve this survey?

Answered: 46 Skipped: 9



| Answer Choices | Responses | |
|--|-----------|-----------|
| I have no suggestions - it is good as it is. | 60.87% | 28 |
| I have some suggestions below. | 39.13% | 18 |
| Total | | 46 |

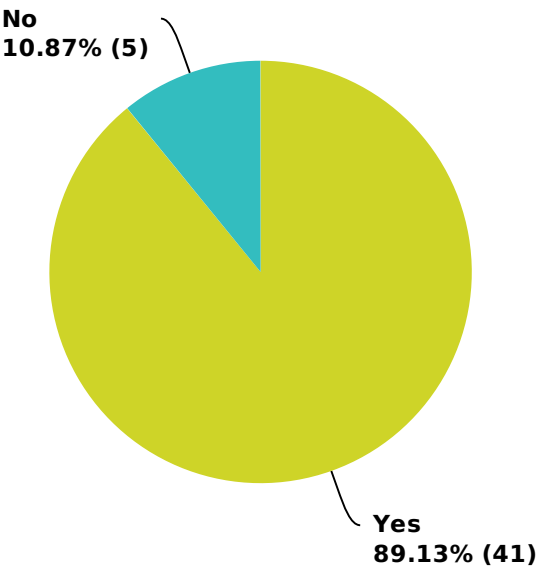
| # | Suggestions | Date |
|---|--|--------------------|
| 1 | that survey / ... also in German language is possible (translated from German using Google Translate) | 2/26/2014 11:39 PM |
| 2 | Opening the meditation methods, retreats with more open and authentic discussions, not believing everything that is taught in the yagya | 2/20/2014 5:18 AM |
| 3 | To improve friendship amongst BKs, to lessen status orientation and politics in BK community. To come into the flow and being an instrument of the Divine. | 2/20/2014 1:59 AM |
| 4 | pdf generation of the own statements. possibility to go back and change thinks. possibility to have the option of zero or no answer, definition of brahmin household and otherthinks | 2/20/2014 1:48 AM |
| 5 | It would be much more conducive to it being attractive to see all the questions in one go. It seems so much longer than I thought. As I wanted to give some very thoughtful answers to the questions. I prefer written papers for this type of thing rather than online. I'm not great with computers and I have a voice program to type this another details in. I get too many emails as it is in my business/work. Anyway that's my feedback. | 2/19/2014 12:25 PM |
| 6 | x | 2/19/2014 8:03 AM |
| 7 | The main question is what will be the use of this survey ? | 2/18/2014 8:38 PM |
| 8 | More focus on how we lead a spiritual and be with the BK community or help create better community. What can be done, particularly in the west where we don't live and connect so much with our lokik family. I can see that there is a lot of loneliness, especially as BKs get older and/or sick. | 2/18/2014 12:51 AM |
| 9 | create an area where people may add a question in each category, as writing is not my favourite way of communicating video answers could be also good. | 2/12/2014 4:08 PM |

Brahmin Community (pilot study)

| | | |
|----|--|-------------------|
| 10 | people in a leading role have to get away from contributing through their intellect only. Life has to be led in a practical way and with an honest heart. | 2/11/2014 2:08 PM |
| 11 | Some of the questions seemed very broad and wasn't sure exactly what you were looking for, however answered as well as possible. | 2/10/2014 7:56 PM |
| 12 | form of an interview would be easier for me, misunderstandings happen easier in written language | 2/9/2014 5:39 AM |
| 13 | If you are living in a centre or subcentre the first questions - how often do you go to the centre etc. - don't make sense... | 2/9/2014 4:04 AM |
| 14 | The survey seemed good. I'd like to know how the data shaped up, what conclusions were reached. Thank you both for doing this. I hope it's really valuable and good outcomes are developed. Now, where's that chocolate? | 2/8/2014 5:46 PM |
| 15 | stay independent and stay connected | 2/7/2014 7:23 PM |
| 16 | Clearly describe objectives of survey | 2/7/2014 6:42 PM |
| 17 | It should be more clarified what this survey is good for. It looks as if it is just statistics. I would like to see afterwards a collection of changes which are needed. | 2/7/2014 7:35 AM |
| 18 | more writing space in the box; scroll bar disappears too fast for me to move down page - might be artefact of this laptop? Content-wise, would be good to be more specific 'deficits' in BK management style - I appreciate that these issues are part of the 'tests' that emerge along the BK path to wisdom - but it would be lovely if 'seniors' really were 'elders' that appreciated life's journey; my main experience is that they remain administrators and behavioural issues are beds of Maya or just sit in the too hard basket. The 'cultural gaps' remain huge (in my experience) and is a topic not for discussion most of the time (that is a whole other story and probably worthy of research i.e. in India there are 'caste' divides alive and well in the BK gathering and outside of India; the religious backgrounds often cloud decisions e.g. once I was declared a 'christian' by an Indian sister (region in charge) when we were having a small group discussion among mature BKs; clearly my christian legacy was more top of mind than my 26 yrs as a BK!. there are probably more things I could write about here but this small text box is difficult to manage/check my thoughts etc...thank you for this initial step. | 2/6/2014 1:46 PM |
| 19 | descriptions of particular situations and learning experiences that BK's have gone through. Given this can be done anonymously it could be very valuable. | 1/31/2014 1:02 AM |

Q38 Would you like to be part of this continuing research project?

Answered: 46 Skipped: 9



| Answer Choices | Responses | |
|----------------|-----------|----|
| Yes | 89.13% | 41 |
| No | 10.87% | 5 |
| Total | | 46 |

This report contains raw and un-analysed data. Please distribute it sensitively.
For questions or more information please contact:
Tamasin Ramsay at tamasin.ramsay@gmail.com
Patrizia Heise at patriziaheise@googlemail.com

Om Shanti