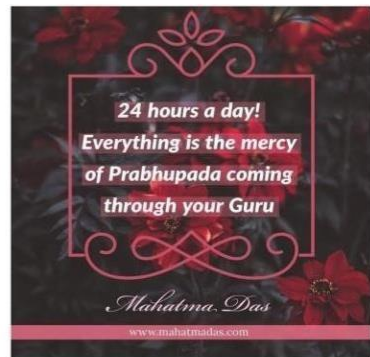
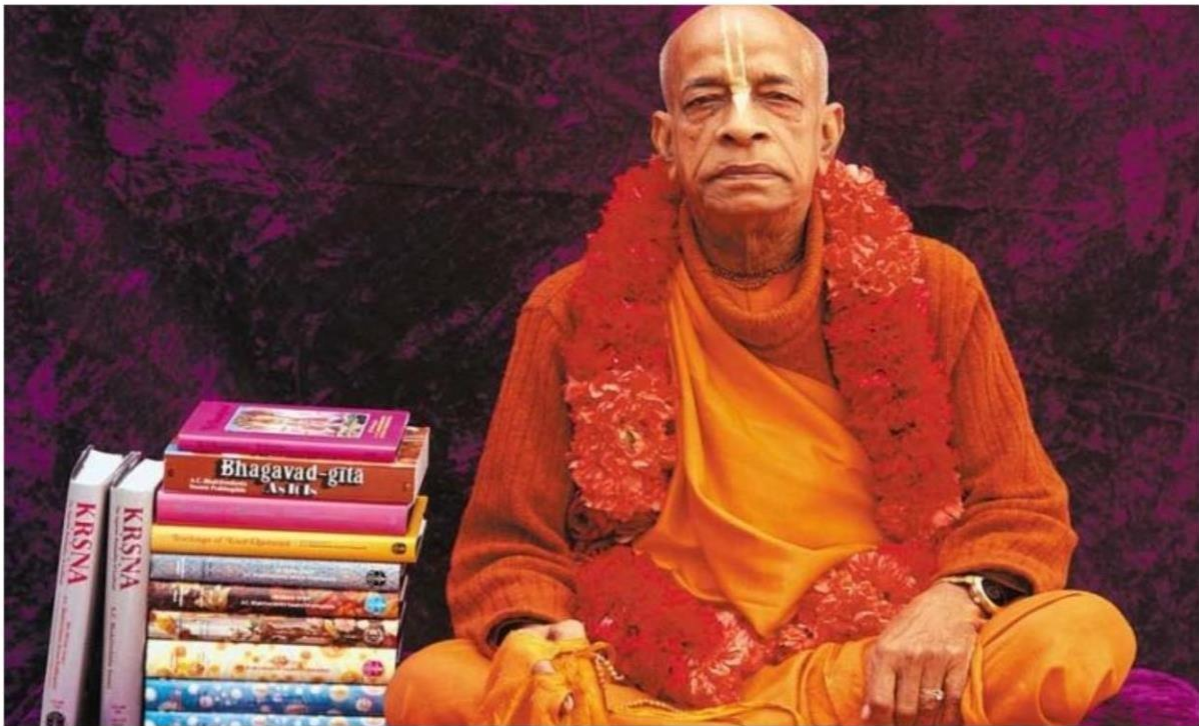




ISKCON

International Society for Krishna Consciousness

Founder-Ācārya His Divine Grace Śrīla A.C Bhaktivedanta Swami Prabhupāda



Disciples' Sādhana and Study Package

Phase One: Prabhupāda Āśraya  
His Grace Mahātmā Das (ACBSP)

Śrīla Prabhupāda Pranati  
*nama om viṣṇu-pādāya kṛṣṇa-preṣṭhāya bhū-tale śrīmate bhaktivedānta-svāmin*  
*iti nāmine*  
*namas te sārāsvate deve gaura-vāṇī-pracāriṇe nirviśeṣaśūnyavādi-pāścātya-deśa-tāriṇe*

I offer my respectful obeisances unto His Divine Grace A.C. Bhaktivedanta Swami Prabhupāda, who is very dear to Lord Kṛṣṇa, having taken shelter at His lotus feet. Our respectful obeisances are unto you, O spiritual master, servant of Bhaktisiddhānta Sarasvatī Gosvāmī. You are kindly preaching the message of Lord Caitanyadeva and delivering the Western countries, which are filled with impersonalism and voidism.

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From the Admin Team:

Hare Kṛṣṇa dear devotees, Please accept our humble obeisances.  
All glories to Śrīla Prabhupāda.

We hope that you are well wherever you may be in the world, and thank you for taking the time out to read this introduction to the Disciples' Package for aspiring devotees. Please read the introduction -and letter below- carefully, as it will assist in navigating your way through this compilation.

This package has been put together with aspiring disciples in mind. What this means is that if you are new to Kṛṣṇa consciousness and/or ISKCON, and are considering taking shelter of a spiritual master, or specifically His Grace Mahātmā Prabhu, this is the information to read through. This package will also

help you build your relationship with His Divine Grace Śrīla A.C Bhaktivedanta Swami Prabhupāda, our founder-ācārya and preeminent *śikṣā-guru*. Herein, you will find guidance on the role of the spiritual master, the disciple, the relationship between the two, as well as how to select a bona fide spiritual master.

You will also find helpful links to the reading material linked with the study requirements of this package, as well as to His Grace Mahātmā Prabhu's social media platforms, to keep updated with his classes, seminars, music, etc.

Should you also be inspired to do so, you will find links through which you can donate to His Grace, to assist with his preaching.

Please note that this package is available as a **complete booklet** (consisting of all three phases- Prabhupāda Āśraya, Guru Āśraya, and Harināma Initiation), **as well as** three standalone documents of the individual sections, for your convenience.

We hope your experience with this package will be most fruitful and blissful. Should you have any queries and/or comments pertaining to this package (or in general), please do not hesitate to contact us at [disciplepackage@gmail.com](mailto:disciplepackage@gmail.com).

Your servant,

Līlāśaktī devī dāsī

Admin Team

On behalf of HG Mahātmā Prabhu

### Letter from HG Mahātmā Prabhu to Prospective Disciples

I prefer that you wait a few months before chanting my *praṇām-mantra* and placing my picture on your altar just to ensure you are certain you want me to be your guru. If you already have a long standing relationship with me, then this is not necessary.

You first recite my *praṇām-mantra* and then recite the *praṇām-mantras* to Śrīla Prabhupāda (at least his first *praṇām-mantra*). Obeisances to the spiritual master are paid whenever there is occasion to offer obeisances (entering the temple, offering food, seeing me, etc., and before taking rest in the evening and upon waking in the morning).

Titles such as Gurudeva, Guru Maharaj, and Maharaj are meant to be used only by disciples and aspiring disciples (and *śikṣā* disciples if they choose). The above mentioned forms of address are used when addressing me in person or in letters. Also, when referring to me in a conversation with others, the proper etiquette is to say, "My spiritual master ..."

The GBC resolution in this regard is as follows:

*"No one in ISKCON will be addressed published with honorific title "His Divine Grace", nor be addressed either publicly or privately, the honorifics ending in "pada" or "deva" (for example gurupada, acaryadeva, etc.). Disciples may address their ISKCON dīkṣā- or śikṣā-gurus as "Gurudev" or "Guru Maharaj."*

If you are not certain about the finer details of etiquette between a disciple and a guru, you can ask some knowledgeable devotees about this and also observe how other disciples deal with their gurus. The relationship is very intimate and at the same time there are formalities. Your spiritual master is your friend and also your servant, but he also represents Kṛṣṇa to you and is thus honored as God's representative.

The disciple always wants the best for his spiritual master, but blessings go from higher to lower, so the higher offers blessings and the lower asks for blessings. You can pray to Kṛṣṇa for the health and success of your spiritual master but it is not proper to bless him with such things.

Prabhupāda would begin his letters by saying, *“Please accept my blessings”* and end his letters by signing, *“Your ever well-wisher,”* because as the guru his duty is to bless, and one way he does this is by praying to Kṛṣṇa for our advancement (this also means he is also our well-wisher).

The disciples, in writing to Prabhupāda, would offer their obeisances; something like, *“Please accept my humble obeisances”* (and sometimes add more to this, like “at the dust of your feet” or something similar). Sometimes they would also offer some praise like, *“All glories to your service of ...”* and sign the letter, *“Your servant,”* or *“Your humble servant,”* or *“Your worthless servant,”* etc.

Of course, it was rare for most of us to write to Prabhupāda, and if we did we would be careful to address him respectfully as mentioned above. Keep these points in mind and some formality should be there, something as simple as:

Dear Guru Maharaj,

Please accept my humble obeisances.

Body of letter

Your servant,

So and So das

Of course, sometimes we may be going back and forth with many emails discussing a topic (this usually happens with those who are working on projects with me) so we may sometimes omit this protocol.

I know some disciples like to write longer introductions, and I don't want to stop them if this is how they feel. If they don't feel exactly like this, then why write it? Be real. When I feel a disciple is not real, and then I read such things, I also feel “what's the point unless you are real.” So write what you are feeling, and that is best.

If you are in a rush and you just need to send a message, keep it short and sweet. If you are writing and asking some important questions and you feel more in the mood of the disciple inquiring, then sure, humble prostrated obeisances, etc. is probably the mood you are in. And that's great. So write it. If you failed at following an instruction, you probably feel like signing, *“Your worthless servant,”* or *“Your aspiring servant.”*

I appreciate disciples being real with what they are feeling. It's a real relationship.

Prabhupāda also said the disciple should pay obeisances every time he sees his guru. So if we saw Prabhupāda go for a walk from the temple, we paid obeisances. When he came back to the temple, we

paid obeisances. This is the etiquette. Most devotees did that when they went in and out of his room. Again, if you are working with your guru, going in and out and serving him a meal or bringing some work back and forth, it may not always be practical to do this (or if you are pregnant, or have a bad back, or your guru is living with you and you are walking in and out of the living room where he is sitting, etc.).

It is also sometimes inappropriate to do this in public, in such cases we offer our prostrated obeisances in our minds. Still there is the story of the disciple who paid *daṇḍavats* to Śrīla Bhaktisiddhānta Sarasvatī Ṭhākura during the rainy season and when he arose he was full of mud. Śrīla Bhaktisiddhānta asked why he did this and he said, “These obeisances are my only wealth.”

Also, if a disciple is showing such honor that he is offering obeisances forty-five times a day because his guru is living with him, that can also make it uncomfortable for the guru.

Many devotees have spiritual masters who have had disciples for twenty or thirty years and they have worked out these kinds of dealings, so you may sometimes wish to take guidance from them in these matters.

### **Pictures**

You will find, on page 18 of this pack, a picture of myself (in case you don't have it) that was shot specifically for use on your altar (and, of course, you can use it anywhere else you like). Śrīla Prabhupāda said that the picture of your spiritual master on your altar should be of his full body, so this is a full body shot. Of course, if there are other pictures you prefer to use, that is fine as long as it is a shot of the entire body.

On your altar, my picture should always be smaller than Śrīla Prabhupāda's picture, and either on the same level or lower level.

If and when you do pūjā in a temple or a preaching center, the temple will designate where you place the picture of your guru (usually a table near the altar). Once you finish the pūjā, the picture must be removed. In other words, in public places in ISKCON (this does not include your home or office), no guru's pictures remain permanently displayed on the altar and/or in other places in the building, (aside from advertising events or personal pictures of yours displayed in private places such as your desk, cabinet, etc.). GBC law prohibits wearing buttons, hats, japa bags or t-shirts of your guru in temples or public places.

The GBC resolutions in this regard are as follows:

*“ISKCON Temple Resident Members may keep the photographs of ISKCON dīkṣā- or śikṣā-gurus privately in their ashrama quarters but are not to display them publicly on ISKCON premises. Promoting occasional special preaching events may be an exception. Disciples of ISKCON dīkṣā- and śikṣā-gurus should not wear or publicly display guru t-shirts, posters, bead bag buttons, athletic caps, etc. (other than Śrīla Prabhupāda).”*

*“ISKCON devotees shall offer āratī and bhoga to Lord Kṛṣṇa through both their dīkṣā- or śikṣā-guru and Śrīla Prabhupāda as their pre-eminent śikṣā-guru. A Temple Pūjāri shall keep a smaller picture of his dīkṣāguru on the āratī tray or table instead of on the altar and remove it after the āratī. Subsequent*

*generations of devotees shall continue in the same manner of respecting both their own dīkṣā- or śikṣā- guru and Śrīla Prabhupāda.”*

If you have pictures of me elsewhere in your home, car, office, etc. whenever possible please always have a picture of Prabhupāda near it, either the same size or bigger. Let us always remember the foundational position of Śrīla Prabhupāda in ISKCON, and in our lives, and that you and I exist as devotees only because of him.

### **Service**

I require help with my services and if you can help, i.e. you are not yet already fully engaged and thus have time to help, please contact me.

Of course, my work also requires financial support to be maintained and expanded, and this kind of support is not only greatly appreciated, but necessary for me to maintain my service to you. Therefore financial support, big or small, is also an important way you can contribute to my work. And whether or not you are in a position to help now, you can also consider raising funds from others, and encouraging others to make a donation (details on page 18).

### **Disciple Training**

As my disciples I am concerned about your wellbeing and training. I have developed a system of disciple care involving a prescribed system of study as well as counselor and mentorship program. This is described in later documents within this pack.

### **Sādhana Report**

I offer you the option to submit *sādhana* reports on a monthly basis. This is especially useful in the beginning to help me get to know you better and help you become more fixed in Kṛṣṇa consciousness. Please see the attached Sādhana Report form (there are several formats: Excel, Word, Online submission). Choose whichever format is most convenient for you.

Please take note that these reports are **not to be sent to my personal email**. I have set up a separate email address ([sadhanareport@aol.com](mailto:sadhanareport@aol.com)) for this purpose. If you fill out the form on my website, [www.mahatmadas.com](http://www.mahatmadas.com), I will automatically receive it.

Sometimes when devotees are struggling they do not want to write me with the bad news. However, this is the most important time for you to write to me so that I can help you with your challenges. It is like saying I don't want to go to the doctor when I am sick, when in reality that's when you most need your doctor.

### **Mentors**

I would like every aspiring disciple to have a mentor and continue that relationship as long as it is helpful. A mentor is like a *śikṣā* guru, someone who has the time to deal with your personal issues and someone you can open up to.

If you don't have a mentor, please seek out a devotee who can fulfill this position for you or contact [disciplepackage@gmail.com](mailto:disciplepackage@gmail.com) if you need help in finding a mentor. **Requirements for Initiation**

This is a document that explains what's required at different stages in the initiation process all the way up to second initiation. Each stage lists a series of books, articles, and lectures to complete. The objective is to help you:

1. Understand and develop your relationship with Prabhupāda;
2. Understand what is a guru and how to develop a proper relationship with your guru;
3. Understand how to become a qualified disciple.

### **Initiation Procedures**

When your initiation date has been settled, you will need new *japa* and neck beads (three strands). I need to receive these a few days before the initiation or I can provide for you if you can't, but please let me know well in advance if you need them. You also should have a new *sari/dhoti* and a new *harer nāma chaddar* (for men.) Ideally, men should be shaven headed with a *śikhā* (or at least their hair should be short).

### **The Sattva Way and Mantra Project**

<https://web.facebook.com/794004037330538/videos/828098927254382>

Please see the video that explains these projects and how you can participate.

### **Online Courses**

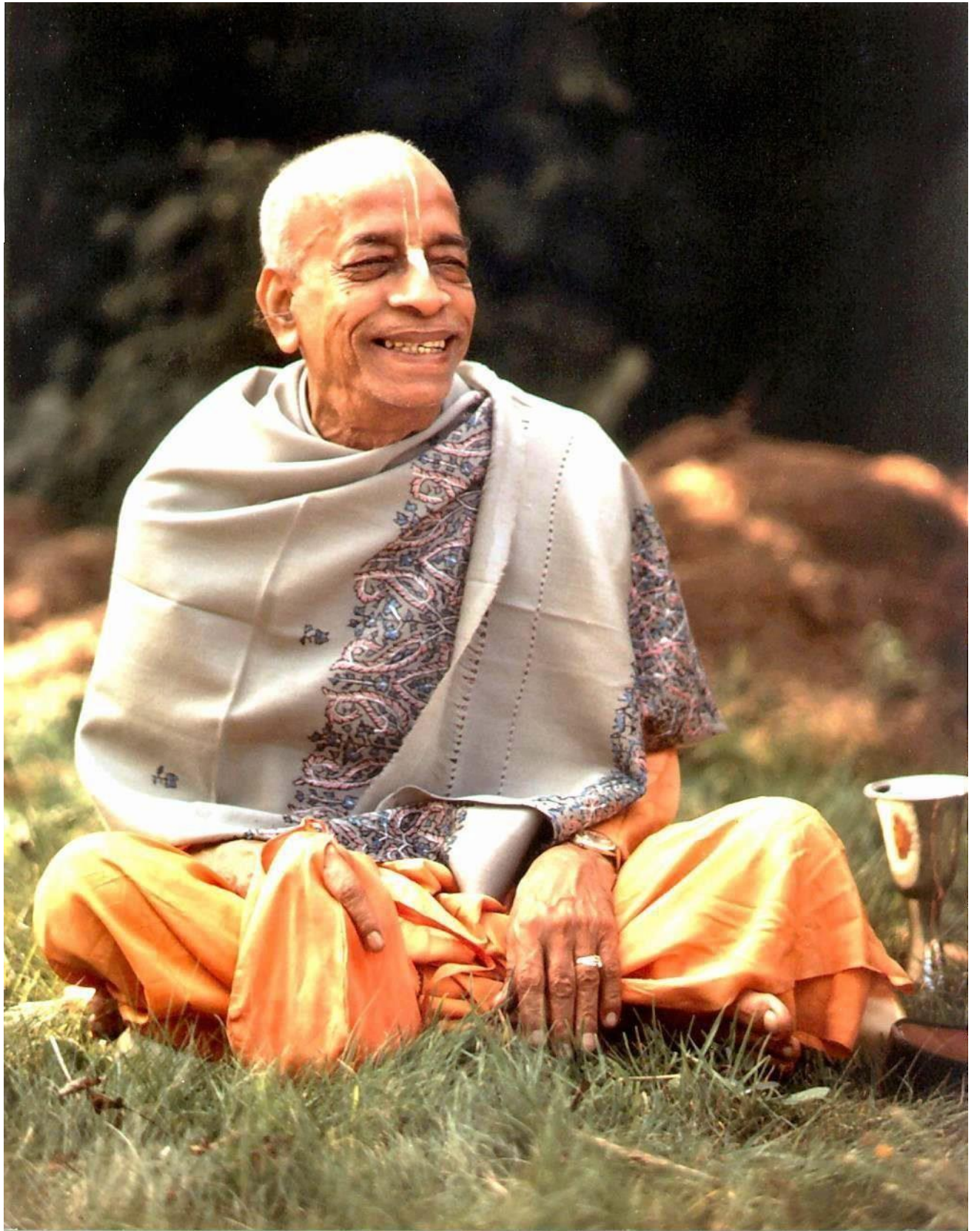
We have produced a series of self-paced online courses available here :

<https://sattva-life.mn.co/>

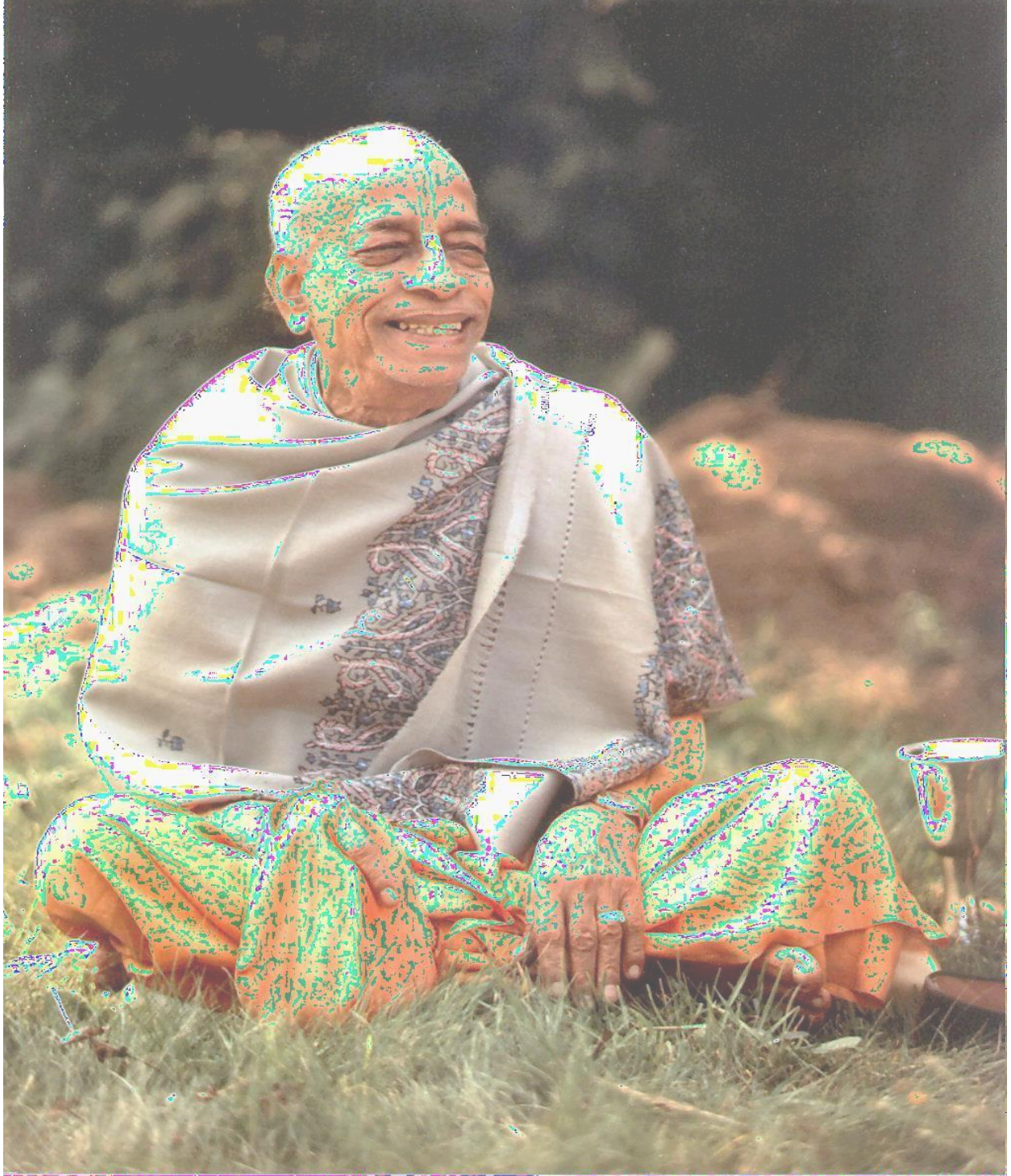
### **My Social Media Sites**

You will also find at the end of this pack, a page with links to all of my social media platforms. I encourage you to make use of them, to access my classes as well as my daily videos and quotes.

Your servant,  
Mahātmā Das







## Phase One: Prabhupāda Āśraya

Śrīla Prabhupāda's Position in ISKCON:  
*(Keeping Prabhupāda in the center)*

Any guru in ISKCON will help you better understand and come closer to Śrīla Prabhupāda. It is important to understand Śrīla Prabhupāda's position and the position of all gurus in relation to him.

The GBC resolutions in this regards are as follows:

*“As it is enjoined in scripture that a devotee must honor his spiritual master, ISKCON members shall be trained to place their faith, trust, allegiance, first and foremost in the founder-ācārya who is the pre-eminent śikṣā-guru for every member of ISKCON. Śrīla Prabhupāda is to be worshiped through his words, his mūrti, his picture, and his devotees. Disciples of ISKCON dīkṣā-gurus, other than Śrīla Prabhupāda, may worship their gurus according to the guidelines of ISKCON laws and in keeping with the spirit of the above mentioned standards for guru worship in ISKCON.”*

*“ISKCON members conducting Vyāsa-pūjā ceremonies for ISKCON śikṣā- and dīkṣā-gurus shall observe them in a modest way, significantly less elaborate in duration and cost, than Śrīla Prabhupāda's Vyāsa-pūjā. In general, devotees shall observe these Vyāsa-pūjā celebrations in their own locales. In ISKCON, only Śrīla Prabhupāda's Vyāsa-pūjā books shall be published.”*

*“In order to offer appropriate respect to Śrīla Prabhupāda as founder-ācārya and pre-eminent spiritual master of ISKCON, it is considered an essential devotional practice for all ISKCON devotees, to observe or perform Śrīla Prabhupāda's guru-pūjā daily, either in an ISKCON temple, or if not possible, in one's home.”*

*““With an aim to focus more fully on Śrīla Prabhupāda and every devotee's special relationship with him, and to correct any imbalance in application between the respect offered to śikṣā-gurus, dīkṣā-gurus and other senior Vaiṣṇavas contributing to a devotee's spiritual progress, an ISKCON śikṣā- or dīkṣā-guru may accept public guru-pūjā (ārati and/or foot-bathing) in person once a year on ISKCON property as Vyāsa-pūjā.”*

*“Events welcoming Vaiṣṇavas, including śikṣā- and dīkṣā-gurus to ISKCON temples should be modest (for example, limited to presentation of garland(s) and accompanying kīrtana).”*

Note that you are not bound to these restrictions when welcoming your guru at your home or at other private places, but you should keep these restrictions in mind if you are doing a program at home in which guests who are not disciples of your guru are participating.

*“ISKCON leaders shall teach that Śrīla Prabhupāda’s books and teachings are the foundation of the spiritual lives of all ISKCON members. Therefore, all ISKCON members shall consider it their compulsory duty to study Śrīla Prabhupāda’s books. Hearing from other devotees’ books and teachings is secondary and supplemental and should not be done at the expense of hearing regularly from Śrīla Prabhupāda. At the time of dīkṣā-initiation, all disciples will be further instructed by their initiating guru that Śrīla Prabhupāda is their pre-eminent śikṣā-guru as ISKCON’s founder-ācārya, ever present in his books and teachings. Thus they have a recognized śikṣā link to Śrīla Prabhupāda.”*

**Statement of the Governing Body Commission (GBC) of the International Society for Krishna Consciousness (ISKCON). Adopted March 9, 2013:**

*“As the Founder-Ācārya of the International Society for Krishna Consciousness (ISKCON) and the preeminent teacher and ultimate authority within our society, Śrīla Prabhupāda has a unique relationship with every ISKCON devotee.*

*Lord Kṛṣṇa, the Supreme Personality of Godhead, is the original guru whose Divine Grace descends through the medium of the Guru-Paramparā. As such, a devotee is ultimately delivered by Śrī Kṛṣṇa acting through a combination of various manifestations of His mercy. These include, but are not limited to, the Caitya-guru, Śrīla Prabhupāda, the Guru-Paramparā, one’s dīkṣā-guru, other śikṣā-gurus, the Holy Name, sāstra, and the nine processes of devotional service.*

*Within these cooperative elements, Śrīla Prabhupāda, as the Founder-Ācārya of the International Society for Krishna Consciousness, is the preeminent śikṣā-guru for all members of ISKCON. All members of ISKCON, for all generations, are encouraged to seek shelter of Śrīla Prabhupāda. All members of ISKCON are entitled and encouraged to have a personal relationship with Śrīla Prabhupāda through his books, teachings, service, and his ISKCON society.*

*All members accepting leadership roles within ISKCON, including dīkṣā-gurus and śikṣā-gurus, have the duty of serving together under ISKCON's Governing Body Commission (GBC) to fulfill*

*Śrīla Prabhupāda's instructions as he has given in his books, lectures, and personal communications.*

*Overall, the primary duty of all dīkṣā-gurus, śikṣā-gurus and others in leadership positions is to assist Śrīla Prabhupāda in his service to his Guru Maharaja Śrīla Bhaktisiddhānta Sarasvatī Ṭhākura, and our Brahma-Mādhva-Gauḍīya sampradāya.*

*Those who accept the service of dīkṣā-guru or śikṣā-guru in ISKCON are required to be exemplary in representing Śrīla Prabhupāda's teaching in their words and personal behavior. The śikṣā guru gives spiritual instruction and inspiration on behalf of Śrīla Prabhupāda and our Guru-Paramparā. The dīkṣā-guru gives spiritual instruction, inspiration, formal initiation, a spiritual name, and later imparts the sacred Gāyatrī mantras to a qualified disciple as a service to Śrīla Prabhupāda and our Guru-Paramparā.*

*Śrīla Prabhupāda has clearly explained that devotees who are strictly following the Kṛṣṇa Conscious principles are acting on the liberated platform, and, as such, are pure devotees, even though they may actually not yet be liberated. (Such unalloyed devotional service is not necessarily determined by one's role or position of service, but by one's realization.)*

*Those who accept the service of dīkṣā- or śikṣā-guru within ISKCON are mandated to be strict followers of the instructions of Śrīla Prabhupāda, and, as long as they follow, they are acting on the liberated platform. Thus they may serve, as Śrīla Prabhupāda ordered, as bonafide representatives of the Lord and the Guru-Paramparā and be a via medium of Their mercy. Yet it should be clearly understood that if such dīkṣā- or śikṣā-gurus deviate from strictly following, they may fall down from their position.*

*Thus, to act as a dīkṣā-guru in ISKCON means to serve under the GBC and in cooperation with other ISKCON authorities by functioning as a "regular guru" as Śrīla Prabhupāda has directed.*

*This statement, while conclusive, is not exhaustive in its discussion of these principles. The GBC may authorize additional statements and papers in the future to further explain the preeminent*

*position of our Founder-Ācārya Śrīla Prabhupāda, the role and responsibilities of those who serve as gurus in our society, and the related duties of ISKCON members and initiates.*

*All GBC members must distribute this resolution to all ISKCON temples, communities and congregations via all appropriate means of communication for the education of all ISKCON members. This statement shall also be studied in ISKCON courses including introductory courses, the ISKCON Disciple Course, the Spiritual Leadership Seminar, and other relevant venues. Reading this statement, and affirming it has been read prior to initiation, shall be part of the test for all prospective initiates.”*

### **Other Standards for Initiation in ISKCON:**

Prabhupāda writes:

After being initiated and receiving the orders of the spiritual master, the disciple should unhesitatingly think about the instructions or orders of the spiritual master and should not allow himself to be disturbed by anything else. This is also the verdict of Viśvanātha Cakravartī Ṭhākura, who, while explaining a verse of Bhagavad-gītā beginning *vyavasāyātmikā buddhir ekeha kuru-nandana* (Bg. 2.41), points out that the order of the spiritual master is the life substance of the disciple. The disciple should not consider whether he is going back home, back to Godhead; his first business should be to execute the order of his spiritual master. Thus a disciple should always meditate on the order of the spiritual master, and that is perfectional meditation. Not only should he meditate upon that order, but he should find out the means by which he can perfectly worship and execute it. (SB 4.24.15, Purport)

### GBC resolutions regarding first initiation:

*“In order to receive first initiation one must have been engaged favorably in devotional service, strictly following the four regulative principles, and chanting sixteen rounds a day, for at least one year without interruption.*

*During the first six months of following the four regulative principles and chanting sixteen rounds daily, a new devotee who is aspiring for initiation should not commit himself to a particular initiating guru. Rather, he should chant Śrīla Prabhupāda's praṇāma mantra and worship him as founder-ācārya of ISKCON and as his śikṣā-guru.*

*After six months of living in the temple, or a year of being a congregational member of a temple, one may approach a guru and be accepted as an aspirant for future shelter and initiation.*

*Candidates for initiation should accept initiation from a spiritual master only after developing firm and mature faith in that devotee and in his ability to take them back to Godhead.*

*Each member of ISKCON has a right to accept dīkṣā from a guru of his or her choice. Similarly, the initiating spiritual master is free to accept or reject anyone as a disciple. A spiritual master is not obliged to initiate a devotee simply because a proper recommendation has been given. It should be understood that the purpose of śikṣā and dīkṣā within ISKCON is to strengthen the devotee's relationship with Śrīla Prabhupāda in terms of fidelity, attachment, and affection. --- ISKCON Law 7.2.1”*

**Second Initiation** “Regarding your questions, second initiation is real initiation. First initiation is the preliminary, just to make him prepared, just like primary and secondary education. The first initiation gives him chance to become purified, and when he is actually purified then he is recognized as a *brāhmaṇa* and that means real initiation. The eternal bond between disciple and spiritual master begins from the first day he hears. Just like my spiritual master. In 1922 he said in our first meeting, you are educated boys, why don't you preach this cult. That was the beginning, now it is coming to fact.

Therefore the relationship began from that day.”

- Śrīla Prabhupāda Letter to Jadurani, 4 September, 1972

The GBC resolution regarding second initiation states, “*There is a one-year wait between 1st and 2nd initiation.*”

You should strive to eventually become qualified to take second initiation as second initiation will help you. But if you are not qualified for second initiation, it is not necessary to take it as a formality. Unless one is situated in the mode of goodness, chanting the *Gāyatrī* and other *dīkṣā-mantras* received, second initiation will not be effective. First initiation is sufficient to become Kṛṣṇa conscious.

### **Making Disciples**

It is sometimes found that disciples want others to appreciate their guru because they are inspired by and benefited from his teachings, association, and service. This often leads to telling others how much you are gaining from your spiritual master, and guiding them to his books, website, music, lectures, etc. This is fine if done in a genuine mood to help someone, but it should not go beyond that, i.e. it should not be with the intention of canvassing disciples for your guru. Yes, it's natural to want to tell others about your guru. When it comes to telling someone who their guru should be, that is not your position. You can invite them to hear from your guru if you think it will help them, and if they are inspired to hear and learn more, then encouraging or facilitating this is fine. But they must make up their own mind about who to accept as their guru.

The GBC resolution in this regards is as follows:

*“ISKCON devotees shall instruct new members to take shelter of Śrīla Prabhupāda and receive guidance, training and assistance from those who are practically and directly instructing them in Kṛṣṇa consciousness. ISKCON members shall not compel or coerce new members to accept any particular śikṣā- or dīkṣā-guru or to take dīkṣā initiation at any particular point in time. New members shall choose when and from whom they wish to request initiation, however, for a minimum of six months of strict sādhana, they must focus their attention on Śrīla Prabhupāda as founder-ācārya and their śikṣā-guru. After having established a solid relationship with His Divine Grace’s vāṇī, they may accept an ISKCON guru and after a subsequent minimum of six months, accept Vaiṣṇava-dīkṣā.”*

### Study Requirements for Prabhupāda Āśraya:

His Grace Mahātmā Prabhu’s service is to help you understand Prabhupāda’s teachings and mission; having a solid understanding of his books and life is **essential**.

“By reading his books and listening to his lectures you associate with Śrīla Prabhupāda. I don’t want your reading of my books or listening to my classes to be at the cost of reading and listening to Prabhupāda.

Much of my time is spent counselling devotees. I am always happy to help you in any way I can.

I have noticed however, that many of the questions devotees ask will be easily answered for those who are regularly reading Prabhupāda’s books, or listening to lectures that I have given on the topic. The essence of the guru/disciple relationship is śikṣā. Books and lectures are your first source of śikṣā and lay down the foundation for all other śikṣā. Therefore, it is my request to you to take seriously the recommendations I am giving you here and thus help me help you become strong in your sādhana.

While going through the recommended readings/lectures/workshops, write down your understandings and realizations. Everyone has realizations. It may seem difficult to make realizations in the beginning however, they will come.”

Please find the study requirements to be completed by all aspiring disciples, on pages 14-16.

Your well-wisher,

Mahātmā Das

## **Phase One: Relationship with Prabhupāda and Taking Shelter Bhajanakriyā**

is the stage at which one accepts a guru. Prabhupāda is the preeminent and foundational *śikṣā-guru* in ISKCON. Śrīla Prabhupāda provides instructions for us to go back to Godhead. *Bhajana-kriyā* begins when we accept Prabhupāda's instructions. One should understand who Prabhupāda was and what his mood was. From this, one can establish an understanding of his books, and is able to frame his teachings in the proper context.

The guru (*śikṣā* or *dīkṣā*) is meant to help you deepen your relationship with Prabhupāda and guide you through his instructions. Each guru in ISKCON resonates with a specific aspect of Prabhupāda's mood. Without a foundational relationship with Prabhupāda it will be easy to become bewildered by the apparent differences in the instructions of different gurus.

Accepting a guru means you have accepted the philosophy of Kṛṣṇa consciousness and are willing to commit your life to following the process. In order for you to do this steadily throughout your life you will need to have a firm understanding of Prabhupāda's instructions on Kṛṣṇa consciousness. Therefore, before a devotee can apply to aspire for *dīkṣā*, they must first develop a foundational relationship with Śrīla Prabhupāda as this is the foundation of the guru-disciple relationship.

The official GBC rules require a **minimum period of 6 months** in ISKCON before choosing a *dīkṣā-guru*. You may have been in ISKCON six or more months before selecting a *dīkṣā-guru*, but you may not have yet

focused enough energy on your relationship with Śrīla Prabhupada. The following reading list will help strengthen that connection.

If you are considering taking *Guru Āśraya* from His Grace Mahātmā Das, we request that you start here and work progressively through the following requirements:

1. Complete disciples course (officially, one is not supposed to select a *dīkṣā-guru* until finishing this course.). Visit <http://www.iskcondisciplecourse.com/> to find links to the online course in your language.
2. Read Śrīla Prabhupāda-līlāmṛta (Satsvarūpa Dāsa Goswami ) in its entirety;
3. Read Science of Self-Realization (ACBSP) in its entirety;
4. Read Kṛṣṇa Book (ACBSP) in its entirety;
5. Read Bhagavad-gītā As It Is (ACBSP) in its entirety;
6. Attend/listen to HG Suresvara Prabhu's Founder Acharya seminar (<https://soundcloud.com/mahatma-das/sets/our-founder-acarya-by-h-g-suresvara-prabhu>);



7. Regularly listen to Prabhupāda's lectures/morning walks;
8. Read one or more other biographies about Prabhupāda.

**Then, in your own words, do the following:**

1. Write down \* realizations you've gained from Lilamrita (**1 realisation/chapter**);
2. Write down \* realizations you've gained from reading Science of Self-realization (**1 realization/chapter**);
3. Write down \* realizations you've gained from reading Kṛṣṇa book (**minimum 400 words**);
4. Write down \* a summary of realizations you've gained from reading Bhagavad- gītā (**minimum 350 words**);
5. Answer in your own words the following question:
  - a. *What does living a life of Kṛṣṇa consciousness mean to me and why do I want to commit my life to this process?*
  - b. *What is my relationship with Śrīla Prabhupāda?*
  - c. *What do I want my relationship with Śrīla Prabhupāda to be?*
  - d. *How can I develop that relationship?*
  - e. *How do I see myself serving Śrīla Prabhupāda's mission?*

\*Where a devotee is unable to write/type their realizations, they may make use of voice/video recording to note their realizations. Please notify us via email ([disciplepackage@gmail.com](mailto:disciplepackage@gmail.com)) should you wish to make use of this option.

**Please feel free to print and make use of the checklist below to keep track of your basic study and writing progress.**

**Prabhupāda Āśraya Checklist:**

<u>Book :</u>	<u>Reading completed (x) :</u>	<u>Date of beginning (dd/mm/yr):</u>	<u>Date of reading completed(d d/mm/yr):</u>	<u>Realizations /summary written (x)</u>	<u>Date of submission of realizations:</u>

Bhagavad-gītā As It Is					
Kṛṣṇa Book					
Śrīla Prabhupāda-līlāmṛta					
Science of Self-Realization					
Question 5a					
Question 5b					
Question 5c					
Question 5d					
Question 5e					

Please send your realizations as a Word document/scanned as well as a copy of your Disciples' Course certificate (upon completion) to [disciplepackage@gmail.com](mailto:disciplepackage@gmail.com), with the following heading: **Your full name+ Prabhupāda Ashraya Realizations** (e.g Ryan Robbins Prabhpuada Ashraya Realizations).



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<b>Facebook</b>		
	HG Mahatma Das (English)	<a href="https://www.facebook.com/HGMahatmaDas">https://www.facebook.com/HGMahatmaDas</a>
	La Sabiduria de Mahatma (Spanish)	<a href="https://www.facebook.com/LaSabiduriaDeMahatma/">https://www.facebook.com/LaSabiduriaDeMahatma/</a>
	Махатма Дас - Mahatma Dasa	<a href="https://www.facebook.com/mahatmadasa">https://www.facebook.com/mahatmadasa</a>
	Mahatma Das Lietuva (Lithuanian)	<a href="https://www.facebook.com/MahatmaDasLietuva">https://www.facebook.com/MahatmaDasLietuva</a>

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	Mahatma Das Italia (Italian)	<a href="https://www.facebook.com/MahatmaPrabhuISKCONLeader">https://www.facebook.com/MahatmaPrabhuISKCONLeader</a>
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	@Mahatma_das_en_espanol (Spanish)	<a href="https://instagram.com/mahatma_das_en_espanol">https://instagram.com/mahatma_das_en_espanol</a>
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	@Mahatma_das_ru (Russian)	<a href="https://www.instagram.com/mahatma_das_ru/">https://www.instagram.com/mahatma_das_ru/</a>
<b>YouTube</b>		
	Mahatma Das (English)	<a href="https://www.youtube.com/user/Mahatmadasa">https://www.youtube.com/user/Mahatmadasa</a>
	Daily Videos by Mahatma Das (English)	<a href="https://www.youtube.com/channel/UCul2HR4zf6sk_2rcD3f6VJA">https://www.youtube.com/channel/UCul2HR4zf6sk_2rcD3f6VJA</a>
	Mahatma Das en Español (Spanish)	<a href="https://m.youtube.com/c/MAHATMADASENESPANOL">https://m.youtube.com/c/MAHATMADASENESPANOL</a>
<b>VK</b>		
	HG Mahatma Prabhu (Russian)	<a href="https://vk.com/mahatmaprabhu">https://vk.com/mahatmaprabhu</a>
<b>Telegram</b>		
	HG Mahatma Das daily wisdom	<a href="https://t.me/mahatmadas">https://t.me/mahatmadas</a>

### **Other Helpful Links:**

**WhatsApp-** to receive regular inspirational messages, audio and video, send a WhatsApp message to +44 7947 336863, or write to [jennyue@hotmail.co.uk](mailto:jennyue@hotmail.co.uk).

To be added to the WhatsApp group for disciples (*dīkṣā* and *śikṣā*/well-wishers) send a WhatsApp message to +27 849857679.

**Study Requirements-** Access soft copies of the books required for the study requirements, by emailing your request to [disciplepackage@gmail.com](mailto:disciplepackage@gmail.com).

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1. PayPal- <https://mahatmadas.com/donate-by-paypal/>
2. Other ways of donating- <https://mahatmadas.com/donate-by-other-ways/>

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Hare Kṛṣṇa Hare Kṛṣṇa  
Kṛṣṇa Kṛṣṇa Hare Hare Hare  
Rama Hare Rama  
Rama Rama Hare Hare