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Brahma Kumaris Community Survey (Pilot) 2014

RESEARCH · JULY 2015

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Brahma Kumaris Community

Pilot Survey 2014

URL for review (this is for review only as data collection has closed):

<https://www.research.net/r/BKSurvey2014RG2015>

Survey Design

This study was designed as the initial discovery phase of a larger ethnographic study, and was an open participatory process. Draft versions were sent to representatives of gatekeepers and participants. The framework of this study was Participatory Action Research (PAR).

Participatory Action Research

PAR is a well-documented tradition of collective self-experimentation that seeks to understand the world by collaboratively and reflectively trying to change it. Within a PAR process, "communities of inquiry and action evolve and address questions and issues that are significant for those who participate as co-researchers" (Reason and Bradbury, 2008, p. 1). The theoretical foundation of PAR is that research and subsequent action must be done 'with' people and not 'on' or 'for' people, acknowledging the strength of human agency. PAR also promotes the grounding of knowledge in a critical, action-oriented understanding of social history. Inquiry based on PAR principles makes sense of the world through collective efforts to transform it, in the hope that meaningful change will eventually emerge. This is contrast to simply observing and studying human behaviour and people's views about reality.

Survey Questions

Please note that the online version of this form contains "skip logic" (<https://www.surveymonkey.com/mp/tour/skiplogic/>). We note this because, once the findings were disseminated to gatekeepers and participants, gatekeepers expressed concern that some questions may have been skewed.

An example of Skip Logic is Question 7 on Page 7: "What could the Centre offer that would encourage you to attend more frequently?" This question seems to presume a low attendance by the participant. However, this question only arises when the participant, at Question 3 on Page 5, selects an attendance of three or less times per week. Participants who select more than 3 times a week jump to the next section. Other questions follow a similar pattern.

For any feedback or questions about the survey, please contact tamasin.ramsay@gmail.com with "BK Community Survey" in the subject line.

I [fZfZS]e

Tamasin Ramsay (PhD, Australia) and Patrizia Heise (MA, Germany)

Brahmin Community (pilot study)

1. Welcome and Introduction

Thank you for responding to this survey by Sister Tamasin (Australia) and Sister Patrizia (Germany). They have both been in the Yagya for around 30 years. Tamasin is an anthropologist and Patrizia is a psychologist.

RESEARCH: The questions in this online survey are designed to help us understand and respond to the changing needs of our Brahmin community. The survey will take approximately 20-30 minutes to complete.

PRIVACY: Your participation in this research study is voluntary. You may choose not to participate and, if you decide to participate in this research survey, you may withdraw at any time. The survey is designed so you may remain anonymous if you wish, and no identifying information such as your IP address will be collected.

SECURITY: All information is stored in a password protected electronic format. Each survey has a unique link and the information is encrypted using SSL and TLS technology.

RESULTS: The results of this study will be used for scholarly purposes only and may be shared with the Brahma Kumaris community and published in journals. If you have any questions about the research study, please contact Tamasin (tamasin.ramsay@gmail.com) and Patrizia (patriziaheise@gmail.com).

Thank you for participating.

Om shanti.

1. 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.

- ☐ Agree
- ☐ Disagree

2. Personal Details

If you wish to remain anonymous, please select "I agree" you will jump straight to the survey questions. No identifying information from your survey will be retained.

If you wish to participate further, please select "I disagree" and complete your details on the next page.

1. I wish to remain anonymous.

- ☐ Agree
- ☐ Disagree

Brahmin Community (pilot study)

3. Your Information

At the end of the survey you may select whether you wish to participate in this study further. Please fill out the details below so we may contact you. Remember, you can withdraw at any time if you change your mind.

Providing your details will help us to determine if there are specific needs and experiences in different places around the world.

1. 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.

Name:	<input type="text"/>
Address 1:	<input type="text"/>
Address 2:	<input type="text"/>
City/Town:	<input type="text"/>
State/Province:	<input type="text"/>
ZIP/Postal Code:	<input type="text"/>
Country:	<input type="text"/>
Email Address:	<input type="text"/>

4. Spiritual Age

This will help us to understand the needs and experiences of Brahmins at certain times in their spiritual lives.

1. How long have you been in gyan?

- ☐ Less than 1 year
- ☐ 1 - 4 years
- ☐ 5 - 9 years
- ☐ 10 - 14 years
- ☐ 15 - 19 years
- ☐ 20 - 24 years
- ☐ 25 - 29 years
- ☐ 30 - 34 years
- ☐ 35 - 39 years
- ☐ 40 - 44 years
- ☐ 45 - 49 years
- ☐ More than 50 years

Other (please specify)

5. Your Home

To determine the needs and experiences of Brahmins in different living environments.

1. Where do you live?

- ☐ Centre
- ☐ Sub-Centre
- ☐ Brahmin household (with relatives)
- ☐ Brahmin household (not with relatives)
- ☐ Brahmin household (alone)
- ☐ Non-Brahmin household (with relatives)
- ☐ Non-Brahmin household (not with relatives)

6. Attending Centres

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

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ I don't go to a centre

7. Attending Centres

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

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ I don't participate in a gathering where murli is read outside the centre.

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

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ I don't listen to the murli electronically (through telephone or internet).

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

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ I don't read murli at home

Brahmin Community (pilot study)

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



5. How often do you casually drop in to the Centre?

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always

8. Living in Centres

We are interested in finding out your experience as a teacher in a Centre environment.

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

- ☐ None
- ☐ 1-4
- ☐ 5-9
- ☐ 10-14
- ☐ 15-19
- ☐ 20-24
- ☐ 24-29
- ☐ More than 30
- ☐ More than 40

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

- ☐ None
- ☐ 1-4
- ☐ 5-9
- ☐ 10-14
- ☐ 15-19
- ☐ 20-24
- ☐ 24-29
- ☐ More than 30
- ☐ More than 40

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

- ☐ None
- ☐ 1-4
- ☐ 5-9
- ☐ 10-14
- ☐ 15-19
- ☐ 20-24
- ☐ 24-29
- ☐ More than 30
- ☐ More than 40

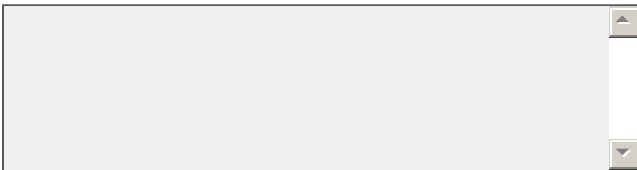
4. How often to people drop in casually to the Centre?

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always

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

- ☐ Satisfied
- ☐ See room for improvement
- ☐ Dissatisfied

Further comments



9. Your Spiritual Timetable

This page is to help us to better understand Brahmins and their routines.

1. How frequently do you meditate at the following times?

	Never	1-2 times per wk	3-4 times per wk	5-6 times per wk	Daily
Amrit Vela	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
At your own times	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Murli Class	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spontaneously	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Further comments

2. How often do you attend world meditation hour?

- ☐ Every month
- ☐ Once in 2-3 months
- ☐ Once in 4-6 months
- ☐ 2-3 times a year
- ☐ Never

Other (please specify)

3. How often do you attend yoga bhatti?

- ☐ Every week
- ☐ Once in 2-3 weeks
- ☐ Once a month
- ☐ A few times a year
- ☐ Never

Further comments

10. Your Spiritual Practice

These questions will help us to understand more about the spiritual lives and meditation practice of Brahmins.

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

2. In your experience, what helps your meditation practice?

3. In your experience, what causes obstacles in your meditation practice?

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

5. What makes you feel blocked in your spiritual life?

11. Spiritual Community - Brahmin Family

To help us understand how you feel about the Brahmin family, and what your relationship is among the wider BK community.

1. How content are you with your local Brahmin family?

- ☐ Completely content
- ☐ Somewhat content
- ☐ Not sure
- ☐ Somewhat discontent
- ☐ Completely discontent

Other (please specify)

2. Do you have close friends in the Brahmin family?

- ☐ Yes
- ☐ No

Further comments

3. Do you feel supported by the seniors within the Brahmin family?

- ☐ Yes
- ☐ No

Further comments

Brahmin Community (pilot study)

12. Spiritual Disciplines

Which practices and disciplines help you in your life? You are encouraged to include any additional practices and disciplines in the "other" box below.

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

	Extremely important	Very important	Moderately important	Slightly important	Not at all important
"Amrit Vela" Sitting from 4:00am to 4:45 in meditation.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
"Pilgrimage of Remembrance" Daily meditation.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
"Morning Class" Studying murli daily.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
"Observing Purity" Practicing celibacy and restraint between genders.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
"Good Company" Keeping the company of knowledgeable and powerful souls.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
"Soul Consciousness" Seeing the best of yourself and others with spiritual vision.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
"Pure Diet" Not eating out. Maintaining a vegetarian diet without eggs, onions or garlic.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
"Pure Lifestyle" Not drinking, smoking, taking drugs or gambling.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
"Use Everything in a Worthwhile Way" Using time, money and energy wisely.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Brahmin Community (pilot study)

Other (please specify)

13. Service

These questions will help us to understand more about Brahmins participation and experience in the field of service.

1. How would you describe your role in service?

2. Are you content with your role in service?

- ☐ Yes, completely content
- ☐ Somewhat content
- ☐ Not sure
- ☐ Somewhat discontent
- ☐ No, completely discontent

14. Your Experience in Service

The purpose of this question is to understand what can be done to increase brahmins feelings of happiness, wellbeing and contentment in service.

1. What would increase your level of contentment in service?

15. Your Experience in Service

The purpose of this question is to understand what helps to create a nurturing, empowering and sustaining relationship with service.

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

16. Happiness

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

	1	2	3	4	5	6	7	8	9	10
Happiness right now	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Typical happiness in your life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2. How would you describe or define happiness?

3. What makes you happy?

4. What interferes with your happiness?

17. Further Collaboration

We believe the Brahmin community can benefit from the results of this survey. If you are interested in being part of future conversations and research, and would like us to keep in touch with you, please note that below.

Suggestions are welcome on how we can improve this or future surveys.

1. What changes would most improve this survey?

- ☐ I have no suggestions - it is good as it is.
- ☐ I have some suggestions below.

Suggestions

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

- ☐ Yes
- ☐ No

18. Community

This is a community research project, and we thank you very much for completing this survey. We will be gathering information over the next few months and we will send a report to everyone who participated. This same report will be distributed among all levels of our organization.

Thank you for choosing to participate in further parts of this study. Please write your email address below so we can stay in touch with you.

With kindness and peace,
Tamasin Ramsay (PhD, Australia) and Patrizia Heise (DipPsych, MA, Germany)

1. Please include your email address so we can let you know about discussions and focus groups in the future.

19. Community

This is a community research project, and we thank you very much for completing this survey. We will be gathering information over the next few months and we will send a report to everyone who participated. If you have elected to remain anonymous, you will not receive a personal copy of the report. However, this report will be made available to all levels of our organization.

You have our gratitude and appreciation.

With kindness and peace,

Tamasin Ramsay (PhD, Australia) and Patrizia Heise (DipPsych, MA, Germany)

20.

Your responses have been successfully submitted. Thank you and om shanti!