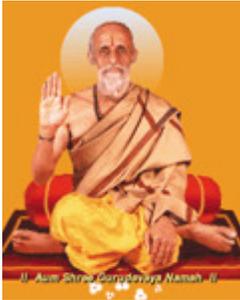


Self Awakening

June 15, 2009
Special Issue - Reader
Survey Results



Maha Yoga - Simplest, no cost and highest method of self-realization

Reader survey results

Dear Readers:

Thank you all who participated in the Self-Awakening e-newsletter survey.

Exactly 100 readers responded by taking the survey, a response rate of 22.4%, which is quite good given how busy all of us are in our day-to-day lives. With this interim issue of the e-newsletter, I want to share with you some of the results of the survey, while encouraging those of you who expressed a willingness to contribute content for the e-newsletter, to do so by sending it to self.awakening@gmail.com. The sooner you send your material the better the chances that it will be included in the next issue of the e-newsletter which is due to be released on August 1, 2009.

Here are the survey results:

About the readers

- Over 58% of the readers who responded first learned about the e-newsletter from the Maha Yoga website (www.mahayoga.org) with the rest learning about it from an e-mail in their in-box or through friends
- Nearly two-thirds of the responses came from readers in India with about 20% from the US. The remaining came from readers in Canada, the UK, Australia, New Zealand, Bahrain, Malaysia, Lithuania and Serbia

About the e-newsletter

- 68% of the respondents found the e-newsletter “very interesting/useful” and another 25% found it “interesting/useful”, with most of the remaining finding it “somewhat interesting/useful”. Only 2% (2 respondents) found it “not very interesting/useful”
- Most of the respondents either “can’t wait to read” the e-newsletter (45%) or “read it when they have time” (40%). Of the remaining, 14% “scan it for a few topics” or “read it occasionally”, with only 1 respondent (1%) indicating that it “goes directly into the Recycle Bin”

Reader survey results (continued)

About the content

- Of the e-newsletter content, the Discussion with P. P. Kaka Maharaj was rated the highest, with 95% of the respondents rating it “very interesting/useful” (79%) or “interesting/useful” (16%)
- 97% found the Article on Maha Yoga either “very interesting/useful” (59%) or “interesting/useful” (38%)
- 91% found Answers to questions from Sadhaks “very interesting/useful” (60%) or “interesting/useful” (31%)
- 92% found the excerpts from “Churning of the Heart” book “very interesting/useful” (46%) or “interesting/useful” (46%)
- 66% found the reports on various events “very interesting/useful” (26%) or “interesting/useful” (40%)
- 78% found the Announcements and Upcoming Events “very interesting/useful” (33%) or “interesting/useful” (45%)

Suggestions for content

- 52 respondents (52%) had suggestions for additional/new content, a very healthy response indeed. Most of these suggestions fall in the following categories:
 - Sadhak experiences during Sadhana
 - Sadhak experiences in their day-to day lives
 - Comments from P. P. Kaka Maharaj on Sadhak experiences
 - Life experiences of P. P. Kaka Maharaj and other Maha Yoga luminaries
 - Information about the Maha Yoga lineage (Parampara)
 - Information about Maha Yoga and Shaktipat (the transfer of Energy from Guru to disciple/initiate) and how they relate to other Yoga paths
 - Excerpts from commentaries on scriptures such as the Bhagwad Geeta or on compositions such as Dhnyaneshwari
 - Information on how to meet with P. P. Kaka Maharaj, his travel schedule, etc., including more information on upcoming events
- Nearly 58% of the respondents expressed an interest in contributing content for the e-newsletter, including questions for P. P. Kaka Maharaj on Maha Yoga, life experiences, and reports/photo-essays of events of potential interest to Sadhaks

Overall interest in receiving the e-newsletter

- An overwhelming 97% of the respondents indicated that they would like to continue receiving the e-newsletter

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I look forward to receiving content from all those interested in contributing. You can send it to me at self.awakening@gmail.com.

Best regards,

Dilip Kamat (Editor)