



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

HARE KRISHNA NEWS

January / February 2017



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Temple Directory

Communications – Krishangi Radhe 083 254 8339
 Facilities Manager – Akrura 072 463 8119
 Festival Manager – Balam 082 881 4521
 Finance – Ramvijay 084 550 4101
 Youth Officer – 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
 Govinda's Restaurant – (10:30am – 7pm. Direct line 031 403 4600)
 Radhanath's Gifts (10:30am – 6:30pm)
 Take Care of Krishna –
 Kamala Sundari (Mon – Thurs 9:30am – 1pm)
Departments
 Book Distribution – Krishna Caitanya Das 081 088 2493
 Deity Department – Deva Deva 076 178 6850
 Funerals – Ananta Ses 084 686 2618
 Guest Accommodation – reception@iskcondurban.net
 031 403 3328
 House Programmes – Radha Giridhari 076 190 8485
 Patita Pavan Nitai 078 455 7594
 Outreach Programmes – Alanath 083 775 2760
 Street Chanting – Virabhadra 071 870 0588
 Temple Room Co-ordinator – Arjun Acharya 031 403 3328
 University Programmes/Girls Programme –
 Rukmini 084 579 1080
 Smart Box Queries – Ananta Gauranga 082 783 3599
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Editor's Note

I had a few peculiar exchanges during our book distribution drive last December. 40-year-olds would turn me down saying that their mom has the books. I was gobsmacked. Then I said to one gentleman, "That's great, but you're an adult and I think it's time you get your own book." He conceded and bought a *Bhagavad-gita*.

I think the Indian community values education above all else (generally). The pursuit of knowledge is not a foreign endeavor for South African Indians. If we look at our history it is that pursuit to become educated that helped us dig ourselves out of the trenches on the KZN sugar cane fields to become professionals, entrepreneurs and corporates. There is a deep understanding and appreciation of knowledge, learning and application.

Sadly, we have forgotten the root of that thirst for knowledge. The rich spiritual heritage that explains our origins, the natural world, the universe, and the Cause. Our education stops at getting the job and building a comfortable life. And the education of the self is ignored. We squander that privileged heritage in the callous pursuit of things.

Of course, I'm not propagating that you give up worldly pursuits. It's a common assumption, that to be a spiritualist you must renounce the world. But Sri Isopanishad teaches that all knowledge—material and spiritual—can be sort after side by side. And one who does so can transcend the material universe and enjoy immortally.

To joyful immortality!

Rasa-sthali Dasi

P.S. I would love to hear from you.
 Write to me at rasasthali@iskcondurban.net



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

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First Impression

Living with Srila Prabhupada
By Yamuna Devi Dasi (ACBSP)

Swamiji [Srila Prabhupada], smiling broadly, picked up a small bongo drum and said, "Now we will have *kirtan*." His chanting started off slowly, and he appeared fully absorbed in it. His voice was vibrant and clear, the melody simple, the cadence strong and steady. I was relieved because this part seemed easy enough—quite unlike the Sanskrit recited throughout the wedding ceremony. After a couple of repetitions of *Hare Krishna, Hare Krishna, Krishna Krishna, Hare Hare, Hare Rama, Hare Rama, Rama Rama, Hare Hare*, Swamiji nodded his head and other voices joined in. Over and over they repeated the three-worded mantra. When Swamiji closed his eyes, I noted that many others did so as well. I speculated that this fostered a trance-like state, but I still kept my eyes wide open so as to not miss anything. I did not chant, fearing that if I were to add my voice to the mix, it might disturb its cohesiveness, its balance.

In this way, I observed and listened to the chanting for a good five minutes or so. Chanting the mantra seemed different from any group singing I had ever experienced. The first thing that struck me was its simplicity: a simple melody, an easy rhythm, and only three words. When I too closed my eyes and joined the others, it was as though I had been chanting this simple song to God forever. I soon found myself soothed and relieved of all my anxieties, though I could not understand how or why it was happening. I just surrendered to the sound and let it envelope my senses, allowing myself to trust, to call out—to open my heart to its promise.

Even as a beginner, I found myself leaving the world of the temporal senses. Swamiji varied the tempo of the chanting, allowing us to experience different emotions. Sometimes he increased the tempo slowly, at other times quickly. He brought the chanting to an intense crescendo, and then again slowed the pace and the *kirtan* manifested in an entirely different way. It was akin to the pure improvisation of an experienced classic or jazz master, but its purpose and intent were still inexplicable to me. What I did know was that the experience of first

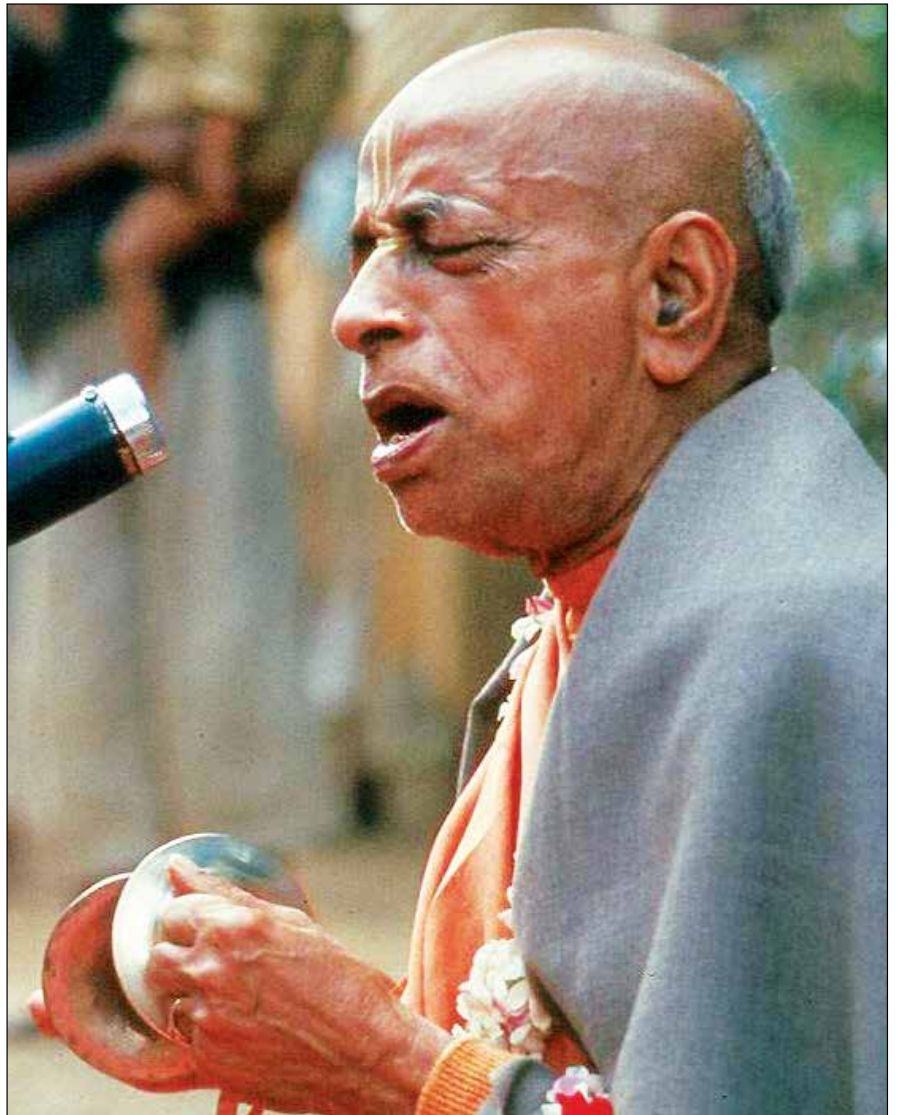
chanting with Swamiji created an impression in my heart. I didn't know it yet, but this small beginning would grow to encompass my whole being, and the chanting will become the fulcrum around which every other aspect of my devotional life would revolve.

*His voice was
vibrant and clear,
the melody simple...*

Even though I was shy and reluctant to say anything, I later asked, "Swamiji, what is the effect of chanting?" He answered: "Chanting cleanses the heart of all the dirty things and brings about love of God."

Yamuna Devi met Srila Prabhupada in New York at her sister's wedding in 1966. Later, she and 5 other devotees pioneered Krishna consciousness in the UK. She travelled to India with Srila Prabhupada and cooked for him. In 1984, she published Lord Krishna's Cuisine: The Art of Indian Vegetarian Cooking, which received unprecedented praise. Yamuna Devi passed away on 20 December 2011 at the age of 69. Her close friend Dinatarini Devi Dasi has published Yamuna, A Life of Unalloyed Devotion in her honour.

Excerpt taken from Yamuna Devi, A Life of Unalloyed Devotion, Part 1 by Dinatarini Devi Dasi.





Srila Prabhupada explained that devotees of Krishna celebrate a new year every day and not only on the 1st of January, as Krishna is always fresh and ever youthful. Does this mean we should make a resolution everyday?

A steady practitioner in spiritual life seeks blessings at every step of his life. His treasure chest should be full of blessings—blessing from the Supreme Lord and His devotees. It's by these blessings that we will be able to stick to our resolutions.

Happy To See You

Message from the President

"Many temples in India require you to register to take *darshan* of the deity. You may have to wait for months until your turn. In the Tirupati temple, *darshan* lasts only 10 seconds before you are ushered away by the security. But the mood of Sri Sri Radha Radhanath is different. You can see that Sri Sri Radha Radhanath are happy when the devotees come to see Them."

Let us make life simple once again.

These are the words of His Grace Kshudy Prabhu, the first of the pioneering devotees who arrived in South Africa in 1972 by the order of His Divine Grace A. C. Bhaktivedanta Swami Prabhupada. Like Kshudy, many devotees who joined in the early seventies recall the energy of joining Srila Prabhupada's International Society for Krishna Consciousness—the chanting, dancing, mass distribution of books on Krishna conscious philosophy, and the feasting. This program attracted thousands across the world. They did not just attend the temple program on a weekly basis but surrendered their lives and joined one of the 108 temples that Srila Prabhupada had established.

As we welcome 2017 into our lives, we look back at 2016 and may wonder what the new year will bring us; new challenges or the same old challenges with a different flavor. Perhaps more anxiety or maybe we are one of the fortunate, whose lives will change for the better.

When life gets complicated, we need to find the courage to simplify it. A spiritualist understands the goal of life is to go back to the spiritual world but he may be challenged, and sometimes blinded, by the material energy to get to that goal.

Let us make life simple once again. Let us bring back the days of chanting, dancing, distributing Krishna conscious knowledge, and feasting. This will be our focus—to make Sri Sri Radha Radhanath happy just by seeing us. 😊

Praying for your blessings,

Vibhu Chaitanya Das

Please see our graphic illustrating how we fared in 2016, the vision for the temple in 2017, as well as areas I feel that we can improve. Ultimately our goal is "more devotees, happier devotees." This year I would like to engage more devotees in Sri Sri Radha Radhanath's service as this will automatically achieve the second part, "happier devotees."

Personally, I would like to concentrate on Phase 3, the development of the vacant land adjacent to the Temple. I see Sri Sri Radha Radhanath Temple as being the premier Vaishnava cultural centre in Africa. This mammoth task will require a team effort. And finally...Yes, we will also make time in the year to distribute 50000 cupcakes!



Awareness

- Stall at the Travel & Adventure Show (during the House & Garden Show)
- TripExpert 2016 Experts' Choice Winner
- Heritage Day Harinam on the beach
- Taste of Devotion Campaign - 5000 cupcakes distributed in and around Durban.
- 53565 Books distributed in December
- ISKCON 50 VIP programme at Kendra
- Bhakti Theatre staged 2 ISKCON50-themed dramas
- ISKCON 50 Special Edition supplement in a national newspaper (350000)
- Featured in Tsogo Sun's Travel magazine, which described the temple as a spaceship.

- Establish relationships with local media houses, government officials and influential people to have a greater reach in sharing the gift of Krishna consciousness to society at large.
- Temple Tours:
 - Invite more tourist groups
 - Invite guests to chant a round of *japa* or offer an incense or lamp to the Deities for a more interactive experience.



Social Media

- Instagram 2149 followers
- Facebook 19693 likers
- Twitter 1694 followers
- WhatsApp 1716 subscribers

- Instagram reach: 5000 followers
- Facebook reach: 25000 likers
- Twitter reach: 2000 followers
- WhatsApp reach: 2000 subscribers



Increase Book Distribution

- National Book Distribution Seminar with international leader, His Grace Vaisesika Das
- Introduction of the Monthly Sankirtan Festival (MSF). This festival is centered on a morning of book distribution followed by a sharing session and a lunch feast.
- ISKCON Durban is the African Champions for 2016. We distributed 85 000 books

- Maintain MSF and increase participation.
- Assist other ISKCON centres with MSF
- Increase book distribution by 10% overall
- Preparation for the 2017 Prabhupada Marathon begins in January



University Programmes

- Major interferences due to strikes - 6 weeks of scheduled programs had to be cancelled
- Resistance in acquiring a set venue on DUT campus - Limited presence only
- Culture of Love Retreat in Gauteng attended by 13 UKZN students
- Hosted first BYS Alumni retreat and an Alumni reunion held at Howard Campus
- Revolution of Consciousness Seminar based on *Bhagavad-gita* at the BAT Centre
- Bhakti Cloud at the Durban Festival of Chariots (DFOC)

- Secure more volunteers to assist with programs
- Introduce *hatha-yoga* on limited campuses
- More campus presence—spend more time on campus with students
- Reintroduce music & food fests
- Introduce a mentorship programme for students who show interest in spiritual life



Donor Relationships

- Unsuccessful in setting up Contact Management System
- Limited reciprocation with donors.
- Take Care of Krishna program successful in maintaining and growing donor relationships through personal invitations to the temple and *maha-prasad* (food that is directly offered to the Deities)

- Back to Godhead Magazine (BTG)
 - Reciprocate with donors and magazine packers
 - Update the BTG donor data base
 - E-mails/cards on patrons' birthdays and invite patrons to a special programs



Deities

- Unsuccessful in acquiring Ahimsa milk.
- Encourage devotees to leave bequests to Sri Sri Radha Radhanath
- New patterns for outfits developed but still incorporating traditional Vedic tradition
- Researched standards and overall increased general standards.

- Theme – Beauty in simplicity. There is a fine line between perfect and extraordinary and we aim to simplify but with opulence.
- Introduction of daily delivery of vegetables and milk
- Produce our own *ghee*
- Make *maha prasad* available to everyone.
- Create service for anyone and everyone, eg.: grinding sandalwood and picking flowers



- Introduction of Govinda's Pizzeria (operates on weekends only)
- Govinda's famous beans curry recipe was featured in a Durban cookbook
- Offering a range of Ekadasi (non-grain) products

- Staff training to deal better with customers
- Increase customer satisfaction
- Training for more efficiency. Customers will spend less time in the queue.



- Open 365 days of the year
- Two successful sales
- Leading supplier of 100% cotton *gopi* outfits
- 2016 challenge is that we had a shortage of stock

- Receive new stock timously
- Make store a destination stop
- Become a one stop shop for the devotee community
- Working towards acquiring a larger variety of products



Funds

- 2014/2015 Audit completed

- Become compliant and transparent by publishing of monthly accounting on the temple notice board



Temple Construction

- Major issues with color matching of the gold "S" beds in the temple
- Master Plan needed tweaking to allow for more parking
- Property developer helping with Master Plan
- Altar door collapsed

- Finish Temple Room restorations
- Start Book Table and Foyer restorations
- Start Phase 3 construction
- Facilites
 - Improve security in all areas, safeguarding visitors and Sri Sri Radha Radhanath's property



Priests

- Workshops on the following: Intro to Deity Worship Course, Garland Making Course, Deity Dressing Course.
- Set up internal communication network.
- Met with His Grace Jananivas Das, a world renowned priest, about Deity standards.
- More devotees dedicated service in the Deity Department.
- Adopted an accountability policy.
- Smooth transition in managerial changes.

- Ensuring that exemplary standards especially in cleanliness are set and maintained by the priests.
- More frequent training workshops and regular meetings.
- Ensuring methods for accountability and transparency in service.
- A deeper working relationship with the department to serve as one unit for the pleasure of Sri Sri Radha Radhanath.



Devotee Care

- 327 people have committed to read a Chapter of *Bhagavad-gita* a day (CHAD).
- Be a Sage Book Club – meets once a month. 50 participants thus far.
- Nama-hattas (localized meeting groups) are now partners with the Temple creating greater support.
- Internal Nama-hatta communication group set up to help cohesion.
- Women's Forum held 4 events including international guests like Her Grace Malati Dasi and Her Grace Visakha Dasi.

- Increase membership of Be A Sage Book Club.
- Women's Forum aims to hold at least 6 events this year, including a Women's Day Event.
- Brahmachari (Monks) Ashram
 - Implement a strict and regular study program
 - Regular attendance and participation in temple programs and festivals
 - Be an inspiration to the community
 - Manage and care for the students staying at the temple
- Initiation – Guide devotees who are interested in spiritual initiation



- Monthly Youth Night – average attendance of 100.
- Youth participation in the Monthly Sankirtan Festival
- ISKCON 50 – National 50-Hour Kirtan
- Srila Prabhupada's Vyasa-puja – offering of flowers and 53 food offerings.
- Monthly Friday Night Bhajan featured special guests: His Grace Agnideva Das and His Holiness Kadamba Kanana Swami
- Beach Kirtan Programs in collaboration with Prabhupada Sena Youth Group
- Cooked of Sunday Love feast twice
- Launch of the first youth *bhajan* and book club

- Kirtanuity Fest @ The Goshala (First Program for 2017 on 15 January)
- Monthly Youth Nights, Friday Night Bhajans and Sankirtan Festivals to begin from February
- Cook the Sunday Love feast on 5 February
- Kirtan Mela 2017 (TBC)
- Yoga Studio and Bi-Monthly Maha Harinam Programs
- Youth Training (Service, Kirtan, Philosophy)
- Youth Retreat



- 6 shows
- group has grown to 41 participants
- Youth give minimum 40 hours of their time per show
- Connect Bhakti Theatre (BT) youth to other temple events, i.e.: MSF & Kirtanuity
- Donations help fund future productions
- Some Bhakti Theatre members went out on book distribution during the 2016 Prabhupada Marathon.

- 5 shows
- New structure for better management
- 5 BT Chill Fests for bonding and team building
- Build up resources
- Stretch marquee over the amphitheater
- Create social media presence
- Get more people involved in Bhakti Theatre



Internal Communication

- Introduction of weekly Temple Operations meeting
- Week Ahead – weekly event guide emailed to 1525 subscribers
- Daily WhatsApp - reminders and daily darshan sent to subscribers
- WhatsApp Hotline established.
- Regular meetings and E-mail communications with Nama-hatta leaders.

- Sharing accurate information
- Making information readily available.

Break Free

Principles of Freedom

By Rukmini Devi Dasi

"It's my life and I'll do what I want." It is the rebel mantra of the human species. Freedom is the alluring promise that teenagers have faked ID's for, eligible bachelor and bachelorettes remain single for, and nations have fought and died for. It doesn't matter if it's chocolate or vanilla, what matters is that I'm free to choose. Why bother with restrictions? Life's short, you got to get all you can, while you can. It doesn't matter if it's chocolate or vanilla, what matters is that I'm free to choose. Why bother with restrictions? Life's short, you got to get all you can, while you can.

The sad irony is how little we actually have to do with our choices. The *Bhagavad-gita* gives an eye-opening account of the many voices behind the "I" that makes a choice and the powers that influence them. You're walking down the street when the smell

of freshly baked bread tantalizes your nostrils. You can almost picture the crusty outside and the soft, warm center drizzled with butter. The first voice is so quick its almost imperceptible, "That smells so good." A second voice goes, "I'm hungry. I need to eat." You even feel your mouth watering. "Now," a third voice pipes up, "breakfast was only an hour ago. What about that low-carb diet you resolved to follow for the new year?" The second voice responds, urgent and more forceful, "Forget it. I want it and I want it now. Just one piece wouldn't hurt." Half an hour later you are exiting with a couple of loaves and a bag full of other "baddies" that you never knew you needed. Was this your freedom to choose? Well, Yes. But which part of you? The first voice belongs to our senses which act as receptacles for impulses that the world throws us.

"It's my life and I'll do what I want"

It feeds the second voice, our mind, which is a reservoir of lifetimes of impressions and has control over our thoughts feelings and desires. Now, this would not be a problem if our minds gave us sane advice. But for an uninhibited mind, what looks good, tastes good, feels good or sounds good, must be good. Not necessarily true. Just look at the rates of child pornography, drug addiction, heart disease and teenage pregnancy. Not good! The third voice belongs to our intelligence. The Vedas does not limit intelligence to the regurgitation of facts but our ability to act on the knowledge of what is inherently good for us. A weak intelligence is swayed by our powerful minds which the *Bhagavad-gita* terms our "worst enemy" if uncontrolled.

Suddenly, the "It's my life and I'll do what I want," motto becomes significantly reduced. Amidst the cacophony of voices with us, like a mild form of schizophrenia, how can we claim to choose freely? The more we think we are free, the more we become enslaved by our sensory dictates, bound in the bar-less prison of our own desires.

For this reason restriction is not



juxtaposed to freedom. To truly be free, from our own minds and its vices, restrictions are helpful. And even more so for one who wishes to re-identify with their soul. For the spiritual practitioner heeding our intelligence, strengthened by *sastra*, allows us to hear our true voice, our soul. It safeguards us on the path of devotion. For this, the sacrifice of restraint is needed. If asked not to eat your favourite bar of chocolate because it was laced with cyanide, one can hardly consider such advice restrictive, unless suicide is your aim. Externally it appears restrictive but in a much broader sense saying "no thanks" to the poison is a prerequisite for tasting real freedom - life.

The late Christian theologian and writer, Thomas Merton sharply assesses the nature of freedom by vouching that one must be able to say "no" on occasion to

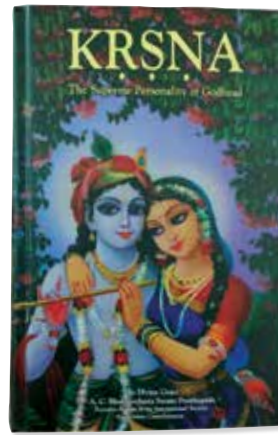
do what I want" our natural
b o d i l y
appetites.

"No man who simply eats and drinks when he feels like eating and drinking, who smokes whenever he feels the urge to light a cigarette, who gratifies his curiosity and sensuality whenever they are stimulated, can consider himself a free person. He has renounced his spiritual freedom and become the servant of bodily impulse. Therefore his mind and his will are not fully his own."

The *Bhagavad-gita* lucidly explains that what while a regulative lifestyle may appear restrictive, it is actually governed by principles of freedom. Over the next five issues we will be introducing these principles to you. If you have met, heard about, or ever tried to entertain a Hare Krishna at your home, you would have discovered the seemingly peculiar ideals that they live by. Most widely known is that they are vegetarian.

*while a regulative lifestyle
may appear restrictive,
it is actually governed by
principles of freedom.*

They refrain from all forms of intoxicants and gambling. They also reserve the sacred act of sex purely for married couples with the intention of conceiving a child. We will explain how actions outside these principles are self-destructive and how by abiding these principles the qualities of compassion, austerity, truthfulness and cleanliness naturally emerge. True freedom, as defined by Paul Wonk, is having the courage and ability to say no to temptations and say yes to the noblest calling to be our best selves.



Krsna Book

By His Divine Grace A. C. Bhaktivedanta Swami

Published by
The Bhaktivedanta Book Trust

Review By Byron Kyle
R135 (hard cover)

During my stay at the Sri Sri Radha Radhanath Temple last year I was encouraged by the monks I stayed with to read *Kṛṣṇa: The Supreme Personality of Godhead*, every night before bed. Regrettably at the time I did not, but it has since become apparent why I should. All theistic religions will agree the aim of life is to love and serve God and be happy with him in the next. This also means remembering him and never forgetting him. To read Swami Prabhupada's book chronicling the appearance of Krishna 5000 years ago will help you to just that.

What I hope to achieve whenever I write, like any good writer, is to give an unbiased and true account on what I've read, and so I must present my own challenges with the text. This is by no means a quick or easy read, and requires some guidance, but it is extremely rewarding. What I enjoyed least is how fantastical some concepts about the life of Krishna are. To anyone, even if they had never heard of science before, trying to accept that an infant could kill a demon or because of his preferences, God likes to have bluish-black skin is something to wrap your head around! But in the words of Mark Twain: "Truth is stranger than fiction, but it is because fiction is obliged to stick to possibilities; truth isn't."

My most important revelation regarding this gift Srila Prabhupada has given us is that when reading this book, it is more than a mental experience, more than an exercise to glean some knowledge, more than an exercise to try and improve our faith. When reading this book the text comes alive, it is a visceral experience. You can feel the reverence and dedication the writer has to his God and you can feel that Krishna is indeed a person, someone infinitely complex. Someone exciting, loving and dynamic. And someone you want to interact with.

Once again I'd like to end by offering my thanks for being given this opportunity to write this review, Jay Sri Krishna!



Is Spirituality A Science?

Myth Buster

By Ananta Gauranga Das

During the space race of the 1960s, NASA spent millions of dollars and resources developing a pen that would function in a weightless environment. After the Cold War their astronautical engineers inquired from Russian cosmonauts as to their solution to this anti gravity conundrum. The Russians used a pencil.

The genius of material science is squandered on temporal and deluding hypotheses. A deficiency of worldly science is the manner in which individuals engage with energy. Scientists rely on an array of mental concoction thus they are indentured to the ramblings of their minds. Society may have shed bows and arrows for bowties but they have maintained the mentality of Neanderthals. Copious amounts of scientific research has been spent on technology yet this endeavour has not lend itself to the soothing of the soul.

On the other hand, there is spiritual science. I don't like organised religion. Thus I've made a conscious decision to follow science—the science of self realisation. Spiritual science is an internal process whereby one acquires information and dynamically alters cognition via an introspective and reflective mood. When the mind and consciousness is imbued with spiritual stimuli the practitioner's behaviour and personality alters for the better. It's a dynamic experience, not simply a theoretical exchange. The process is thus alive and enlivening. "Science brings men nearer to God. Little science takes you away from God but more of it takes you to Him" (Louis Pasteur, the founder of microbiology and immunology).

Billions of years ago Vedic science elaborately explained:

- 1) Conservation of energy through the eternality of the soul and it not being destroyed at the time of death of the body (*Bhagavad-gita*),
- 2) Dynamics of subatomic particles and their

arrangement (*Srimad Bhagavatam*),
 3) Intelligent life on other planets, universal planetary system, and their inhabitants (*Srimad Bhagavatam*) and,
 4) Structure of the universe and location and size of planets (*Srimad Bhagavatam*).

Thoughtful analysis of the material energy will lead one to the conclusion that its source is a Supreme Conscious Being. "The more I study nature, the more I stand amazed at the work of the Creator" Louis Pasteur.

A fundamental difference between material and spiritual science lies in realisation. A spiritualist imbibes and infuses that which she learns from the revealed scriptures and via an introspective process applies this knowledge to her relationships, lifestyles and the world.

Spiritual wisdom emancipates one from the labyrinth of terrestrial entrapment. Relying only on material information is like making important decisions based on guess work. This is out of sync with the frequency of God. Enlightenment derived from the Vedas is free of speculation and beyond the range of the senses. God is the supreme scientist, as such we follow the supreme authority and adjust our lifestyle according to timeless wisdom. Supreme insight grants access to the characteristics of the living force in eternity, our reason for being, and the intrinsic nature of both material and spiritual energy. This is the science of self realisation. When sincerely practiced it becomes evident no chasm exists between spiritual and material science as will be illustrated, both are mutually exclusive. "The more I study science, the more I believe in God" (Einstein).

This article serves not as an assault on material science, I appreciate all that they have done to uplift and inspire society from advances in medical research to the selfie stick. Thou I'm a little less impressed with the selfie stick. The Vedic social system is one of balance, which advocates material impetus yoked to spiritual upliftment. In so doing we will come to acknowledge and appreciate God's hand in every atom of creation. Furthermore, we will come to marvel at His grand design by becoming aware of His unlimited intelligence as the architect of innumerable universes. A synthesis of both results in humble admiration of an unlimited conscious being who reveals himself through the slightest details of life and the grandest of miracles. "The first gulp from the glass of natural sciences will turn you into an atheist, but at the bottom of the glass, God is waiting for you." Werner Heisenberg, who was awarded the 1932 Nobel Prize in Physics for the creation of quantum mechanics.

What Makes It Stronger

Marriage Matters

by Visakha Dasi (ACBSP)

Gratitude

The health of a marriage depends on the emotional health of the individuals in it. It is gratitude that keeps those individuals healthy and free from dullness and complacency. Couples dedicated to spiritual cultivation enter not only a marriage but an ashram, the *grhastha-ashram*. This ashram is founded on each spouse respecting, honoring, and appreciating the other as Krishna's dear devotee. The husband thinks, "My wife is the sacred and holy property of her spiritual master and of Krishna. She is not mine. If I do not honor, respect, protect and provide for her, then I am offending a Vaishnava and it will seriously impede my spiritual progress." Similarly, a wife sees her husband as the sacred and holy property of guru and Krishna and treats him as a Vaishnava. They are faithful and assist and serve each other in whatever ways possible. Each appreciates the sacrifice of the other, the generosity, and the loving intent of the other, and each grows in gratitude, overlooking the other's flaws. A sane person wants nothing less than this in marriage and will make the success of such a relationship a top priority.

An example of marital appreciation from the Krishna Book: when the cowherd boyfriends of Krishna were refused alms by the *brahmanas* who were performing sacrifices, Krishna sent them to the wives of those *brahmanas*, who unhesitatingly provided varieties of wonderful foods for Krishna, Balarama and Their friends. Later, the *brahmanas* understood their foolishness in refusing the boys and appreciated the spiritual advancement of their wives. They said, "Just see how fortunate these women are who have so devotedly dedicated their lives to the Supreme Personality of Godhead, Krishna. They have surpassed all of us in firm faith and devotion unto Krishna." (Chapter 23)

In *Srimad Bhagavatam* (7.5.12, purport) Srila Prabhupada writes, "Everyone should be friendly for the service of the Lord. Everyone should praise another's service to the Lord and not be proud of his own service. This is the way of Vaishnava thinking, Vaikuntha thinking. Everyone should be allowed to render service to the Lord to the best of his ability, and everyone should appreciate the service of others. Such are the activities of Vaikuntha. Since everyone is a servant, everyone is on the same platform and is allowed to serve the Lord according to his ability." Sincere gratitude is an antidote for self-righteousness.



Enthusiasm

When Sukanya, a young princess described in the *Bhagavatam*, was wed to Cyavana Muni, an irritable old *sadhu*, she set her mind not on the apparently unfortunate match, but on making a conscientious effort to do her best. She did not try to change her spouse but fully played her role, surrendered her pride and, by day-to-day perseverance, succeeded in making a marriage that worked. "Without enthusiasm," Srila Prabhupada writes, "one cannot be successful. Even in the material world, one has to be very enthusiastic in his particular field of activity in order to become successful." (NOI Text 3) A devotee's enthusiasm for Krishna's service crystallizes into mode of goodness industriousness, which solidifies into joyful advancement in Krishna consciousness.

In his introduction to *Bhagavad-gita As It Is*, Srila Prabhupada explains that our inherent nature is to serve and in this world everyone is rendering service to someone just as, for example, the wife serves the husband and the husband serves the wife. Both the wife and the husband can be enthusiastic in this service because, as Srila Prabhupada states elsewhere, "Krishna is pleased when a Vaishnava is rendered service." (Cc Madhya 5.24) If our spouse is a devotee and we are sincerely serving that person we will benefit spiritually. "Anyone who wishes to advance in Krishna consciousness must try to serve the devotees of Krishna." (Cc Antya 13.113)

Marriage is like a fortress created by the husband and wife to protect themselves from the powerful enemies of the uncontrolled senses so that both of them may peacefully advance spiritually. "The bodily senses are considered plunderers of the fort of the body. The wife is supposed to be the commander of the fort, and therefore whenever there is an attack on the body by the senses, it is the wife who protects the body from being smashed." (SB 3.14.20) "There is no difference between a good wife and good intelligence. One who possesses good intelligence can deliberate properly and save himself from many dangerous conditions." (SB 4.26.16) "One who is situated in household life and who systematically conquers his mind and five sense organs is like a king in his fortress who conquers his powerful enemies." (SB 5.1.18) As in any battle, if they would be victorious, the fighters must first be enthusiastic.

Hare Krishna News Survey

Dear Reader, Hare Krishna News (HKN) is published for your pleasure. We would like to get to know you and your thoughts about HKN. Please take a few minutes to answer the questions below (Note: A surprise gift awaits anyone who completes this survey):

1. Age group

- ☐ under 18
- ☐ 19 - 30
- ☐ 31 - 40
- ☐ 41 - 50
- ☐ 51 - 60
- ☐ over 60

2. How often do you read HKN?

- ☐ Every issue (6 issues a year)
- ☐ Often (3 issues a year)
- ☐ Seldom (1 issue a year)
- ☐ Never

3. In which area do you live? _____

4. How do you receive HKN?

- ☐ Back To Godhead Magazine
- ☐ Temple
- ☐ Local Store
- ☐ Friend/Family
- ☐ A devotee

5. Race Group

- ☐ Black
- ☐ Coloured
- ☐ Indian
- ☐ White
- ☐ Other

6. Gender

- ☐ Female
- ☐ Male

7. Occupation

- ☐ Student
- ☐ Employed
- ☐ Self Employed
- ☐ Retired
- ☐ Other

8. How long do you spend reading the newsletter?

- ☐ 5 minutes
- ☐ 10 minutes
- ☐ 15 minutes
- ☐ More than 20 minutes
- ☐ I receive HKN but do not read it.

9. How satisfied are you with the layout of the newsletter?

- ☐ Very Satisfied
- ☐ Satisfied
- ☐ Dissatisfied
- ☐ Undecided

Comment: _____

10. How satisfied are you with the quality of the writing?

- ☐ Very Satisfied
- ☐ Satisfied
- ☐ Dissatisfied
- ☐ Undecided

Comment: _____

11. Do you find the content relevant to your life?

- ☐ Yes
- ☐ No

Comment: _____

12. What content appeals to you?

- ☐ Social commentary
- ☐ Philosophy
- ☐ Activities (recipes, children's activities, competitions)
- ☐ Stories
- ☐ About ISKCON
- ☐ Temple Events/Festivals

Other _____

13. How can we improve?

14. If we made content improvements, would you be likely to spend more time with the newsletter?

- ☐ Yes
- ☐ No
- ☐ Maybe

15. How satisfied are you with the newsletter?

- ☐ Very Satisfied
- ☐ Satisfied
- ☐ Dissatisfied
- ☐ Undecided

16. What, if any, sections do you think should be removed from the newsletter? _____

17. Please add any other suggestions:

Thank you for completing this survey.

Your feedback will be valuable in improving this publication. You may scan and E-mail the survey to rasasthali@iskconduban.net or drop it off at the Temple Reception and receive a surprise gift.



Fresh Summer Salad

The Vaishnava Chef

By Jnana-Samudra Das

This colourful salad is best made layered directly onto a serving platter. Tossing will result in the puncturing of the watermelon pieces and uneven distribution of the Halloumi fingers.

Ingredients

300g-400g plain Halloumi Cheese

1 Tbls Butter or olive oil for frying

½ tsp Hing

½ tsp Smoked paprika (optional)

200g Baby Spinach washed, gently patted dry and roughly torn

3-4 cups cubed Watermelon pieces (seeds removed)

20 Mint leaves washed, gently patted dry and roughly torn

1 Avocado sliced into cubes

2 Tblsp Olive oil

1 Tblsp Balsamic vinegar

Method

Slice Halloumi cheese into 2 cm thick fingers. Add 1Tbl butter or olive oil to a non-stick frying pan on medium heat. When hot, add hing & smoked paprika immediately followed by the Halloumi fingers. Pan fry Halloumi fingers until lightly browned on all sides and remove from heat. Further slice the fried Halloumi into smaller pieces (as preferred). Note: Halloumi is best fried in large pieces because it is easier to handle. Smaller pieces tend to melt when pan fried.

Divide Halloumi, baby spinach, watermelon, and avocado pieces into two lots and arrange salad onto two large platters as follows:

First scatter the torn baby spinach leaves onto the platters. Scatter watermelon cubes over the bed of baby spinach leaves. Scatter over the mint leaves. Scatter Halloumi pieces next and finally the avocado cubes.

Whisk together the olive oil and balsamic vinegar and drizzle over the salad.

Hare Krishna Hare Krishna Krishna Krishna Hare Hare Hare Rama Rama Rama Rama Hare Hare



Event Guide



Appearance of Sri Advaita Acharya (Fast until midday)
3 February | Friday



Appearance of Sri Nityananda Prabhu
9 February | Thursday
Fast until midday



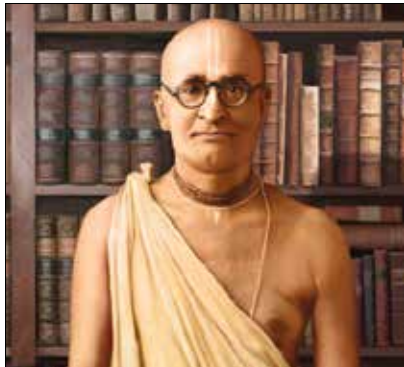
Maha Shivaratri
24 February | Friday



Gaura Purnima (Fast until moonrise)
Appearance of Sri Caitanya Mahaprabhu
12 March | Sunday



Appearance of Lord Varaha
8 February | Wednesday
Fasting is done on 7 February



Appearance of Srila Bhaktisiddhanta Sarasvati Thakura (Fast until midday)
15 February | Wednesday



Disappearance of Srila Jagannatha Dasa Babaji
27 February | Monday



Appearance of Sri Srivasa Pandita
20 March | Monday

EKADASI

Fast from all grains, beans and legumes.

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

Ekadasi

(Fast until midday for Lord Varaha)

7 February | Tuesday

Break fast

8 February | Wednesday | 05:30 - 08:01

Ekadasi

22 February | Wednesday

Break fast

23 February | Thursday | 05:42 - 10:00

Ekadasi

8 March | Wednesday

Break fast

9 March | Thursday | 05:52 - 10:01

Ekadasi

24 March | Friday

Break fast

25 March | Saturday | 06:02 - 10:02



BHAKTI THEATRE

18 February | Saturday | 4pm



+27 31 403 3328

www.iskcondurban.net

temple@iskcondurban.net

DurbanKrishna



Hare Krishna
Hare Krishna
Krishna Krishna
Hare Hare
Hare Rama
Hare Rama
Rama Rama
Hare Hare

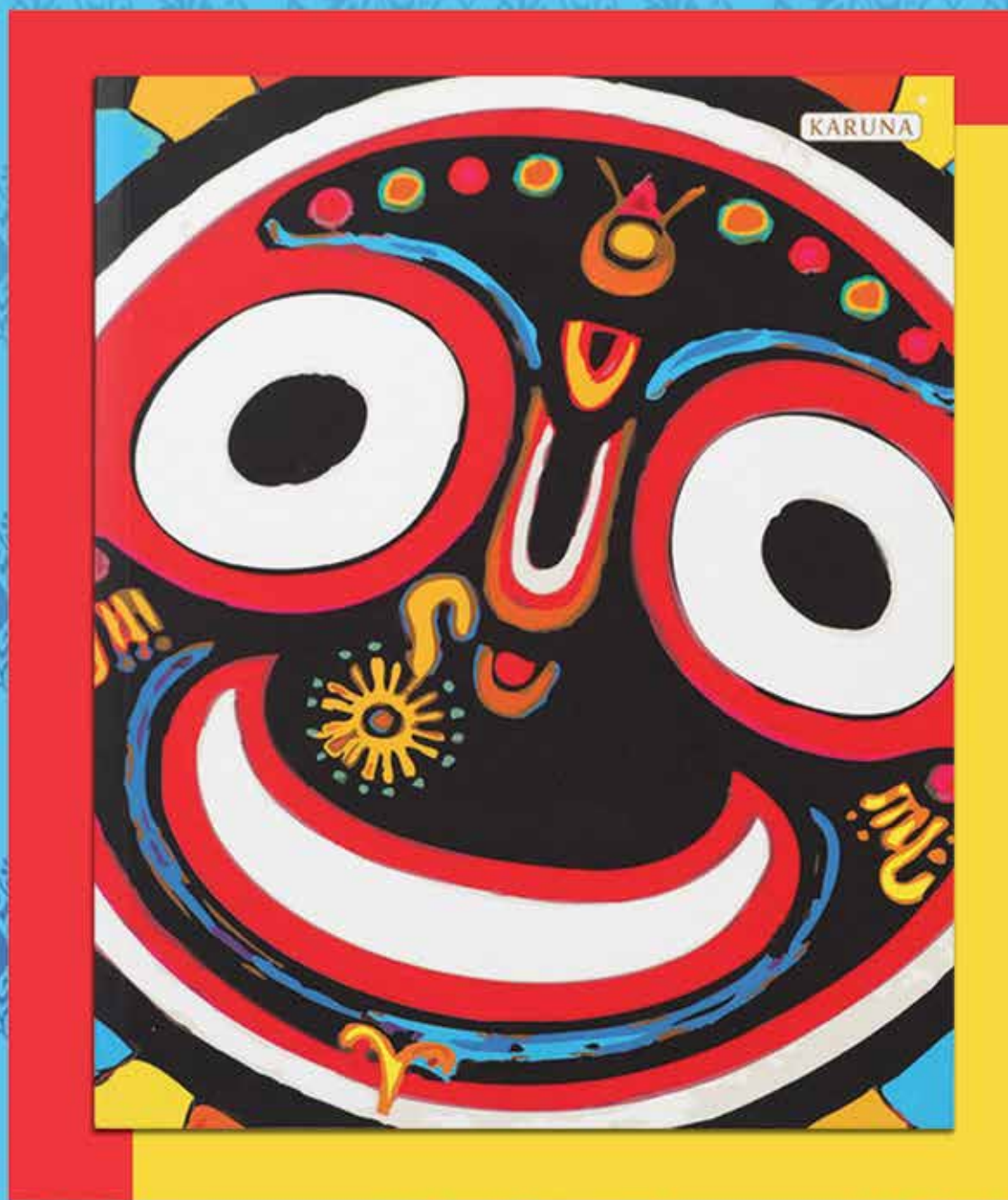
My School Timetable

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								

FESTIVAL OF CHARIOTS



14 – 17 APRIL
OLD DURBAN DRIVE-IN