



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

# HARE KRISHNA NEWS

July / August 2016

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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:  
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 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

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 Street Chanting - Virabadra 071 870 0588  
 House Programmes -  
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## Editor's Note

If you reading this, you a rare soul. People don't read editors' notes (it serves me well..."editors should be invisible"). Only readers who relish each word, thought and idea would take the time to read the editorial, preface, or acknowledgements. This publication is not about me or the writers, but you, the reader. You are our honoured guest.

Spiritual life is not for everyone. In fact, Krishna explains that among thousands, only one may be a seeker of truth. And of the seekers of truth, hardly one will find Him. Really? Doesn't everybody know Krishna? Hearing of Krishna is not the same as knowing Him. Knowing Krishna is a rare thing. Think about it.

How many people have heard of you? And how many people know you well? I think you would be able to count them on one hand. Even in our own experience, knowing someone is rare. Does this give some perception of the rarity of truly knowing Krishna? But Srila Prabhupada has changed that.

With one of Srila Prabhupada's books being distributed every five minutes somewhere in the world, Krishna is been discovered more and more. The process Srila Prabhupada taught gives us unprecedented access to Krishna. By this process you can hear about Krishna, serve Krishna, and love Krishna intimately. Hare Krishna News is filled with baby steps and giant leaps to fan your spark. Your spark is not ordinary, and the greatest care and attention must be given to it.

Your spark is shining now, and Hare Krishna News is the fan to burst you into a flame.

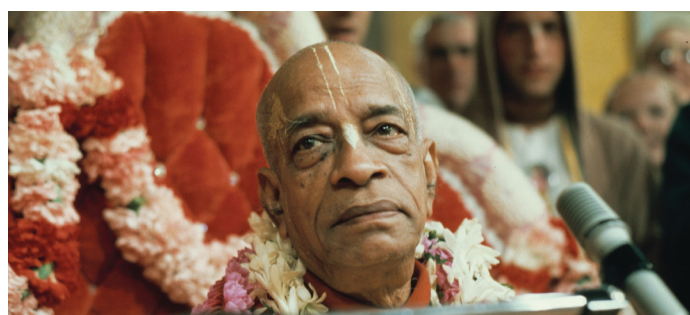
To the fan and the spark!

Warmest wishes

Rasa-sthali Dasi

PS. I would love to hear from you.

Write to me at [rasasthali@iskcondurban.net](mailto:rasasthali@iskcondurban.net)



ISKCON Founder Acharya  
 His Divine Grace A. C. Bhaktivedanta Swami Prabhupada

Quoted purports from Srimad Bhagavatam, Srila Prabhupada Letters and pictures on pages 2, 4, 8, 9, 13 and 16 are  
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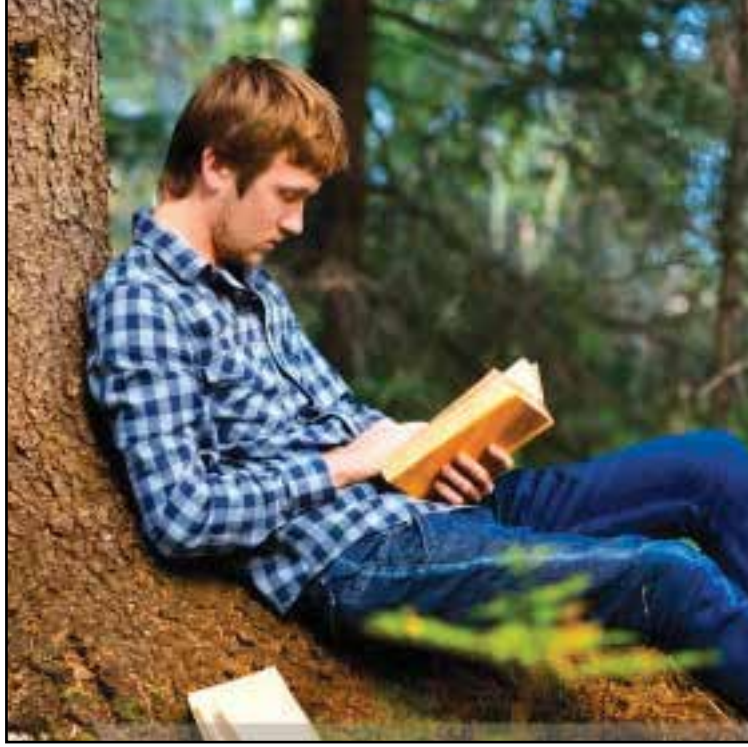
Design and Layout by Lashika Ravjee - 082 309 2396

# Be A Sage

## Message from the Temple President

The world has gone through significant changes in the last 50 years. We now shop in the comfort of our homes. Government has changed from a monarchy to a democracy. Technology has changed to such an extent that once where a building was needed to store the memory of a computer, terabytes of data can now be stored in the cloud. There have been thirteen Soccer World Cups and thirteen Olympic Games in the last fifty years. Sport has become professional, with sportsmen getting paid in the hundreds of millions. And most of us were born in the past fifty years; some of us even have grandchildren.

With all this advancement the struggles in life have not decreased. But there is hope at the end of the tunnel.



In September 1965, A Vaishnava *sannyasi* from the Gaudiya sect arrived in New York City. He had a few rupees, a bag of cereal and some books. No one would believe that the ancient texts he carried, from India on a month-long journey on a freight ship, had the secret to our real happiness.

In July 1966, this *sannyasi*, His Divine Grace A. C. Bhaktivedanta Swami Prabhupada, established the International Society for Krishna Consciousness in New York City. Eleven years later, His Divine Grace established over 108 temples and farm communities all over the world. Fifty years later the movement has grown to over 667 temples worldwide, 95 000 devotees have taken spiritual initiation, 3 billion plates of food has been distributed and over 516 million books and magazines have been distributed.

His Divine Grace's most valuable contribution to the world is his books. While the rest of the world was asleep, he spent the nights translating as many books as possible from Sanskrit into English. Books like the *Srimad Bhagavatam* and the *Bhagavad-gita As It Is* have now been translated into every major language of the world, including French, Arabic, Swahili, and isiZulu.

Mahatma Gandhi said, "When doubts haunt me, when disappointments stare me in the face, and I see not one ray of hope on the horizon, I turn to *Bhagavad-gita* and find a verse to comfort me; and I immediately begin to smile in the midst of overwhelming sorrow. Those who meditate on the *Gita* will derive fresh joy and new meanings from it every day".

ISKCON is still a relatively young movement but has changed the hearts of thousands all over the world, including those in Durban. Krishna consciousness has progressed in the last forty-three years in South Africa. To commemorate fifty years of ISKCON we would like to make a significant offering. Sometimes such offerings come at an expensive price or in big quantity but our offering is one of devotion. Seeing devotees engaged in devotional service brought a smile to the face of Srila Prabhupada

but distributing his literature brought much more joy.

This year we have decided to honour Srila Prabhupada's sacrifices in giving us Vaishnava literature. This is a movement that helps build deep faith based on pure Vedic philosophy. I invite you to be part of it. The three programmes are:

- CHAD - Chant a chapter of *Bhagavad-gita As It Is* a day. This does not take more than 10 minutes. We also offer support and you can subscribe to CHAD via E-mail: [temple@iskcondurban.net](mailto:temple@iskcondurban.net)
- Become a Sage Book Club - This programme will assist you in reading all of Srila Prabhupada's major books, which include *Srimad Bhagavatam*, within five years. For more information go to [http://iskcondurban.net/?page\\_id=4045](http://iskcondurban.net/?page_id=4045)
- Monthly Sankirtan Festival (MSF) - This event is dedicated to sharing Srila Prabhupada's books with interested people.

Please visit our website for news and updates of the above mentioned plan.

Your servant,  
Vibhu Chaitanya Das



# Beyond What Seemed Possible

ISKCON 50

By Nashvin Gangaram

What makes someone great? Is it the amount of money one has? Is it related to reputation or popularity? Does it depend on one's intelligence or power? According to Bhagavad-gita (6.46-47), a yogi is greater than the ascetic, the empiricist and the fruitive worker. But of all yogis, the one who engages in devotional service is the highest of all. And, the additional greatness of some of these souls is their ability to inspire this greatness in others.

How did Srila Prabhupada inspire his disciples to not only take up spiritual life, but also propagate it all over the world? His own mood was revealed in his example, no hesitation to spread Krishna consciousness, despite a lack of material resources. When Srila Prabhupada arrived in America on 17 September 1965 to fulfil his spiritual master's desire to preach in English in the West, he had a mere forty Rupees and a trunk of translations of spiritual books. Even when he legally incorporated ISKCON on 13 July 1966, he had just a handful of young followers at a single tiny rundown storefront.

Similarly, Srila Prabhupada empowered his disciples with instructions to expand beyond what seemed possible. He had faith that Krishna would assist his disciples because of their sincerity. His faith was so strong that he even felt that a single devotee could maintain a temple: "In my opinion, a single sincere soul can maintain a centre. You know I started the centre at 26 2nd Ave. alone. I took the risk of 200 Dollars per month for the rent. At that time there were no

assistants...Still I was maintaining the establishment simply depending on Krishna and then Krishna sent me everything - men and money. Similarly, if a sincere soul goes out and opens a centre in any part of the world Krishna will help him in all respects. Without being empowered by Krishna, nobody can preach Krishna consciousness. It is not academic qualification or financial strength which helps in these matters, but it is sincerity of purpose which helps us always." (Letter to Brahmananda, 1967-11-11) In South Africa, Ksudhi Das was able to begin ISKCON's mission here without adequate resources or assistance.

*If people only do  
what they consider  
achievable, they will  
always act within their  
perceived limitations.*

By associating with Srila Prabhupada, his disciples developed his bold and fearless attitude and it bore results. They simply tried to fulfil his vision, acted according to his order, did whatever was required, and considered the practical viability only after accepting his order. They discovered that their success was not so dependent on their abilities, but more related to their desire to please Srila Prabhupada and Krishna, which would attract Krishna's mercy.

To our vision, it may seem that Srila Prabhupada set targets that were too high and unrealistic, but if we see things from the perspective of the goal of spreading Krishna consciousness all over the world, then we can appreciate that his requests were relatively small. If people only do what they consider achievable, they will always act within their perceived limitations. Therefore, we should imbibe Srila Prabhupada's mood and push the Krishna Consciousness Movement forward, beyond the boundaries of our minds, and Krishna will assist.

*Sri Vyasa-puja*

*26 August, Friday*

*9am - 1pm*

*Birthday Anniversary of  
Founder/Acharya of  
ISKCON*

*His Divine Grace  
A. C. Bhaktivedanta  
Swami Prabhupada*

*Festival at all ISKCON centres*



# Vote Freedom

Myth Buster

By Ananta Gauranga Das

In this world, even a bird is caged by the sky.

The campaign poster of a prominent political party read: "Together we can do more". The next day it had been vandalised (or rather revised), to "Together we can do more CRIME". This got me thinking of things I trust more than the government: a black mamba with a "cuddle me" sign; Nigerian tap water; or an E-mail from the European lottery congratulating me on becoming a billionaire.

South Africans reside in a country where pizza gets to our door faster than the police. Politicians and their policies offer a temporary solution (sometimes) to permanent problems. It's not all their fault though; the trouble is that they promise liberty when they themselves are soaked in the bubble bath of mundane decadence. What's needed is not simply a change of congress, but an evolution of consciousness. For as long as the world is perceived through the looking glass of polluted consciousness, it does not matter whether we vote for the P.A.C or KFC. Albert Einstein said: "We cannot solve our problems with the same thinking we used when creating them."

Society has been deluded into thinking that economic development offers immunity from suffering. Alas we perpetuate a culture centred on pampering our material appetite whilst starving the atma or soul. Sometimes less is more: less possessions equal more tranquility.

Advancement in human society should not be based on gold realisation or else we run the risk of being possessed by our possessions. A focus on spiritual revival results in imperishable improvement of society. Via God consciousness everyone performs their duties well and as such, mutualistic relationships are fostered. Through spiritual knowledge and practices the mind becomes purified. We may say we are a sophisticated society but a society is only as intelligent as the improvement of the mind.

Thus one may have well-informed individuals making abominable decisions because when the mind is contaminated, carnage ensues. What happens is that we find ingenious ways of concocting uncultured behaviours. If the environment is spiritually surcharged then the mind becomes purified and selects spiritually sound alternatives. In a corrupt



environment the mind becomes degraded and the entire system falls apart.

When government is directed by saintly persons and the revealed scriptures, then righteous standards are set and enforced; ensuring spiritual revival. Via this process material opulence is naturally improved as this is based on sustainable and eternal knowledge coupled with love, trust, dignity and mutual respect. In the words of Dr. Martin Luther King Jr, " Darkness cannot drive out darkness, only light can do that. Hate cannot drive out hate, only love can do that". The practice of spirituality helps one to unveil the light of our concealed condition. What is that you may ask? We are atma (spirit soul) and our natural condition is to love God and all that is connected to Him.

*Advancement in human society should not be based on gold realisation or else we run the risk of being possessed by our possessions.*

Citizens are not pawns to be used and abused by leaders. When one sees through eyes laced with devotion the heart softens. Then something mystical and magical transpires, all of a sudden people transform from possessions to personalities. Leaders should be driven not by the mechanism

of materialism. Citizens are not robots that are void of feelings. Stop the plundering of minds, hearts and dreams. Together we can build a congress of elevated consciousness where love reigns supreme.

True freedom is to be unattached to wealth, pride and status. As a result, we as a people become emancipated from the shackles of our unbridled senses, culminating in everlasting liberty of the atma. Prabhupada said, "To have a brotherhood of man, there must be a fatherhood of God." This is the formula for the real United Nations, which can be achieved only by voting for the Atma's Natural Condition. When humanity learns to see through the eyes of God we will have the vision to elevate the world. This is achieved through small miracles. One word, one step then one day, one love.

# An Easy Guide to Meditation

Action in Devotion

By Rukmini Devi Dasi

Do you feel it in your bones? There's more to life. Maybe you have tried to dip your toes in the ocean of available spiritual practices but it hasn't worked. Did the current of life steam roll you over? Was the water so cold that you weren't sure where to start? Or maybe the daylight died on you and time just flew by. Don't worry. Action in Devotion is our way of giving you easy access to all the tools and 'know how' you need to make your spiritual aspirations super practical. Now's the time to get off the philosophical couch, strip down all excuses, flex those spiritual muscles and get devotionally active. Be you a tentative beginner, a run-out-of-steam middle player, or an all time high flyer, you will find something in this article to give you a boost. We begin with simple but potent mantra meditation.

The *Bhagavad-gita* simplifies the need for meditation with this easy formula. Our goal is happiness. We can't get it if we don't have inner peace. We will never gain control of all the 'possibly-could-go-wrong' factors in life. However, we do own how we respond to them. The problem is that instead of a kick-ass, professional 'armed response,' we have a weak, uncontrolled and insatiable mind. Mind your mind and your path to internal satisfaction despite external mayhem, will roll out like a red carpet in front of you. Now there's a host of different meditation techniques out there and you can try them all. You could also save yourself time and take the *Gita's* advice that mantra is the easiest, most efficient way to meditate. Spiritual sound vibration such as the *maha-mantra* (*Hare Krishna Hare Krishna Krishna Krishna Hare Hare Hare Rama Hare Rama Rama Rama Hare Hare*), will do exactly what mantra says it will; free your mind. And here's how you can get started.

## Level 1: Gratitude & Goodwill

Time commitment : 60 seconds per day

You're too busy and don't have time to become a major yogi. Ok, can you spare just one minute? Yes, that's all we ask. In this crazy, fast-paced, rollercoaster we call planet Earth, it would do us and the cosmos a lot of good to just pause, reflect and reset.

Whatever happens in the middle of your day, the key is to begin and end in style. The moment you get out of bed, sit with your knees upon the floor and place your forehead on the earth. Recite one *maha-mantra* with this meditation: "I'm grateful to rise today and begin anew. May all of creation be happy."

The Vedas describe the mood of being an open hearted well-wisher for all, *sarve sukhino bhavantu*. Nothing frees us from the chains of absorption in our own woes more than genuinely caring for the spiritual upliftment of others. At night, just before you go to sleep, bow down again reciting one *maha-mantra*. Be grateful for the gifts of the day, be they sweet, bitter or in between. Remember to wish the best for all living beings. Let these 60 seconds be the most important and heartfelt in your day.



## Level 2: Let's Get Serious

Time commitment : Ten minutes

If you are willing, however, to make a small sacrifice for a powerful result then try this; find a comfortable spot in your home at a time when you won't be interrupted. Get a string of 108 meditation beads. Whilst touching a single bead with the fingers of your right hand, recite the full *maha-mantra*. Move onto the next bead and repeat. In 5-10 minutes you would have completed one round. This technique is called *japa*.

One key practice in this level is to train your mind to focus on one mantra at a time. Our minds are like children. They will try their utmost to escape any form of discipline but will deal better with small, manageable tasks. Breathe deeply.



Decide that you will be present and hear each syllable of just each *maha-mantra*. Let the sound vibration wash over you gently. Do the same for the next. It's natural to find that you may mentally drift off. Bring your mind back to the present time and space and try to hear the next mantra. Be conscious of how your mind space changes afterward. When I am able to focus in meditation I'm immediately uplifted and feel a divine cleansing. You can test what it does for you. If you feel it works increase your chanting in ten minute increments. Sustainable progress is always positive.

\* Visit our gift store at the Sri Sri Radha Radhanath Temple and purchase meditation beads with a nifty bag to keep them safe and clean. Bhakti Devi will be more than willing to give you a two-minute tutorial on using mantra beads.



### Level 3: A Call to Krishna

Time commitment : 2-2.5 hours

If you are a seasoned practitioner who chants 16 rounds on beads every day then you may encounter dry spells of, "My *japa* is not what it used to be". Here are some meditations that may help you rehydrate.

The name Krishna means all-attractive. If Krishna can attract the whole universe why doesn't His name attract me? You are sitting down for a ten

course feast but keep worrying about whether there will be any dessert left whilst you blindly gulp down the other nine courses. Inevitably, you will taste nothing. Give yourself the sanity of a sacred time where *japa* is the focus and nothing else. Make the sacrifice of rising earlier. Be mentally present.

If your *japa* is consumed with the things you did or didn't do, or if it's your self-counselling session for all of life's problems, then try this: take a leap of faith. Leave all issues at Krishna's feet. It's His problem. And make tasting His holy name your problem. You may surprisingly find that you like to chant rather than have to chant. And problems may sort themselves out.

Lastly, when we focus on hearing Krishna's names, we can remember that we are calling a person. Call sweetly with sensitivity. If we try sincerely then Krishna, as a person, may respond. *Japa* is not just us talking to Krishna but Krishna speaking to us. Keep trying. We learn by making mistakes. Even the half baked practitioner may



still taste an iota of Krishna's sweetness.

When deciding your level of practice remember that the best level is exactly where you are at; now. Don't sell yourself short. Don't jump ahead in over-eagerness. The key element is consistency. Meditation is a spiritual detox for the complete self. As the old flows away it gives room for the new to flourish. We will never perfect *japa*, but we can always experience it with increased freshness. And we can share that energy with all whom we meet.

Write to us about your experience at [temple@iskcondurban.net](mailto:temple@iskcondurban.net)

# Krishna Janma

**25 August, Thursday**

**Festival until midnight**

**All-day Offerings**

**Spectacular Cultural**

**Entertainment**

**Seniors Vedic Arts**

**& Culture Fest**

**park & ride (7pm - 2am)**

**Hare Kris**

**Chats**

**25 - 26**

**26 August, Friday**

**Birthday Anniversary  
of Founder Acharya of  
ISKCON**

**His Divine Grace A. C.  
Bhaktivedanta Swami  
Prabhupada**

**9am - 1pm**

***Free Vegetarian Meals***

**Keep an eye on our social media for  
more details.**

**Celebrations also at  
ISKCON Centres**

**Ladysmith**

**Newcastle**

**Phoenix**

**Pietermaritzburg**





# ushtami Festival

shna Temple  
worth  
August

## *Welbedacht*

6 August,  
Saturday, 12pm  
Food for Life  
& Harinam

## *Unit 9/11*

8 August,  
Monday, 7pm  
Ram Mandal,  
Unit 11, Chatsworth

## *Reservoir Hills*

9 August,  
Tuesday, 6:30pm  
Hindu Seva  
Samaj Hall

## *Unit 6*

13 August,  
Saturday, 4:30pm  
Sri Vishnu Temple  
Chatsworth

## *Sarnia & Pinetown*

13 August  
Saturday, 5pm  
Pinetown  
Civic Centre

## *Clare Estate & Asheville*

13 August,  
Saturday, 6:30pm  
Shaligram Hall

## *Tongaat*

13 August,  
Saturday, 6:30pm  
Gokul Hall

## *Merebank*

17 August,  
Wednesday, 6:30pm  
Merebank  
Community Hall

## *Lotus Park*

19 August,  
Friday, 6:30pm  
Lotus Park  
Community Hall

## *Verulam*

19 August,  
Friday, 6:30pm  
Verulam  
Daycare Centre

## *Northdene*

20 August,  
Saturday, 5:30pm  
Northdene Santh Hall,  
Nirvana Hills

## *Stanger*

20 August,  
Saturday, 5:30pm  
Stanger  
Sanathan Mundhal



# Yes, She Can

By Bavisha Moonasar

The core of Vedic philosophy is the concept that we are the soul rather than the body. However, due to certain circumstances, the soul is placed in either a male or female body. These bodies are each conditioned with certain roles and various physical and psychological abilities. It is here that the understanding of equality broadens. Spirit souls are acknowledged as equal yet upon entering a specific body, difference and inequality arise due to the conditioned nature of that body. This difference does not, however, permit the disregard of female bodied souls. In a society that has progressed in fields of technology and science, we seem to have regressed in understanding the female bodied soul. Women are often disrespected and unprotected. Vedic scriptures have strongly stressed the importance of respecting and protecting women and offer a process in doing so.

When Srila Prabhupada founded and established ISKCON in the West, he firmly emphasised that just as the men could, the women would be free to engage in services for not only the temples, but the movement entirely. Prabhupada openly accepted women disciples based on his reasoning that the service performed was subject to devotion and not one's body. Many of Prabhupada's women disciples were entrusted with tasks including book production, book distribution, leading *kirtan*, and giving lectures. He saw no issue with women residing in ashrams.

Prabhupada encouraged his women disciples to perform these devotional services and to seriously cultivate their spiritual lives because he believed that women were entitled to spiritual advancement. By giving them every opportunity to serve and progress spiritually, he set the standard to use all abilities in devotional service. Thus, Prabhupada upheld the instructions of the Vedas by directing his

women disciples. Women need not be placed in the background in either their spiritual lives or in the growth of the movement.

An example of such a woman is Jahnava Devi, Lord Nityananda's wife. She was a responsible and important person in the *sankirtana* movement. She cared for all the devotees like a mother and still executed her duties as their leader after the departure of her husband. A woman (or man) who is qualified can lead. Spiritual qualification is not gender specific.

Women can lead and still embrace their role as mothers. Scripture states that a man should see all other women, besides his wife as mother. Srila Prabhupada stressed that other than his wife, a man should see all other women as his mother. The *Srimad Bhagavatam* states that every being has seven mothers; the real mother, the wife of the spiritual master, the wife of a *brahmana*, the wife of a king, the cow, the nurse and the earth. The understanding of these seven mothers bring to light the amount of respect that the Vedas demand for women. Naturally, one would not think to exploit and disrespect one's mother. Vedic culture respects women and through this respect, one can easily advance in spiritual life.

Part of respect is protection. Prabhupada instructed his male disciples to form protective lines on either side of the women during street chanting and ensuring that the women dressed devotionally. He set the example of protecting women. He ensured that the instructions of the Vedas were understood and not misinterpreted especially when concerning the role of women devotees.

Prabhupada's message serves as a constant reminder that one's body does not determine a spiritually successful life, but rather the devotion and desire to do so.



## Women's Day Brunch

*A wonderful morning of enlightening  
discussions on the body, mind and soul.*

*Vedic Fashion Show*

*Tuesday, 9 August @ 9:30am*

*Hare Krishna Temple, Chatsworth*

*Booking Essential 083 9505 111*



# The Unassuming Goddess

By Gaura-bhumi Devi Dasi

The Vedic culture is one of the few cultures that acknowledge the female aspect of God. Radha and Krishna together form the dual-gendered divinity, which is God. They are explained as the male and female dimensions of the Absolute Truth. Just like fire is never without its heat, Radha and Krishna are one; non-different and inseparable from each other. Krishna is further described as the complete energetic source and Radha, the complete energy. You cannot have one without the other. They are one but with two separate forms.

Srila Prabhupada describes how everyone wants *ananda* or pleasure. Pleasure is something best experienced when in the company of others. In this way, Srimati Radharani is the pleasure potency of Krishna. A word of caution, dear *jiva* (spirit soul), this Goddess is not to be seen as an ordinary lady of this world. She is the pleasure-giving potency of Supreme Absolute Truth, something far superior to a 'girlfriend'.

In the entirety of the 18000-verse *Srimad-Bhagavatam*, Srimati Radharani is only mentioned once, indirectly, in the tenth canto, thirtieth chapter, verse twenty-eight. The speaker, Sukadeva Goswami, refers to Her as *anayaradhito*, which means "one who worships Krishna the best". Indeed, Srila Prabhupada states how one of Her most prominent features is Her attitude of always thinking of Krishna.

Historically, Goddesses bring to mind Trojan wars; tales of wonder and a type of beauty which puts a starry night sky to shame. The Vedas however, portray Goddesses in a different way; a combination of bashful gaits; fiery personalities and empresses of knowledge.

The Oxford Dictionary defines unassuming as "not pretentious, or arrogant; modest in nature," a fitting description of the Goddess Srimati Radharani.

## Did You Know?

The primary and most powerful manifestation of the Absolute Truth's mercy is presented in the *maha-mantra*: *Hare Krishna Hare Krishna Krishna Krishna Hare Hare Hare Rama Hare Rama Rama Rama Hare Hare*. Both Radha and Krishna are fully manifest in this mantra. The word Hare is a vocative form of Hara, which is another name for Srimati Radharani. The *maha-mantra* is a prayer which requests Srimati Radharani to allow Krishna to engage us in devotional service. Srimati Radharani is the medium through which devotional service is conducted for She is the embodiment of devotion and love for Krishna.



Srimati Radharani is the Queen of Vrindavan, the spiritual domain. She is often overlooked, due to Her gentle disposition. However, She possesses the key to greatest treasure in the entirety of creation. Krishna Himself is bound by Srimati Radharani. Yet, possessing such power in no way changes Her modest nature. It is through Her recommendation only that Krishna accepts a devotee, however great or small they may be. Srimati Radharani is the feminine touch of Divinity. Srila Prabhupada describes Her as the tender-hearted feminine counterpart of the Absolute Truth. So if devotees approach Krishna via Her, then Her mercy makes devotional service effortless. If we try to reach Krishna through Radharani then our business will be successful.

There is something to be admired in the greatness of a humble person. The acceptance. The non-judgement. Her love is the highest because She presents others first. This is the unassuming form of Divinity. How open to suggestion are we, dear *jivas*? Let us aspire for this modesty as members of *bhakti*. Indeed, She is so great that even Krishna Himself does not fully understand Her qualities. What does that say about the greatness of Her position?

Open your heart. There are some things in life only a Goddess would understand. There is nothing quite like the compassion of a loved one, and who more beloved than the most tender-hearted of Goddesses? The most compassionate form of Divinity.

This unassuming Goddess is the guiding light of the struggling *sadhaka* (spiritual aspirant) for She holds the key to the heart of the Absolute Truth.

# Create Sacred Space

By Kamala-sundari Dasi

We may find ourselves in need of a “get away” from time to time, to abandon the chaos and search out a serene environment to de-stress body, mind, and soul. Circumstances do not allow us to up and leave when we feel the need. So, wouldn't it be wise to make our home that place of tranquility? Being unable to relax in our own home is a peculiar scenario.

What would we say is the current focus and activities at home? To sit in front of the TV, munching on snacks, whilst fixated on a favourite DSTV soapie? Or to laze in bed with iPad in hand, browsing through YouTube videos? Real unwinding is the connection of our heart to the reality channel of God. Home is where the heart is, and the heart is most satisfied when in its natural state, one with God.

So, how do we upgrade our home to a sacred space or temple? A temple is a place of worship, centred around spiritual activity. When I speak to resident devotees at the Sri Sri Radha Radhanath Temple about their lives there, the common thread is that they are grateful to live in the Supreme Lord's house, and that His presence is always felt. When we visit temples, we do not enter with our shoes on as they are unclean. We tread everywhere in them, touching all types of dirt. Removing our shoes immediately elevates our mind, making us recognise that we are now entering a special place. Replicating this practice in our homes will assist us in remembering that our homes are a sacred sanctuary too.

To feel the sweet presence of God in our homes, we simply have to think that He is the actual owner. Constantly thinking like this will make it natural for us to connect our activities to the Supreme Personality of Godhead, Sri Krishna and make Him our focus. For this we must have “sacred space”. The energy from this space will soon permeate to our entire home and create an atmosphere of calm and an atmosphere no holiday destination could compare to.

Srila Prabhupada taught that if one wants to live a sublime life, they should live in a temple. If that is not possible, then they should live as close to a temple as possible. And if that cannot be done, then



make the home a temple. My husband and I recently purchased our first home. During the process, our criteria included: an area to create a sacred space, a garden conducive for meditation, and that our home be within a 10km-radius to the Sri Sri Radha Radhanath Temple.

## *How do we upgrade our home to a sacred space or temple?*

Our sacred space should be the most important area of our home. This space does not need to be a large area, rather an area where each member of the family spends part of

their day to attain that elusive peace. It should be the place we go to find our centre, and to connect with God. And after having gone there, we come out renewed individuals.

Setting up my sacred space was most fulfilling. I excitedly shopped for items from ordering colourful floor cushions to sit on, to choosing my most beloved picture of Krishna. I pondered on décor and rug patterns that would complement the curtains to enhance my sacred space. This made me think that we may decorate our home for the Lord externally, but we need to do it internally as well. Our bodies are temples of God, as He is situated in our hearts. So we can decorate the throne of our heart with unlimited ornaments such as humility, tolerance, surrender, simplicity, and love.

May we all be blessed to remember Krishna, in our homes and in our hearts.



# The Art and Craft of Hearing

Marriage Matters

By Visakha Dasi

"Dear God, please help my husband/wife see things my way."

This should not be our prayer. Even with spiritual progress as a common goal, even with inner strength and compatibility, a marriage will still be painfully difficult if the couple cannot empathetically hear from each other. If we only listen enough to protect our own territory, we lose common ground. If we only hear what we want to hear, we will remain inflexible and unaware of the other's needs. But, when we don't impose our self on the other, or allow the other to impose him or herself on us, hearing is an opportunity for lifetime learning, responding to healthy needs, and reconciling divergent opinions. A rewarding marriage creates an atmosphere that encourages each person to talk honestly. Emotions need not be repressed; they can be expressed, but expressed considerately, so the other can hear.

True hearing, with total concentration on the other, is to value the other and extend oneself for mutual growth. An essential part of this process is to temporarily set aside our prejudices, frames of reference, and desires as to experience our spouse's world from the inside by stepping into his or her shoes. Sensing this acceptance, the speaker feels inclined to open up more to the listener and the listener appreciates the speaker increasingly. Unfortunately, most couples do not truly hear each other.

The art of knowing what to say when and the craft of give and take is part of hearing, as illustrated in this pastime and purports from the Sixth Canto of the *Srimad Bhagavatam*.

Mother Parvati could not appreciate Chitraketu's position, and therefore she cursed him, but when she understood the instructions of Lord Shiva [her husband] she was ashamed and covered her face with the skirt of her sari, admitting that she was wrong in cursing Chitraketu." (SB 6.17.35-36)

However, earlier in this intricate narrative, we learned that the difficulty was that Chitraketu, having become a great devotee of Lord Vishnu, Sankarsana, was somewhat proud at having achieved Lord Sankarsana's favour and therefore thought that he could now criticise anyone, even Lord Shiva. This kind of pride in a devotee is never tolerated.

Mother Parvati was justified in punishing Chitraketu,

for Chitraketu impudently criticised the supreme father, Mahadeva. Acting through the heart of Parvati, the Lord, who is situated in everyone's heart, cursed Chitraketu in order to end all his material reactions." (SB 6.17.10, 15, 17)

Given this explanation, was there a need for Parvati to hide her face in shame? Yes. Instead of an argument to establish who was "right" and who was "wrong," we find that Parvati, although her actions were justified, carefully heard Lord Shiva's opinion and acknowledged his greatness. She did not do so artificially. Between right and wrong are many shades of grey. The exchange is a beautiful interplay of maturity, humility, knowledge and detachment, a tapestry of harmony despite differences.

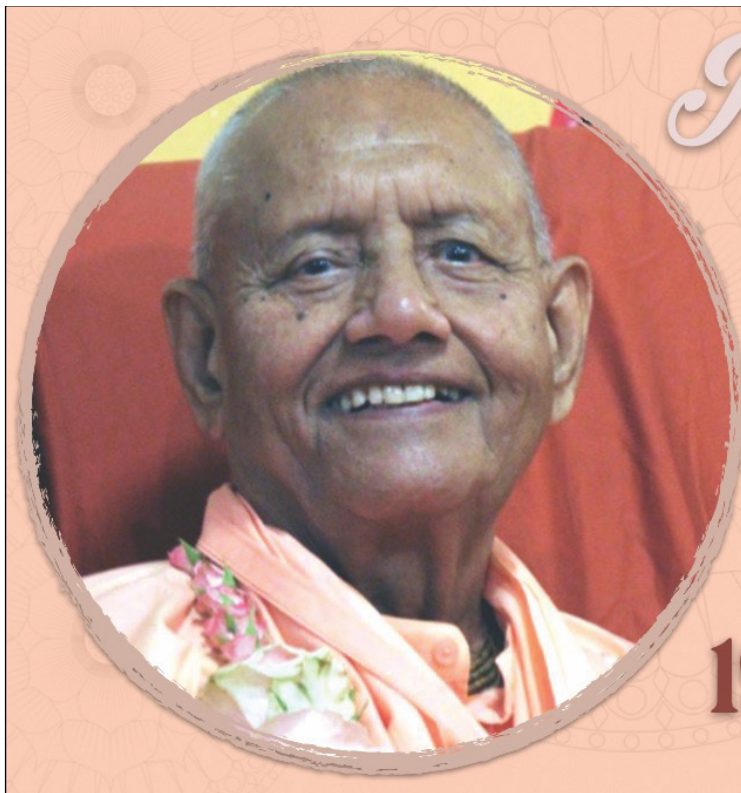
*....most couples do not truly hear each other.*

The inability to hear and the inability to speak in such a way that we can be heard, creates, in the *Bhagavatam*'s words, "...a husband and wife who constantly make material endeavours to eliminate their unhappiness and unlimitedly increase their pleasure but who inevitably achieve exactly the opposite result." (SB 11.3.18)

Simply hearing each other can redefine your relationship.

Visakha Dasi is a disciple of Srila Prabhupada. Srila Prabhupada bore witness to her wedding to Yadubara Das in Vrindavan. They have two daughters and are based in Sharanagati Village, a rural community in British Columbia, Canada, where Visakha is writing a memoir, *Unexpected Love*.





# Remembering His Holiness Krishna Das Swami 1932 -2016

On Wednesday 20 July 2016, His Holiness Krishna Das Swami passed away in the holy land of Vrindavan. Maharaja had been ill and hospitalised in a Delhi hospital. He began experiencing organ failure and instructed his disciples to immediately take him by car to Vrindavan. Fifteen minutes after arriving in the birthplace of Lord Krishna, Maharaja left this mortal world. We share a selection of appreciations from Maharaja's Godbrothers.

## **His Holiness Bhakti Bringa Govinda Swami**

Srila Bhaktivinoda Thakur wrote: "He reasons ill who tells that Vaishnavas die, when thou art living still in sound. The Vaishnavas die to live and living, try to spread the holy name around!" It is unfortunate that we no longer have the physical association of Srila Krishna Das Swami Maharaja, but we will always be blessed with his association in the form of his instructions and by the example in which he lived his life. I can honestly say from the time I met Maharaja, he was wonderful and we shared a pleasing relationship. He was twenty years older than me. He was always a very giving and loving, elder brother. Whenever we met we embraced, we were always joking with one another. I was in awe of his preaching and would joke with him that he was like Srila Prabhupada's strong Punjabi tiger. I very much appreciated Maharaja's traditionalism and I found him enlivening. I have travelled to South Africa and Mauritius and I have seen how Maharaja inspired people so much, how they loved him so much, and how they were willing to dedicate their lives to the service of ISKCON and to his lotus feet. It is a loss for us that Maharaja is no longer with us, but we should remember his life and his service to Krishna, to Srila Prabhupada and Sri Caitanya

Mahaprabhu. We should take inspiration from his life and in that way he will always be with us. I offer my condolences to all of Maharaja's disciples.

May His Divine Grace Srila Prabhupada welcome Krishna Das Maharaja in Goloka Vrindavan and bless him with service to the Divine Couple!

## **His Holiness Bhakti Caitanya Swami**

Around July or August 1973, Krishna Das [Swami] moved into the temple. He became close to the Temple President, Vicitravirya Das, and they would regularly go out and do programmes with Indian families around London. Vicitravirya would sometimes tell us how Krishna Das would preach very strongly to these people, and insist they become life members and donors. I saw him in action during festivals at Bhaktivedanta Manor. He was literally like a transcendental lion, roaring at the people and powerfully arousing their sense of responsibility as people from Indian backgrounds. He glorified Srila Prabhupada very nicely, sometimes referring to him as the thirteenth Mahajana, and would tell the people that Prabhupada was the real representative of their culture and tradition.

Around 1986 or 1987 he started visiting South Africa, on the invitation of Giriraja Maharaja. He preached in his characteristic powerful way, sometimes giving classes to Indian audiences until late at night. Maharaja often lamented the degradation of modern day India, always fondly referring to it as "Bharat" which of course is the traditional name for the country. In his heart, Maharaja wanted India to really become the Bharat



of its ancient tradition, and knew that Krishna consciousness was the only thing that could help achieve that. He continued preaching powerfully, and glorifying Srila Prabhupada as the saviour of humanity. His contribution to Srila Prabhupada's movement was outstanding, and I'm sure he is at his lotus feet right now.

### **His Holiness Giriraj Swami**

I shall pray for him, with heart and soul. He has been a well-wishing elder to me, and I am deeply indebted to him. Please accept my heartfelt condolences. I myself have felt deep separation ever since Guru Maharaja departed. His departure is a tremendous loss for the movement and for me personally. Is there anything I can do to help you all now?

### **His Holiness Jayadvaita Swami**

With the departure of His Holiness Krishna Das Swami Maharaja, we lose the association of a staunch Vaishnava, a father to many, a vigorous preacher, and a friend.

I first met him at Bhaktivedanta Manor many years ago. I saw him as a person of firm conviction and dedication. He impressed me then as a cultured devotee firmly established in religious principles and devotional life. And, though older, he had put other concerns aside to join the mission of Srila Prabhupada.

Throughout the years, he was always friendly and welcoming toward me, and I benefited from his company. I saw, too, that by the strength of his Krishna consciousness, he brought out other peoples' faith in Krishna consciousness as well.

May his memory continue to inspire us in devotional service always. Hare Krishna.

### **His Holiness Partha Sarathi Das Goswami**

I first met Srila Krishna Das Maharaja around 1987 or 1988 and was immediately attracted towards his saintly qualities. Srila Krishna Das Maharaja comes from a different background than the vast majority of Srila Prabhupada's disciples. He was born in a staunch Hindu family and broke away from the traditional Hindu culture to become a Vaishnava preacher in Sri Caitanya Mahaprabhu's movement. Although already initiated, he took shelter of Srila Prabhupada and became a strong preacher of Krishna consciousness in England, then in South Africa, Mauritius, Botswana, etc.

Maharaja attracted many persons to Sri Caitanya Mahaprabhu's mission, who would otherwise have

been lost in what we loosely call "hodgepodge Hinduism." Srila Krishna Das Maharaja took a strong stand in preaching Vaishnava philosophy, that Krishna is the Supreme Personality of Godhead and that we are His eternal servants. He was rigid and staunch in his conceptions and attracted many people to Srila Prabhupada's ISKCON.

In my humble way I would like to offer my services to any of Srila Krishna Das Maharaja's followers and I encourage them to continue worshiping their *param-guru*, His Divine Grace A. C. Bhaktivedanta Swami Prabhupada and stay staunchly loyal to Srila Prabhupada's personal preaching mission, the International Society for Krishna Consciousness.

I feel confident that Srila Krishna Das Maharaja has attained the Lord's pastimes and I shall pray to him for his mercy.

### **His Holiness Sivarama Swami**

Glorification of a Vaishnava is a wonderful thing. Maharaja and I had a cordial relationship. He was like an elder brother although I was his GBC in England for many years. Maharaja was a wonderful speaker. In our personal discussions I would ask many questions on Indian culture and tradition since he was learned in the Puranas. Krishna Das Swami Maharaja was born in a Vaishnava family. Initiated into the Madhava Sampradaya. Came to the UK as a teacher. One devotee went out on book distribution in London and happened to knock on Krishna Das Swami Maharaja's door. Maharaja was very surprised to see a western bodied devotee selling *Bhagavad-gitas*. He was extremely enlivened and enthusiastic to see this devotee and immediately enquired more about the devotees. He came to our Bury Place temple and later met Srila Prabhupada. He had a wonderful discussion with Srila Prabhupada and if you read any of his Vyasa-puja offerings you will know. Srila Prabhupada asked him to join ISKCON and help him preach and spread Krishna consciousness. And Prabhupada said he will give him *sannyasa*. At that time there were no Indian resident devotees in England. Maharaja immediately accepted Srila Prabhupada as his *sannyasa* guru.

Maharaja was a bold preacher, a brave person, and straightforward. One of Maharaja's service was to make life members. He was really a Prabhupada man. He did what Prabhupada asked him. Since then he continued to preach, travel, took *sannyasa* and despite his bad health, he continued. Maharaja was determined in his service of preaching. It was an honour to know Krishna Das Swami Maharaja and he will be sorely missed.

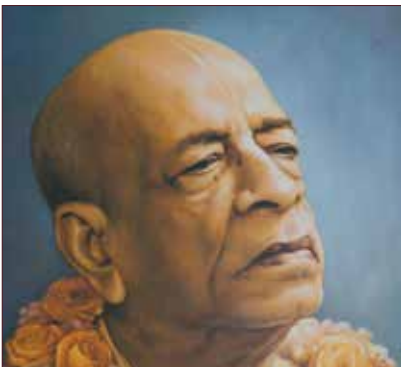
# Event Guide



Jhulana Yatra Sri Sri Radha-Krishna Swing Festival  
14 - 18 August



Gita Week Begins  
19 August | Friday



Srila Prabhupada's Vyasa-puja  
(Fast until noon)  
26 August | Friday



Lord Vamana's Appearance  
(Fast until noon)  
13 September | Tuesday



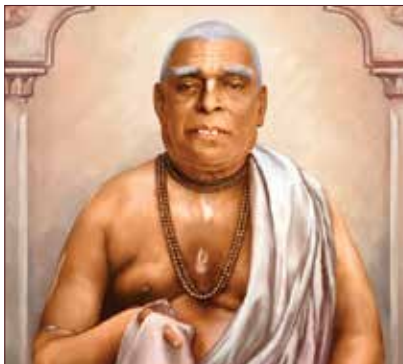
Lord Balaram's Appearance  
(Fast until noon)  
18 August | Thursday



Sri Krishna Janmashtami  
(Fast until midnight)  
25 August | Thursday



Srimati Radharani's  
Appearance (Fast until noon)  
9 September | Friday



Srila Bhaktinoda Thakur's  
Appearance (Fast until noon on 13th)  
14 September | Wednesday

## EKADASI

Fast from all grains, beans and legumes.

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

Ekadasi

14 August | Sunday

Break fast

15 August | Monday | 06:29 - 10:10

Ekadasi

28 August | Sunday

Break fast

29 August | Monday | 06:14 - 10:02

Ekadasi

13 September | Tuesday

Break fast

14 September | Wednesday

05:55 - 09:52

Ekadasi

26 September | Monday

Break fast

27 September | Tuesday

05:38 - 09:44



Ganesh Chaturti

5 September | Monday

Second month of Caturmasya

Fast from yoghurt

18 August - 15 September



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