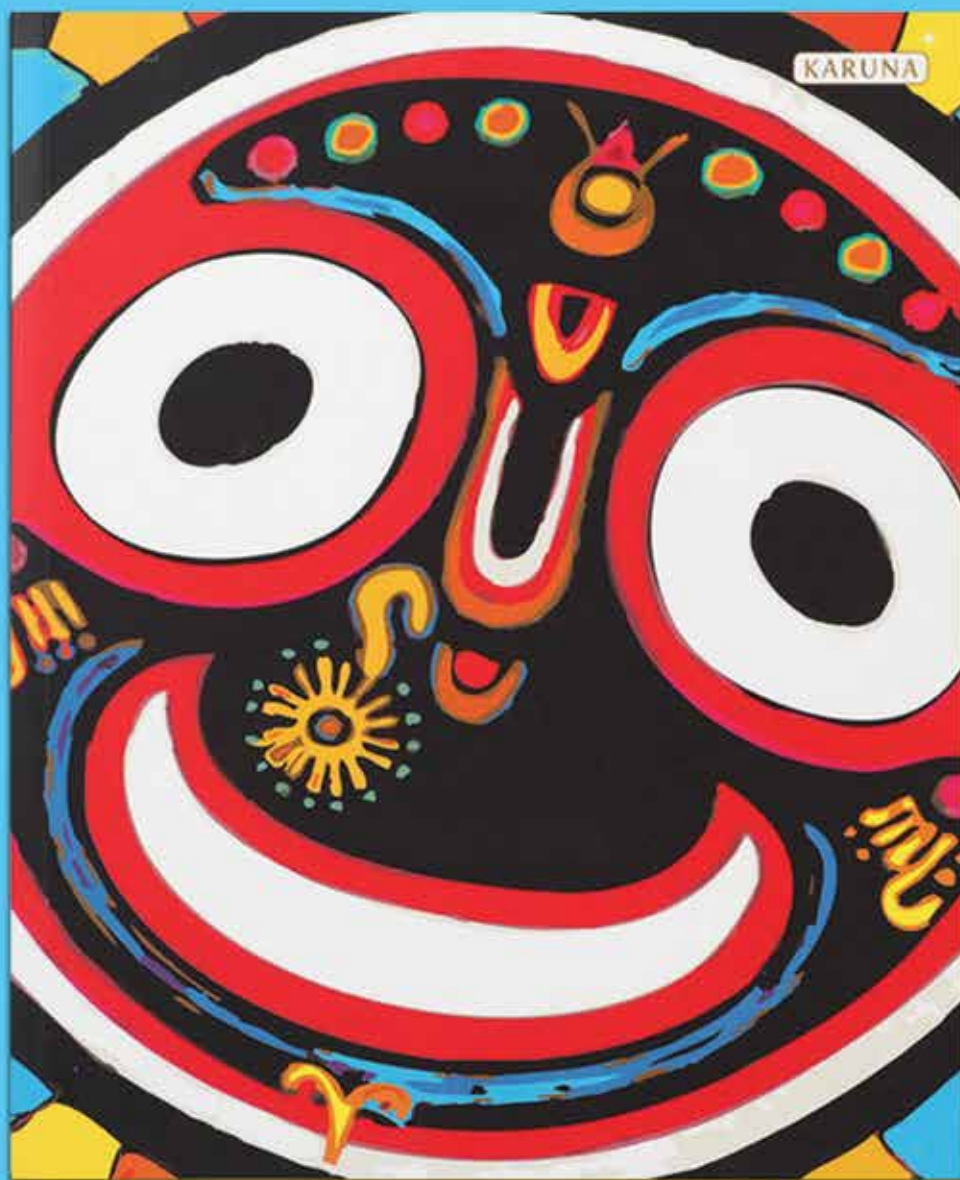




INTERNATIONAL SOCIETY FOR KRISHNA CONSCIOUSNESS
Founder Acharya: His Divine Grace A. C. Bhaktivedanta Swami Prabhupada

HARE KRISHNA NEWS

January / February 2016



Durban Festival of Chariots

25 - 28 March | Old Durban Drive In

In this Issue

2016 Plan & 2015 Report	4
ISKCON 50	
Soul of ISKCON	7
Classroom of Character	8
Action in Devotion	
Simply Devotion	10
The Vedic Chef	
Coconut Lime Cupcakes	12
Myth Buster	
What is Your Death Style?	13
For the Kids	
Learners Timetable	14
Event Guide	15
Kirtanuity 2016 Plan	16

Temple Directory

Communications - Krishangi Radhe 083 254 8339
 Facilities Manager - Akrura 072 463 8119
 Festival Manager - Balaram 082 881 4521
 Finance - Ramvijay 084 550 4101
 Youth Development - Sudhir 079 144 0003

General Queries - 031 403 3328 o/h 9am - 5pm
 Contact the Temple directly for the following departments:
 Back to Godhead Queries (Wednesdays only 9am -2pm)
 Book Table (10am - 8pm)
 Devotee Breakfast/Lunch Sponsorships - Rasalika 031 403 4600
 Radhanath's Gifts (10am - 6pm)
 Govinda's Restaurant -
 (10:30am - 7pm. Direct line 031 403 4600)
 Take Care of Krishna -
 Kamala Sundari (Tues - Fri 9:30am - 1pm)

Departments

University Programme/Girls Programme -
 Rukmini 084 579 1080
 Street Chanting - Virabhadra 071 870 0588
 House Programmes -
 Radha Giridhari 076 190 8485
 Shyam Ghat 0793829410
 Funerals - Shyam Ghat 0793829410
 Weekend Boys Programme/Smart Box Queries -
 Ananta Gauranga 082 783 3599
 Guest Accommodation - Rishi Kumar 076 395 7074
 Deity Department -
 Deva Deva 076 178 6850
 Pralambhari 072 800 8329
 Outreach Programmes - Alanath 083 775 2760
 Book Distribution - Krishna Caitanya Das 081 088 2493

Email Subscription: temple@iskcondurban.net
 WhatsApp/SMS Subscription: You must send a WhatsApp or
 SMS "Subscribe" to +27 81 759 0191. Save the number as
 SSRRT News. Note this is a no reply service.

Child Protection Office - www.childprotectionoffice.org |
durbancpt@gmail.com | 076 719 6461



Ed's Note

I grant that ISKCON turning 50 may be of little consequence to many. The holy name chanted in every town and village was the prediction of God, Krishna as Lord Chaitanya, and a desire of saints that spanned over centuries but has only come to fruition in that last fifty years. So cherished was this desire/predication that the illustrious poet, theologian and Krishna devotee, Srila Bhaktivinoda Thakur, bequeathed his home in the sacred land of Jagannath Puri to any organisation which established Krishna consciousness in the West. That prime property is now ISKCON Jagannath Puri as ISKCON fulfilled the Thakur's conditions of inheritance.

The International Society for Krishna Consciousness is responsible for making Hare Krishna a household name. I can assure you that if you go to any major city central across the world on a Saturday, there will be devotees chanting Hare Krishna on the streets. If you go to any of the 719 ISKCON centres across the world on a Sunday, you can join the Love Feast. ISKCON has changed the world and it was done by a seventy-year-old Indian gentleman — single handedly.

In this first issue of Hare Krishna News in 2016, we focus on Srila Prabhupada, ISKCON history and Sri Sri Radha Radhanath Temple's 2016 Plan. You will be challenged to rethink the value of current day education and this year we introduce new ways for everyone to grow your own devotion. We also welcome our new writer, Shaunika Muni Das.

Thank you to all those who entered the Family Colouring Competition. Our winners are revealed on page 7. Learners can cut out a devotional timetable. We have included festival dates up until the end of March, notably the Durban Festival of Chariots over the Easter weekend (25 -28 March).

Warmest wishes

Rasa-sthali Dasi

PS. I would love to hear from you.

Write to me at rasasthali@iskcondurban.net

Quoted verses and purports from Srimad Bhagavatam and Bhagavad-gita As It Is and pictures on pages 2, 14 and 15 are © The Bhaktivedanta Book Trust International, Inc. www.Krishna.com. Used with permission.

Design and Layout by Lashika Ravjee - 082 309 2396

Temple in the Heart

Conversation with the President

We caught up with Vibhu Chaitanya Das late last year. He shared his source of inspiration for 2016 and reflected on the Temple's 2015 goals.

The 29th December 2015 was the disappearance anniversary of Srila Bhaktisiddhanta Sarasvati Thakur, the spiritual master of His Divine Grace A. C. Bhaktivedanta Swami Prabhupada, Founder Acharya of the International Society for Krishna Consciousness. It was the ideal time to reflect on 2015 and an opportune time to look at the year ahead. 2016 is the 50th anniversary of ISKCON.

It was the instruction of Srila Bhaktisiddhanta that Srila Prabhupada took into his heart and contemplated for over a decade: How to accomplish the impossible task of spreading Krishna consciousness in the West.

In the 1960s, the West had already become plagued by atheism; young people were contemplating the many failings of society and they were impressionable. They looked to the East for answers, making it the ideal time to give the world an alternate solution, the message of Krishna consciousness.

Srila Bhaktisiddhanta was a spiritual revolutionist, who spread Krishna consciousness through the sub-continent of India. He opened over 64 temples and boldly presented the philosophy of Krishna consciousness. It is said the Srila Bhaktisiddhanta held festivals that were so huge that it even made our Durban Festival of Chariots look small. His festivals spread across a few acres of land.

One of his disciples donated money towards the construction of a marble temple in Kolkata. The devotees began bickering over who will claim which room. Srila Bhaktisiddhanta was insightful and when the news of the devotees arguing reached him, his reaction was: "This is a temple of bricks but more important than the temple of bricks, is the temple in the heart of the devotee and to spread this *sankirtana* movement we need to print a lot of books. We need to print many books. So, more important than the temple of bricks, is the temple in the

heart of the devotee and the temple of books. Because of these two things - the temple in the heart and the temple of books - this Krishna Consciousness Movement can stay in this world forever, whereas the temple of bricks is only like a seat (*asana*) for us to preach and to create pure devotees."

Srila Prabhupada once told his disciples, "Why did this miracle happen to me. (Success in his mission to spread Krishna consciousness in the West). I followed the instruction of my spiritual master cent per cent."

This is our process, to pleasingly serve and follow a spiritual master in a bona fide disciplic succession, which is linked to the Supreme

Personally of Godhead, Krishna.

...festivals that were so huge that it even made our Durban Festival of Chariots look small.

I am grateful for Srila Prabhupada's heroic action of giving everyone, without discrimination, access to our eternal

home, the spiritual world. At the Sri Sri Radha Radhanath Temple, we strive to follow His Divine Grace so that we too can assist in fulfilling his desire.

We have specifically developed events, courses and festivals to help you advance in your spiritual life. Please take full advantage of these events. You can find a list of major events on our Events Guide on page 15. If you want regular updates then you may subscribe to our mailing list or WhatsApp, details are on page 2. Each month one Sunday Love Feast will be dedicated to His Divine Grace A. C. Bhaktivedanta Swami Prabhupada. This will include a lecture by Srila Prabhupada.

I want to follow Srila Bhaktisiddhanta's idea of building a temple in the heart and building a temple of books and I extend that to a temple built on strong devotion to Krishna. As the President of Sri Sri Radha Radhanath Temple I would like to offer these goals to celebrate 50 years of ISKCON.

You will find the report on our 2015 goals as well as plans for 2016 in the next few pages. Please let me know if you have any suggestions on how we can improve.

Thank you. Hare Krishna.
Your servant,
Vibhu Chaitanya Das



Awareness

- Make "Hare Krishna" a household name to approximately 2.5% of the eThekweni Municipality population (over 3.5 million people)
- Through: Branding, Advertising, Festivals and Invitations



- The Independent, Sunday Tribune Herald, Daily News and Post featured articles on Janmastami, Srila Prabhupada's Vyasapuja, the 30th Anniversary. 1.4 million readership.
- Post featured an 8-page spread on various temple activities.
- A 20x12m billboard advert for Janmashtami and our 30th Anniversary on the Higginson/Havenside intersection (average of 85 000 cars per day) over a period of 3 months.

- Promote social cohesion festival in theme with Culturally Many, Spiritually One. Interfaith programs that promote a Vedic lifestyle.
- Maintain media coverage based on relationships developed in 2015.
- Strive to reach 2.5% of eThekweni Municipality population.
- To assist and help enhance the DFOC in collaboration with New Jagannath Puri Temple. Manage the "Friends of the Festival" program to connect with the DFOC guests and maintain contact throughout the year.
- Enhance festivals by promoting 50 years of ISKCON.
- Street chanting at least once a week.
- To build strong media partners and cultivate leaders (VIPS).



Social Media

- Increase Facebook likes from 12K to 30K
- Activate an Instagram account.
- Strengthen presence in social media and internet searches.



- Facebook likes increased to 12 564 likes (unable to reach 30 000 target).
- Average of +/- 4500 people view Daily Darshan.
- Janmastami midnight *darshan* received a record breaking 22 949 likes.
- Initiated a WhatsApp group.
- Initiated an Instagram account.

- To increase our Instagram following to 1200 (currently at 550).
- A festival *darshan* to break the 22 949 record on Facebook.
- Get at least 500 people to include #LoveDurbanKrishna and #joyofdevotion in all devotional shares.
- It is important to track communication. We have improved our E-mail system, which allows us to track and build statistics.



Increase Book Distribution

- More Smart Boxes (self service stations)
- Hospital programme: place *Bhagavad-gita* in all hospitals in KZN.
- Work towards becoming the top book distributors in Africa.
- Individuals to distribute 9 books a month = 108 books in the year.



- ISKCON Durban is the National Champion.
- Integral in making South Africa the African Champion.
- ISKCON Durban has the top 3 individuals nationally.
- 41,8% increase in book distribution.
- ISKCON Durban is ranked Number 2 for book distribution on the African continent.

- To regularly honour and inspire the book distributors.
- To host a Sankirtan Festival with His Grace Vaishesika Das.
- Help to achieve the national 100K goal.
- Help to increase participation in Book Distribution.
- Host a 7-Day Book Marathon to celebrate ISKCON 50.



University Programmes

- Expose students to the science of *bhakti-yoga* by:
- Regular meetings on

campus, temple visits, weekend stay overs, and retreats.

- Establish a residence/training facility for young men who are serious about spiritual life.



- 8 weekly programs across 4 campuses and visits to temple & adhoc weekend stay-overs.
- Bhakti Cloud at DFOC attracted student artists from around RSA.
- 1 Local Retreat; 2 National Retreats in Gauteng & Durban (+/- 40 students)
- Fund-raising via theatre productions, car washes and catering events.
- A student residential facility was not obtained. However interested students can reside at the temple.

- Maintain all existing programs.
- Develop useful relationships with relevant organizations (poetry circles, interfaith).
- Potential campus festivals.
- Focus on cultivation.



Donor Relationships

- We want to reciprocate with everyone who contributes in cash or kind by using the latest software to develop a donor relationship system.



- Investigations into a system for donor management that allows for data capture, trend analysis, and reciprocation.
- System to cater for congregation and guests and allow for online donations, online course registrations.

- Contact Management System will be up and running by April 2016.
- Upgrading the Take Care of Krishna donor system.
- Donors can look forward to special events, including personal reciprocations, irrespective of how much (R1 to R100 Million) given in cash or kind.



Temple Goals

2015 Report

2016 Plan



Deities

- Increase the Deity worship standard
- Use organic products and Ahimsa milk (from cows that are not slaughtered after

they stop producing milk)

- Set up a trust fund to ensure the Deity worship continues uninterrupted.



- Using only organic white and brown flour. 325 kg are used per month
- Research into Ahimsa milk showed that no viable source was attainable as most cows in the country are mistreated.
- Deity Trust was implemented.

- Plan to improve standards of purity by using homemade ghee, organic sugar and other foodstuffs.
- Market Deity Trust project.
- Currently use 300 liters of milk per week. Will continue to research viable options for Ahimsa milk, possibly acquiring our own cows.



Govinda's Restaurant

- Improve the quality of service and food.
- Increase our sales by 25%.

The restaurant helps maintain the Temple.



- Radhanath's Gifts' is our proud addition to the ground level of the temple.
- Govinda's boasts a "face lift" to both take away and sit down sections with digital display menus.
- Prices at Govinda's Restaurant were re-evaluated resulting in a price decrease.



- Improve menu, "Chef's Choice" addition.
- Exploring the addition of an A La Carte menu.
- To make Radhanath's Gifts a destination store - offering unusual and high quality merchandise. We are already the sole distributors of the BioBliss cosmetic and hygiene range.



Go Green

- Aim to become the first "green" temple in Africa
- Research new avenues to save Krishna's energy, especially to reduce water and electricity usage.



- Borehole water supply successfully activated providing water to the moat and for irrigation of the garden.
- Solar geysers installed.
- Generator acquired.
- Serve prasad in eco-friendly packaging.
- Composting.

- Connect generator.
- Acquire JoJo water tanks.
- Promoting devotees bring their own plates and cups to save resources.
- Eco Company to assist in making temple "Go Green".
- Use detergents and personal care soaps that are eco-friendly.



Funds

- Further develop an internal audit and risk system.
- Report accounting timeously.



- Submitted audit for 2014.
- Accounting back log reduced but still behind.
- New expense application initiated to control and reduce expenditure.

- Work on implementing budget allocations.
- Bring all accounting up to date.
- Create other funding and legacy programs.



Temple Construction

- Finalise master plan for the temple, which includes the hall, conference facility

and new restaurant.

- Begin construction.



- Master Plan unveiled at the Temple's 30th Anniversary. (Published in September/October 2015 HKN)
- Temple underwent major renovations. (Published in November/December 2015 HKN)

- Raise funds to begin construction of Master Plan.
- Begin construction of senior devotees guest accommodation in March 2016.
- Have plans for hall and retail section finalised in September 2016.

**Priests**

- Train our priests in Deity worship.
- Inspired priests automatically enhance festivals.



- Open discussions led to understanding the challenges priests (*pujaris*) face.

- Specialised Deity Worship courses are currently being developed and will be hosted during the course of the year.

**Devotee Care**

- Serve the devotees.
- Create a culture of spiritual care.



- 14 devotees were added onto the temple medical aid. The temple bares a total cost of R17863 per month.
- Our gratitude goes to general practitioners, dentists and naturopaths within the devotee community for their generosity.
- Hospital and home visits to devotees who are ill.

- Vibhu Chaitanya and his team will invest more time in creating a strong family bond in the community.
- Encourage devotees to keep track of their spiritual practice by using a *sadhana* sheet. You can download one: <http://iskcondurban.net/?p=3844> Android users can download the App: *Sadhana Manager*.
- Temple devotees to regularly attend Nama-hattas in Durban and surrounding areas.
- Develop a program to track and record all services rendered.

**Connect with Youth**

- Inspire them to become more actively involved.
- Encourage youth to take more responsibility for succession planning.



- Mantra Yoga Concert with His Grace Agnideva Das
- Present at the Durban Street Food Festival & Earth Dance, Youth Day, and Day of Reconciliation.
- 2 Kirtan Melas (6 hrs).
- Food for Life & book distribution.
- Hosted a Sunday Love Feast.
- Assisted in cooking, *prasada* serve out, décor & festival *kirtan*.

- Please find the Kirtanuity 2016 Goals on page 16 of this issue of Hare Krishna News.

**Workshops & Skills Training**

- Equip devotees with: Seminars Skills training Study of scripture



- Prabhupada, The Founder Acharya seminar by His Grace Suresvara Das.
- Seminar on World Religions & Faiths by His Grace Swarup Damodar Das.

- Specific courses for those desiring to take spiritual vows.
- Bhaktivedanta College offering courses in and around Durban.
- Creating a Back to Basics (to encourage devotees to hear, chant and engage in devotional service).

**Internal Communication**

- Establish a communication channel for the devotee community.



- SSRRT Connect group of over 60 devotees (who are involved constantly at the temple and are considered shareholders) was set up.
- Decisions are forwarded to this group for their approval and suggestions.

- We would like to grow the participation of the devotees in 2016.

Soul of ISKCON

ISKCON 50

By Nashvin Gangaram

Srila Prabhupada is the soul of ISKCON and ISKCON is his body. Because ISKCON is a spiritual organization, both body and soul are non-different. Srila Prabhupada continues to act effectively in this world so long as ISKCON remains the instrument of his will. He holds a unique position in ISKCON as its Founder-Acharya: "Just like if I am taken as the origin of this Krishna consciousness movement, that means I know everything directly and indirectly of all this movement. If I do not know directly or indirectly everything of this movement, then I cannot be called the Founder-Acharya." (*Srimad Bhagavatam* Lecture, Caracas, 21 February 1975)

Is a spiritual organization really necessary, though? The organization allows Krishna consciousness to reach to humanity over large spans of space and time. Lord Chaitanya, the most recent incarnation of Krishna, descended to earth over 500 years ago. At that time, His illustrious devotee, Srila Jiva Gosvami, declared the creation of a worldwide society of devotees, the *visva-vaisnava-raja-sabha*. The institution was later envisioned by Srila Bhaktivinoda Thakura and solidified when his son, Srila Bhaktisiddhanta Sarasvati Gosvami, created the Gaudiya Math, which disseminated Lord Chaitanya's teachings throughout India. Srila Bhaktisiddhanta Sarasvati Gosvami desired that the ultimate authority would not be an individual but a board of directors, who would cooperatively coordinate the mission's activities.

Why then did Srila Prabhupada create his own organization? Being a sincere disciple of Srila Bhaktisiddhanta Sarasvati Gosvami, his only desire was to fulfil his spiritual master's instructions and preach in English in the Western countries. Unfortunately, his god-brothers were not able to cooperate and follow their guru's request. Srila Prabhupada repeatedly wrote to his god-brothers about the potential for spreading their guru's movement in America but this was in vain. He was compelled to create ISKCON. Srila Prabhupada was indeed a visionary because when he legally incorporated ISKCON on 13th July 1966, the "international" society consisted of a seventy-year-old man, a rundown storefront and a handful of youngsters

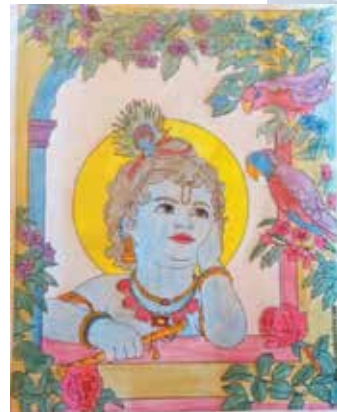
who were dissatisfied with life and looking for their next high.

Why did Srila Prabhupada choose the name "ISKCON"? Even before its legal establishment, he had been talking about his "International Society for Krishna Consciousness". A friend suggested that "International Society for God Consciousness" may be more appropriate for Westerners. But Prabhupada insisted on "Krishna Consciousness" because people have a vague understanding of "God" and he wanted to establish who God is. "God Consciousness" is less personal and spiritually weaker. Additionally, "Krishna Consciousness", the phrase that Srila Prabhupada coined, is an English translation of the Sanskrit *krishna-bhavanamrita*. He writes: "Our Krishna consciousness movement is therefore called *krishna-bhavanamrita-sangha*, the association of persons who are simply satisfied in thoughts of Krishna" (*Srimad Bhagavatam* 9.9.45, purport). This association is inherently international, as he further elaborates: "One who is absorbed in *krishna-bhavanamrita* has no material benefits to ask from Krishna. Instead, such a person prays to the Lord for the benediction of being able to spread His glories all over the worlds."

Srila Prabhupada has thus reinvigorated Lord Chaitanya's movement, spreading it to an unprecedented number of people over the past fifty years, while at the same time ensuring its fidelity to its ancient heritage. We have been given a unique opportunity to internalize his spirit and be his embodiment in the world.

Winners of the Family Colouring Competition

Heema Gopee &
her 8 year old niece,
Shriya Singh



Classrooms for Character

By Rukmini Devi Dasi

The flames dance before my eyes. The sound of Vedic chants fill my ears. Concentric square layers of brick arranged in a mystical fashion form a three meter high stairway in three directions. At the top is a wall-less temple with a high rising thatch roof. Young boys gather on the carved stone and offer *ghee* into the sacrificial fire and carefully chant practiced mantras. Outside is a tropical jungle with palm fronds and banana trees rising on all sides, caressed by the morning mist. The boys, bare-chested and draped in simple cloth, appear like sages. The natural serenity and deep tradition calls out to me. It was like no school I had ever been to.

Tucked away in Sri Dham Mayapur in West Bengal is a Gurukula, a Vedic boarding school for boys. Catering for students from as young as five through to twenty-five, it is unique in its structure, teaching methodology and syllabus. It has been carefully maintained as a bold antithesis to secular education. It is the brain child of Bhaktividyā Purna Swami, a living genius.

The Gurukula is undeniably enchanting, but I had my doubts. I was the class nerd for most of my life and dedicated seven gruelling years to tertiary study. Looking past the flames, the skeptic in me shooed the romanticist away; what did they study? How did they differ from the average child who laced his school shoes and pulled up his tie? How did they function in the world after graduating? I pulled out a Sherlock Holmes hat (minus the pipe) and decided to speak to a real life Gurukuli (a student of a Gurukula).

21-year-old Sudhama sits me down to fend my torrid of questions. He has been in Gurukula since he was 11. He had attended a Montessori school in Bangalore, was home schooled for some time and had spent five years in a public school in Mauritius. I was interested to know what his comparative thoughts were. "I remember my first day at Gurukula. It wasn't like any other school I'd been to, where the students would stare at the new boy. They just welcomed me with huge cheer and immediately I was slotted in a smaller group of five boys with one

older student who was our leader, like a big brother. I felt at home. Currently our syllabus is based on 50% academic classes and 50% practical service. We are trained to rise early, meditate and hear from the scripture. Then we get together and take turns to do laundry, clean up and cook breakfast. Each student becomes trained in these services. Afterwards is an academic session, then we prepare lunch and in the afternoon we have physical training in the form of yoga or kung fu. Our academic education begins with English (based on the Sanskrit learning techniques of Jiva Gosvami) and math. We learn to compute mentally thus sharpening our minds. Our teachings are based on learning principles rather than the details. Gurukula is not just about physics or chemistry but about developing men of character."

I was taken aback by his confidence. In my mind I saw seven-year-olds yell at their parents if they didn't get a toy and demand brand name clothes. I saw the two matriculant volunteers who

"...academic education begins with Sanskrit learning techniques"

groaned lazily when I asked them to compute the average sales of books without a calculator. I saw myself, and the little detail that I remembered from countless hours of gorging my brain with information to regurgitate in a test and then promptly forget. I saw my university lecturer with his coffee cup spiced with something stronger than coffee. Discipline and character? Ok. Sudhama won that round. And we chatted on, "When I was in public school I was bored and





the subjects were restrictive, hardly allowing for your own creativity and flavour. And my friends would just wait till we could get out of the grip of our teachers. But in Gurukula if we felt lazy about doing some chore and we were dragging our feet then our teacher would come and scrub the floor with us. That would inspire us deeply

is with English (based on the of Jiva Gosvami) and math.”

and we could get things done in a quarter of the time.” His genuine appreciation for his Gurukula teachers impressed me. One of the secrets of the scripture is that respect for one’s teacher makes the transmission of knowledge complete and impactful. Currently my service at the Hare Krishna temple entails managing 8 programmes across 4 university campuses weekly. Despite seeing student after student, seldom if ever, did anyone genuinely appreciate their lecturer.

But I wasn’t sold yet. How does a Gurukuli function in the world? Can he proceed to tertiary studies? How will he earn a living? How will he survive socially in an environment that is vastly different to the sacred temple he was schooled in? Sudhama quoted example after example of Gurukuli graduates who decided to study further, travel, work, become entrepreneurs and those who serve as he does, as teachers in the Gurukula and doing service on major projects in Mayapur, a developing Hare Krishna City. “According to their different natures, students may choose different routes,” he wisely interjects, “not everyone has to be an academic genius, his talent and nature can be elsewhere.”

Had Sudhama told me this in my first year of studying, I would have thought he was crazy. It’s true that many may struggle when they leave the Gurukula but it’s not like those exiting secular education are having an easy, jolly time either. My E-mails and SMS history show numerous conversations with students who qualify with degrees but can’t find jobs, who never end up working in the field they studied and take lower level occupations, and there are many who graduate with the tightly fitted noose of a huge student loan on their necks.

Nevertheless, I went for the jugular; “Do you ever think that there is something you are missing out on in the big world? Do you ever wonder what it would be like if you chose a ‘normal’ education and went for a ‘normal’ existence? ”

He shared his observation from a tour to South India where he spent time around “regular” people with “regular” lifestyles. We know it and most of us do it - get ready for the job, leave the children in school, spend between 8-12 hours doing something you probably hate, come home and watch TV to help recuperate - again and again. Sudhama wanted something different, something that was both a challenge and a joy. And he found it in the selfless service he fills his life with; helping prepare authentic Vedic cuisine for the community and starting up an entrepreneurial project marketing Gurukula produce (from handmade incense and organic vegetables to homespun shawls). His grey eyes shone with determination and intelligence. His manner was deeply respectful and honest. “Miss out? What is there to miss out on?”

I was silenced. I was proud of him. A man of character indeed. I walked along the lone path exiting the Gurukula, my mind chewed over Sudhama’s words while digesting the experience.

South Africa has shifted between three education systems in the last ten years. Universities have been plagued with the worst strikes I have seen. Secular education is merely a post dated cheque to money and sometimes that also bounces. We need to think outside of the box. This Vedic Gurukula system, which has been running for 20 years, is certainly an alternative worth contemplation.

Simply Devotion

Action in Devotion

By Shaunika Muni Das

Walking, eating, working, learning and even sleeping can be acts of devotion to the Supreme. It gives me courage to know that Krishna has made it so easy for us to connect with Him. The most basic survival can become an act of love to the Supreme Lord.

Food is one of the basic sustenance for the human being but never has food been an act of appreciative worship to God. There is significance in choosing a spiritual diet for God's satisfaction. Hold on, for God's satisfaction? How does something as essential as eating become a means of satisfying God and not only the belly's satisfaction? It can be unreal to think that a basic necessity like food can be used as a gesture of devotion to God, in all phases from acquiring and preparing it, to offering it and eating it. The Lord makes it simple for us. In *Bhagavad-gita* Krishna lets us in on what He likes to eat. Who would've known? Even the Lord Himself has a diet. Interesting, isn't it?

Lord Krishna explains that if any one of these items: "a leaf, a flower, a fruit, or water," is offered to Him with love and devotion, He will accept it. Let's direct our attention to the words "love and devotion." This means the Lord is pleased with us if we offer Him any of these items as long as devotion is involved. It is not what you offer but how you offer. God is a pretty simple Guy. I mean just water? Or just a fruit? Or just a flower? Or just A LEAF? So easy to please. We tend to complicate things. Our restless senses demand out of the ordinary. We think that someone like the Lord would expect the same. But it's not like that. The point is whether simple or opulent, He only accepts what we offer with love.

There was once a saint who had to go out to beg alms for the temple and he gave his son, Madhu, the service of offering meals to the Lord.

After the boy's mother finished cooking, she gave the plate to Madhu and told him to offer the food. He did not know the proper offering procedure. His father had instructed him to ask the Lord to eat what was placed before Him. Madhu sat in front of the Lord, told Him that he didn't know how to offer anything properly, and requested that He eat the offering. Then Madhu went outside to play.

Krishna is transcendental, and each of His senses can do the work of the others. By His glance the Lord can taste an offering and leave

His remnants behind as *prasada* (mercy). Madhu did not realize this, and thought that the Lord was supposed to eat everything on

*Hold your intention for
a few moments and then
offer your gratitude*

the plate. When he returned to the temple, he was surprised to see the Lord's meal untouched. Afraid that his mother would be angry, Madhu offered the meal again: "My dear Lord, You have not eaten the food I left for You. My father has instructed me to make this offering to You while he is away. I am a little boy and do not know how to offer anything to You in a proper way. Please eat this; otherwise my father will be angry with me."

He again went outside to play, but when he came back, he found the meal was still untouched. Crying, he pleaded with the Lord to accept the offering. When he returned for the third time, the Lord's plate was empty, which he took to his mother. "Where is the *prasada*?" she asked. Madhu told her that the Lord had eaten everything, and so they fasted. This happened



for three days. When the boy's father returned, he asked for some *prasada*, but his wife told him that the Lord had eaten the offerings over the past three days. The saint thought that his son may have hidden the *prasada*, fed it to dogs, or eaten everything himself. To catch him out, he told Madhu to offer the meal again while he hid behind a curtain.

Madhu offered the food to the Lord the same way he had before and then went outside. The saint saw the Lord reach for the sweet rice. He jumped out from behind the curtain in disbelief. The Lord explained to the saint that He was pleased by Madhu's simple pleas. So you see, even a child can act in pure devotion.

The deepest significance of an offering is not what is offered, but how it is offered. I remember my first spiritual meal, it was simple and tasty. I could feel the cleansing of my state of mind as I ate and my world began to look different; feelings of appreciation, affection, compassion and love began to surface. It was surreal. A long forgotten state of consciousness was invoked and a lost connection to God was re-sparked from eating God-offered food. I did not offer the food, but there was action in devotion in eating that offered food.

Action means doing and devotion means submission to a higher process with faith. And just see how kind God is. It's easy, just a simple shift in our thinking. So the next time you are on the street and buy a fruit, you could spiritualise your fruit - if you wanted. Here is the simplest way to offer what you eat:

Remembering Madhu's mood, and having the intent to offer, think of God, Krishna, with love and call out His names: *Hare Krishna Hare Krishna Krishna Krishna Hare Hare, Hare Rama Hare Rama Rama Rama Hare Hare*. Hold your intention for a few moments and offer your gratitude to Krishna. Then enjoy your spiritualised fruit. This is the most basic offering and can be done anywhere and at anytime.

There are guidelines for those who offer their food regularly. Like when a doctor administers medicine, he will give you instructions on how to take the medicine. Similarly we have a process of offering food. Note that there is limited spiritual merit in action in devotion executed mechanically. If we do things mechanically then it is difficult for love to grow in that type of environment.

We can aspire to prepare and offer in meditation like in the story of the poor *brahmana* who achieved spiritual perfection by concentrated meditation. In his meditation he prepared a pot of sweet rice. Before offering it to the Lord, he wanted to test the temperature and so, put his finger into the sweet rice and got burned. His meditation broke and when he opened his eyes his finger was blistered. He felt the cool breeze from the wings of swan carriers; the Lord had sent a celestial airplane to bring him to the spiritual world.

You can read and learn the process of offering food in the following book: "*Handbook of Vaishnava Songs and Practices*" compiled and edited by Ramanujacarya Das (Pages 99-103). This book is available at your nearest Hare Krishna Temple.



Coconut Lime Cupcakes

The Vedic Chef

By Chandrashekara Das



Ingredients

1/3 cup edible coconut oil
3/4 cup castor sugar
1 cup coconut milk
1/4 cup cow's milk
1 tsp vanilla essence
1 tsp coconut essence
1 Tbsp lightly packed finely grated lime zest
1 cup flour

1/2 tsp baking powder

1/2 tsp baking soda

1/4 tsp salt

1 cup unsweetened desiccated coconut

1 1/2 cups unsweetened flaked coconut

Think sliced limes

Method

Heat oven to 180 degrees Celsius.

Melt coconut oil in a saucepan over low heat.

Mix together the melted coconut oil and sugar. Add the coconut milk, cow's milk, vanilla, coconut extract and lime zest. Mix to combine.

Add the flour, baking soda, baking powder and salt. Mix until smooth. Add desiccated coconut and combine well.

Fill into 12 cupcake liners and bake for 15 to 20 minutes or until a tooth pick inserted through the centre comes out clean.

Lime Buttercream Icing

1 cup butter

2 cups icing sugar

1 tsp vanilla essence

1/4 cup fresh lime juice

1 tsp finely grated lime zest

Method


Beat butter and icing sugar until smooth. Add vanilla and lime juice and beat for 5 minutes until fluffy. Add zest and mix well.

To assemble


Heap the icing onto the cupcakes. Nest pieces of flaked coconut into the icing.

Decorate with a lime slice to finish.




Offer to Lord Krishna and enjoy.



International Society For Krishna Consciousness
Founder Acarya His Divine Grace A.C. Bhaktivedanda Swami Prabhupada



#JoyofDevotion

 #JoyofDevotion
 #JoyofDevotion
 @JoyofDevotion

Tag
*JoyOfdevotion & Stand
a chance to win a ticket to Vrindavan !*

"What is Your Death Style?"

Myth Buster

Ananta Gauranga Das

"Wake up and smell the funeral pyre." That's my retort when people tell me they'll take to spiritual life when they are older. The enigma of life is that we see death daily but think it will never happen to us. We may not live to see 21 what to speak of 61. "*Athato brahma jijnasa*, now is the time for enquiry of the Absolute Truth". (The first line of *Vedanta Sutra*.) Not when we are older, now.

I visited Mr. Zulu in December and was horrified. Seven months prior he lost his wife to cancer. This tormented soul subsequently erected a memorial in her honour. The entire dining room wall (all 2.5 metres by 10 metres) is plastered with photos of their time together. This has become his meditation. Every action we perform creates an impression in the mind which shapes one's personality and influences one's life. Thus one's life style determines one's death style and whatever we think of at the time of death is realised in the next life.

The spiritual path is learning the art of dying; death of the false idea that our bodies are all we are, the covering of our eternal identity and God consciousness, and becoming alive to our eternal identity. Life in this realm can be likened to the exploits of your big toe. Too what degree can your big toe bring you joy? Okay, on a summer's day you can dip it into a pool or treat yourself to a multicoloured pedicure. Now imagine that same toe pummelled by a 5kg hammer or stubbing your toe. Such is this existence, a sliver of joy juxtaposed by limitless tribulation, toil and turmoil.

For the soul, the illusions of identification as the body and the world around us being all there is, is murder. Animalistic life hinges on self preservation. As intelligent rational beings we have the foresight to penetrate the facade of an ungodly existence. This lends itself to a life of spiritual

nourishment, so when death comes knocking on our door we can answer with dignity. To die with dignity means a life of spiritual sacrifice, *athato* - now. Not just rotting in front of the telly, living vicariously through the fake characters of the *bold and the beautiful*. When we become "prostitutes" to our unbridled senses in youth, it's that much more difficult to gain control and meditate later in life.

Why wait for your teeth to fall off and to wake up six times every night for five drops of pee?

But wait. If you are already balding, have a hair growth spurt in your ears long enough to make a pony tail, trust me when I say, "Don't you dare throw in the towel." It matters not how old or young you are. Tomorrow

never comes, and yesterday is but a dream. Why wait for your teeth to fall off and to wake up six times every night for five drops of pee? Seize the moment. *Athato* - now.

Socrates explains the secret to change is to focus all your energy not on fighting the old, but on building the new. So forget the past and build on your future now. We think we have time. But sometimes there is no second chance, no time outs and no interludes. If not now, then when? So answer the spiritual call, take that leap of faith and in a few months from now, when you look back through the prism of your life there won't be any "what ifs". We are not human beings but spiritual entities trapped in a human experience. As such, we are meant for self realisation. Spark your spirituality today and live in the now. *Athato brahma jijnasa*, now is the time for enquiry of the Absolute Truth." Now.



Capuchin Crypt - "As you are now, we once where, what we are now, you shall be."



My School Timetable

Name _____

Grade _____

	Period 1	Period 2	Period 3	Period 4	Period 5	Period 6	Period 7	Period 8
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6								
Day 7								

EKADASI

Fast from all grains, beans and legumes.

This fast awards spiritual benefits and detoxifies the body and mind.

Ekadasi

4 February | Thursday

Break fast

5 February | Friday

05:27 - 09:55

Ekadasi

(Fast until midday for Varahadeva)

18 February | Thursday

Break fast

19 February | Friday

05:39 - 09:59

Ekadasi

5 March | Saturday

Break fast

6 March | Sunday

05:50 - 10:01

Ekadasi

19 March | Saturday

Break fast

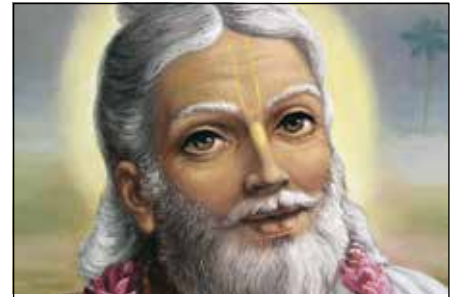
20 March | Sunday

05:59 - 08:03

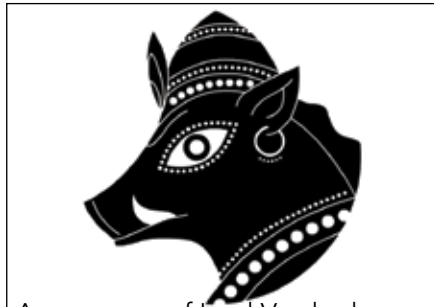
Event Guide



Sarasvati Puja
13 February | Saturday



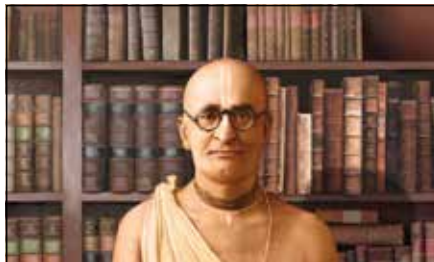
Appearance of Sri Advaita Acharya
14 February | Sunday
Fast until midday



Appearance of Lord Varahadeva
19 February | Friday
Fasting is done on 18 February



Appearance of Sri Nityananda Prabhu | 20 February | Saturday
Fast until midday



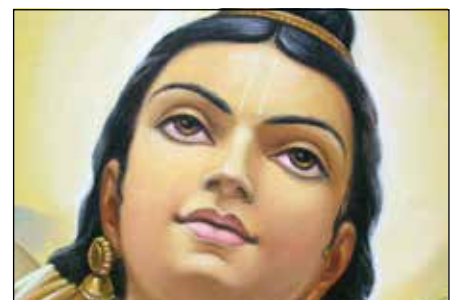
Appearance of Srila Bhaktisiddhanta Sarasvati Thakur
27 February | Saturday
Fast until midday



Maha Shiva Ratri
7 March | Monday



Disappearance of Srila Jagannath Das Babaji
9 March | Wednesday



Appearance of Sri Caitanya Mahaprabhu | 23 March
Wednesday | Fast until moonrise



Appearance of Sri Srivasa Pandit
31 March | Thursday

Festival of Chariots Ladysmith

Chariot Procession begins at
Meena Place at 9:30am

6 March | Sunday

Newcastle

Town Hall at 10:00am
12 March | Saturday

Durban

Old Durban Drive In
25 - 28 March



+27 31 403 3328

www.iskcondurban.net

temple@iskcondurban.net

DurbanKrishna



Kirtanuity Youth Group 2016

Building the Road to Bhakti



Serving Krishna Together

- Serving the needy via Food For Life
- Serving the community via street chanting & book distribution.
- Serving devotees (includes Sunday Feast preparation & prasada servout)



ISKCON turns 50

ISKCON is only 50 years young.
To honour our 50 years we will host:

- Individual Challenge
Japa Immersion Day - try 50 rounds of japa
- Community Challenge
50 Hour Kirtan - All ISKCON centres across the country will chant the holy names of God at the same time, aiming to achieve 50 Hours of kirtan
- ISKCON 50 Youth Retreat
Relax, Rjuvenate, Reawaken
Details to be confirmed.



Personal Development - Strengthen Your Connection to God

- Friday Night Kirtan & Bhajans
- Forums on Spiritual Concepts
- Seminars & Workshops to Develop Future Leaders

Contact us if you would like to get involved:

<https://www.facebook.com/kirtanuity/>
kirtanuity@gmail.com
Purush: 071 899 4042
Sudhir: 079 144 0003



Special Events - Contributing to a collective spiritual awakening at Earth Dance Festival

- Durban Street Food Festival
- Launch of Kirtan Durban - To introduce Kirtan Yoga, a non-sectarian meditation gathering