



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

HARE KRISHNA NEWS

January / February 2018

2018 Year Planner

page 8



Sketch by Sanhaviya Sookrajh

Character, Patience & Feelings

page 10

In this Issue

Message from the President 2017 Wrap-Up	4
The Test For Best	5
2018 Year Planner	8
Marriage Matters Character, Patience & Feelings	10
Book Review Prabhupada	11
On the Cover	11
Changing Tack	12
For the Kids School Timetable	13
The Vaishnava Chef Retro Butternut Soup with Pesto Bread Swirls	14
Event Guide	15

Temple Directory

Communications Krishangi Radhe 083 254 8339
Facilities Manager Akura 072 463 8119
Festival Manager Balaram 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 – Bhakti Devi (Radhanath's Gifts Manager)

Departments

Book Distribution Krishna Chaitanya Das 081 088 2493
Deity Department Deva Deva 076 178 6850
Funerals Ananta Sesh 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 Virabadra 071 870 0588
Temple Room Coordinator Arjuna Acharya 031 403 3328
University Programmes Rukmini 084 579 1080
Smart Box Queries Ananta Gauranga 082 783 3599
Men's Ashram Pralambari 072 800 8329
Ladies' Ashram Radha Radhanath 071 473 3355

Email Subscription: temple@iskcondurban.net

WhatsApp/SMS Subscription:

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

Quotes from the Bhagavad-gita and pictures on pages 11 & 16 are © The Bhaktivedanta Book Trust International, Inc. www.Krishna.com. Used with permission.

The Good Life

Editor's Note

I would love to tell you that this year is going to be your year! That you will make "it" happen. Are you sighing already? You certainly won't be alone. We view beginnings as infinite possibilities. Then reality sets in. And the tedious wheel of daily or weekly schedules creates a shadow in our once sparkling and hopeful eyes.

I'm sure I'm not helping. The thing is, when we know that life will most likely be difficult, we can subsequently prepare and then the tedious can become bearable. Dare I say enjoyable? This is one of the side benefits of grooming the mode of goodness.

Did you know that Lord Vishnu, the expansion of Krishna in the material universe, is responsible for its maintenance? While Krishna has placed Lord Brahma and Lord Shiva as the overseers of creation and dissolution respectively, why has He chosen to maintain? Lord Vishnu presides over the mode of goodness or maintenance because to maintain anything can be dreadful. It is the test of endurance.

The mode of goodness is a wonderful mode, if you take the time to learn its attributes! For example, Lord Krishna explains in *Bhagavad-gita* that eating foods in the mode of goodness (fresh, wholesome, vegetarian) will "increase the duration of life, purify one's existence, give strength, health, satisfaction, and is pleasing to the heart." Giving charity in goodness means to not expect any return and to give to a worthy person. Self-control in goodness is to speak words that are "truthful, pleasing, beneficial, not agitating to others and in regularly reciting scripture."

Living in the mode of goodness encourages us to face disappointments. It will arm us with tolerance, forbearance, and a quite grit to achieve our dreams. It brings to light that everything shall pass and that by depending and acknowledging the Supreme Lord we have an inexplicable protection – a protection from a disturbed mind and heart.

May the Supreme Lord, bless your heart and may you find your way to Him!

Warm regards
Rasa-sthali Dasi

Write to me: rasasthali@iskcondurban.net



+27 31 403 3328
www.iskcondurban.net
temple@iskcondurban.net
DurbanKrishna





DURBAN
Festival
Chariots

Music Dance Food Fashion

30 March - 2 April
Old Durban Drive-In

2017 Wrap-Up

Message from the Temple President
Vibhu Chaitanya Das

2017 was an event-filled year at Sri Sri Radha Radhanath Temple. Let's reflect, beginning with December:

We kicked off the month by hosting the Colour Splash Festival. This dynamic beach festival was in partnership with the eThekwin Municipality as part of the city's Summer Kick-off on the lawns of the Amphitheatre on the Durban Beach Front. The event included food; shopping; multi-cultural entertainment, such as the Kwamashu Gospel Choir, Shekinah; and the actual Colour Splash.

The main event in December however, was the 2017 Prabhupada Marathon. The Temple and its community were mobilised to distribute as many books as possible. Srila Prabhupada and the previous spiritual masters emphasised the sharing of bhakti-yoga and one of the most effective ways to do this is through the distribution of Srila Prabhupada's books. Sri Sri Radha Radhanath Temple succeeded in breaking the 2016 record by distributing 63858 books and confirming an advance order of 40000 IsiZulu books.

The holiday season brought visitors from across the country and around the world to see our beautiful temple. Did you know that the temple is listed in Trip Advisor's top five things to do in Durban? The temple remains a spiritual haven for many. University students and learners spent their holiday at the temple engaging in devotional service. Twenty youth dedicated one week to stage two productions for the Bhakti Theatre's New Year's show. Proceeds from this event are invested in the theatre and in cultivating the young minds in the universities around Durban.

October/November

Kartik is a month-long celebration of Mother Yashoda binding baby Krishna. During this time whatever devotion offered is multiplied and devotees gather every evening to offer a lamp to Mother Yashoda and Lord Damodara (Krishna). It is a reminder to focus on chanting the holy names and studying scripture. Serious devotees may have chosen to take additional vows to increase their devotion. A group of dedicated devotees arranged the "Kartik Travelling Temple" and visited local areas. This gave people the opportunity to step out of their front doors, and come to the mobile temple to offer a lamp. A total of 10115 lamps were offered to Mother Yashoda and Lord Damodar during Kartik.



August/September


The Women's Forum hosted their flagship event for the year at the Women's Day Brunch. This function ranks high on the event calendar boasting 352 women registering let alone a long waiting list. Our Women's Forum hosted event throughout the year.

The temple launched the first official Janmashtami Volunteer program. This program was designed to award the opportunity of devotional service to the general community. What was their reward? Lord Krishna explains in the *Bhagavad-gita* that one who renders service to Him will experience a higher taste and real fulfilment. 255 people volunteered. The volunteer program kicked off with a scrub down of the temple and the gardens. Ten Janmashtami Hall Festivals were held in and around the greater Durban area. These festivals were hosted by the *nama-hattas* (local groups). Janmashtami day saw 234000 visitors, 1800 Deity offerings, 7000 public offerings, 571 books were distributed, and 7 people subscribed Back to Godhead magazine. The festival was featured in the Daily News and the midnight *darshan* reached 14901 people via social media. Sri Krishna Janmashtami Festival is the largest festival hosted at the temple.

Bhakti Yoga Society (BYS) hosted a Music Festival on Westville Campus with local and international performers. On Radhashtami, the appearance anniversary of Srimati Radharani, we transformed the temple into a magical replica of the sacred Manasi Ganga lake.

June/July

Taking advantage of the holidays, we hosted the Krishna Kids Winter Retreat for children under the age of 12. The retreat ran over three days. The



children learnt devotional songs, dance, cooking, and art. Bhakti Theatre also hosted a show during the holidays. BYS hosted a three-day student retreat at the temple.

April/May

Easter is Durban Festival of Chariots time. This is the largest Festival of Chariots outside of India. Lord Jagannath, the Lord of the universe, comes out of His temple to meet the people of His City. He casts a magnificent smile upon all who catch His gaze. During the Festival of Chariots, the merciful Lord comes to see all the souls who do not have the time or inclination to visit Him at His temple.

March

We celebrated Lord Chaitanya's appearance anniversary. The celebration included distributing 5000 biscuits to service employees, such as policemen, paramedics, fire-fighters, nurses, teachers, and other people we sometimes take for granted. It was our way of saying "Thank You" and sharing the mercy of Lord Caitanya.

February

February marked the beginning of the Bhaktivedanta College academic year. The College facilitates anyone wanting to understand the Vaishnava scriptures deeper. The college offers a variety of part-time courses for both adults and children and covering basic philosophical understanding, pastimes of the Lord, and the deeper conclusive truths. I encourage every spiritual practitioner to dive into the ocean of *Srimad Bhagavatam* thereby establishing a solid foundation for spiritual life. The *Srimad Bhagavatam* describes the history of the planet and also contains a vivid description of the Lord's activities and pastimes.

Campuses in and around Durban also open in February and our team of devotees visit these campuses throughout the year sharing Krishna consciousness and helping students better cope with the pressures of university life by applying spiritual principles to their lives. This program is called the Bhakti Yoga Society (BYS) and we host six programs every week on four campuses. We also provide 500 vegan meals a day on the different campuses. One BYS student took formal vows of initiation. We congratulate Shyamasundari Dasi on her commitment to her spiritual practice.

Also in 2017...

Be A Sage Book Club run smoothly over the year and devotees were encouraged to read one chapter of *Bhagavad-gita* a day.

Our *nama-hattas* maintained their weekly programs

throughout the year. I would like to thank the devotees who reached out to our community by visiting people in their homes and holding *kirtan*, hosting funerals, and representing ISKCON in the community.

We can reflect good finance. The auditors reported that the temple maintains a high standard of accounting practices. The income and expenditure report was posted on our notice board and we will continue to do so on a regular basis. Various measures were implemented to streamline expenditure and generate additional income streams, which resulted in the temple becoming more financially sustainable and breaking even. Security was becoming an issue at the temple and we doubled the budget for security thereby ensuring visitors a safer and more peaceful time at the temple.

Kirtanuity, our youth group, were active throughout the year. They held Friday night *kirtans*, hosted two Love Feasts, arranged street chanting parties, team building days, and excursions.

Sri Sri Radha Radhanath Themselves are the centre of our temple. Specially trained devotees diligently care for the Deities daily. This daily worship includes bathing and dressing the Lord and offering fresh garlands every morning. Six meals are offered throughout the day, followed by six *aratis*, and finally the Lord is dressed in comfortable clothes for bed at night.

In 2017, the Sri Sri Radha Radhanath Temple hosted 106 special events and 52 Sunday Love Feasts. Our doors are open from 4:30am until 9pm 365 days in the year. I beg your forgiveness for not mentioning all our wonderful teams of devotees and every event hosted last year. 99% of the events were free and we had an attendance of anything from 5 to 23400 participants. At most of these events, we served a delicious sanctified vegetarian meal.

To build something can be a challenge, to destroy is easy, but to maintain is the real test. There are three presiding deities over these three functions: Lord Brahma, the creator; Lord Shiva, the destroyer; and Lord Vishnu, the maintainer. In 2018, by the grace of Sri Sri Radha Radhanath — The Supreme Maintainer — we will maintain and work hard to improve on what we accomplished in 2017. I thank all the devotees who contributed to our success in 2017.

Finally, I invite you to spend more time at the temple and watch our dreams and plans unfold. Be part of the transformation. I wish to bring more happiness to the devotees. May Sri Sri Radha Radhanath bless your year ahead.

Yours in service
Vibhu Chaitanya Das

The Test for Best

By Nikunja Vilasini Dasi

I grew up thinking that I had to be the best—in the classroom, in extramural activities, and in everything else—to be successful in life. Although I excelled in most of what I did and was at the top of my class, the unimaginable day came when a new boy joined my class, and I became second best. This was my first lesson in recognising that no matter how materially accomplished I may become, there will always be someone better, someone ahead, someone wiser and stronger, someone more competent and expert, and someone more spiritually evolved. As my abilities, talents, and even spiritual pursuits began to pale against others, it dawned on me what “best” actually means. It all started when I realised that life didn’t go according to my plans, that fate could snatch away my dreams, and that I couldn’t control situations and circumstances. Sometimes I lost confidence and strength and wallowed in self-pity. Was this the best way to respond according to Krishna’s advice in the *Bhagavad-gita*?

Krishna describes the person whom He considers best—among hundreds of descriptions, he lists a person with equal vision, one who is free from lust and greed, one who is not disturbed by happiness and distress, one who is tolerant and humble, and one whose mind is

fixed upon God in all conditions. I then understood that “best” was something far more than external successes and accomplishments. It is a question of the heart and consciousness, an understanding difficult to grasp with mundane intelligence.

Then a profound statement from a saintly person, HH Bhakti Tirtha Swami, helped me understand how to tune our consciousness to become the best we could be. He said, “Humility means not to think less of ourselves but to think of ourselves less.” The goal is not to be the best, but to act selflessly for the sake of God and others. After all, the nature of the soul is to unconditionally serve; in this position we taste the blissful, eternally cognizant reality of our true selves. While material pride thrives on being the best and how many servants we may possess, spiritual pride grows from how many masters we can serve. In spiritual understanding, the lower you are on the servant chain, the better of you are, and in material consciousness, the higher you are on the “boss spectrum,” the greater you are. But it is not easy to develop this spiritual vision and consciousness. Despite my knowledge, how often do I try to covet prestige, to control people and situations, and to find a loophole in God’s flawless design of things?

This theme is wonderfully illustrated in the story of Ekalavya, a “hero” in the Mahabharata who strove to be the best archer. Born in a poor low-caste family, he was not allowed the privileges of the other castes,

so when he approached Dronacharya, the master archer and teacher of the royal Pandava brothers, to be his guru, Drona refused. This did not deter Ekalavya in his determination to be the best archer and warrior, one who could contend with even Arjuna’s mastery of the bow. Arjuna was a dedicated disciple of Drona, unrivalled in his skill, and because Drona knew of Ekalavya’s threat to Arjuna’s greatness, he rejected Ekalavya on the pretext of his lower caste. But was there another reason?

Ekalavya’s wounded heart did not waver him from his purpose. He built a clay model of his guru and began to worship it in his forest dwelling with great devotion. He practiced his archery skills day and night, steady in his resolve to be the best archer in the world, even better than Arjuna.



One day, while Drona and the Pandavas were passing by Ekalavya's hermitage, they saw a dog running for his life, his mouth pierced shut by arrows. Drona and his students searched for the person behind such meticulous skill. They found Ekalavya practising his wondrous archery skills in front of the effigy of his guru. Drona immediately understood what was happening. He asked, "O young man, who has taught you such wonderful skills in archery? Who is your guru?"

Overjoyed at seeing his guru in front of him, Ekalavya exclaimed, "Why, it is you, Gurudeva! This is all by your grace. You are present before me in this form I worship every day."

Smiling, Drona replied, "You are blessed, my son. But what about the customary fees to your guru? Where is my *guru-dakshina*?"

Ekalavya's eyes brightened. Bowing his head, he replied, "O Gurudeva, whatever you ask for, I will happily offer to you."

"I want the thumb of your right hand as *guru-dakshina*," Drona said.

Arjuna and his brothers were dumbstruck. Asking for an archer's thumb is as if pronouncing his death. Ekalavya looked unmoved. He cut the thumb of his right hand and placed it as his guru's feet. From then on, Ekalavya was praised for the greatness of his sacrifice and obedience to his guru. But was he really obedient?

Drona had known the extent of Ekalavya's ambitions and contaminated desires. He knew that Ekalavya belonged to a clan that would be inclined to oppose Lord Krishna and the Pandavas in the great Mahabharata war, so he first rejected Ekalavya, hoping that he would put an end to his polluted desires of being the best archer in the world, which would possibly oppose the side of righteousness. Ekalavya had disobeyed his guru's first order, but

Although I excelled in most of what I did and was at the top of my class, the unimaginable day came when a new boy joined my class, and I became second best.

knowing that he would only be successful by the grace of a guru, he worshiped Drona, hoping to fulfil his desires.

But one may see Ekalavya's bold sacrifice to his guru as fascinating. What drove him to make such a sacrifice? According to the moral codes of the time, one should offer the guru any *dakshina* he desires. Inspired by this moral code instead of devotion, Ekalavya accepted the cruel order of his guru without protest. If he had been fully devoted to his guru, he would have followed his first request as well. Drona wanted to show Ekalavya the futility of wanting to become the greatest for one's own selfish desires. Arjuna, on the other hand, fought for the sake of Lord Krishna. His allegiance and devotion to his guru was true and unmotivated.

Losing a thumb did not dissuade Ekalavya from fulfilling his goals. He still became a great archer and opposed Lord Krishna and the Pandavas in battle. Finally, he was killed by the hands of the Lord. Indeed, his determination and perseverance in the face of obstacles are praiseworthy and his sacrifice to his guru is admirable, but his intentions are questionable. One cannot judge a person by looking at his external austerities or achievements; even the greatest of tyrants performed incredible austerities and sacrifices for the sake of being the lords of the universe.

The test for greatness lies not in what you become but who you become. Surrendering to God's will by focusing more on His service than the results of our endeavours will make us the best in His eyes.

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

Thank you Yastil!

Seven-year-old Yastil Singh completed the peacock feather craft from the Dec/Jan 2017 Hare Krishna News For the Kids Column.



SRI SRI RADHA RADHANATH TEMPLE'S 2018 YEAR PLANNER



FEBRUARY

- 3 Feb Sa Women's Forum
5 Feb Mo Srila Bhaktisiddhanta
Sarasvati Thakur's
Appearance
7 Feb We Be A Sage Book Club
16 Feb Fr Srila Jagannath Das
Babaji's Disappearance
17 Feb Sa Bhakti Theatre
24 Feb Sa Monthly Sankirtan
Festival
Kirtanuity Night Out



MARCH

- 1 Mar Fr Sri Gaura Purnima
2 Mar Sa Festival of
Jagannath Misra
14 Mar We Be A Sage Book Club
16 Mar Fr Kirtanuity Youth Night
24 Mar Sa Monthly
Sankirtan Festival
25 Mar Su Sri Ram Naumi
30 March – 2 April
Durban Festival of Chariots



APRIL

- 30 March – 2 April
Durban Festival of Chariots
11 Apr We Be A Sage Book Club
14 Apr Sa Women's Forum
15 Apr Su Sri Gadadhar Pandit's
Appearance
28 Apr Sa Lord Nrsimha's
Appearance
Monthly Sankirtan
Festival
27–29 Apr Bhakti Yoga Society
Retreat



MAY

- 16 May We Purushottama
Maas Begins
Be A Sage Book Club
19 May Sa Little Bhakti Theatre
25 May Fr Kirtanuity Youth Night
26 May Sa Monthly Sankirtan
Festival



JUNE

- 9 Jun Sa Women's Form
13 Jun We Purushottama
Maas Ends
Be A Sage Book Club
16 Jun Sa Kirtanuity Youth Day
25 Jun Mo Pani Hati Chida Dahi
Festival
30 Jun Sa Monthly Sankirtan
Festival



JULY

- 3-5 Jul Krishna Kids Winter Retreat
- 7 Jul Sa Bhakti Theatre
- 8 Jul Su Srivas Pandit's Disappearance Day
- 11 Jul We Be A Sage Book Club
- 13 Jul Fr Sri Gadadhar Pandit's Disappearance Day
Srla Bhaktivinoda Thakur's Disappearance Day
- 27 Jul Fr 1st Month of Chaturmasya Begins
- 28 Jul Sa Monthly Sankirtan Festival



AUGUST

- 6 Aug Mo Incorporation of ISKCON in New York
- 9 Aug Th Women's Day Brunch hosted by the Women's Forum
- 15 Aug We Be A Sage Book Club
- 21 Aug Tu Jhulan Yatra Begins
- 25 Aug Sa Monthly Sankirtan Festival
- 26 Aug Su Lord Balaram's Appearance Day
Jhulan Yatra Ends
2nd Month of Chaturmasya Begins



SEPTEMBER

- 3 Sep Mo Sri Krishna Janmastami
- 4 Sep Tu Srila Prabhupada's Vyasa-puja
- 12 Sep We Be A Sage Book Club
- 17 Sep Mo Srimati Radharani's Appearance Day
- 21 Sep Fr Lord Vamana's Appearance Day
- 22 Sep Sa Srila Bhaktivinoda Thakur's Appearance Day
- 24 Sep Mo 3rd Month of Chaturmasya Begins
- 22-24 Sep Bhakti Yoga Society Retreat
- 29 Sep Sa Monthly Sankirtan Festival



OCTOBER

- 6 Oct Sa Little Bhakti Theatre
- 17 Oct We Be A Sage Book Club
- 19 Oct Fr Kirtanuity Youth Night
- 20 Oct Sa Women's Forum
- 24 Oct We Kartik Begins
4th Month of Chaurmasya Begins
- 27 Oct Sa Monthly Sankirtan Festival



NOVEMBER

- 1 Nov We Sri Radha Kunda Appearance
Women's Forum
- 7 Nov We Diwali
- 8 Nov Th Govardhan Puja & Go Puja
- 11 Nov Su Srila Prabhupada's Disappearance Day
- 14 Nov We Be A Sage Book Club
- 19 Nov Mo Srila Gaura Kishora Das Babaji's Disappearance Day
- 23 Nov Fr Kartik Ends
- 24 Nov Sa 2018 Prabhupada Marathon Begins
Marathon Sankirtan Festival



DECEMBER

- 2 Dec Sa Marathon Sankirtan Festival
- 8 Dec Sa Marathon Sankirtan Festival
Women's Forum
- 15 Dec Sa Marathon Sankirtan Festival
- 18 Dec Tu Gita Jayanti
- 22 Dec Sa Marathon Sankirtan Festival
- 26 Dec Tu Srila Bhaktisiddhanta Sarasvati Thakur's Disappearance Day
- 31 Dec Mo Bhakti Theatre's New Years' Eve Extravaganza

Character, Patience & Feelings

Marriage Matters

By Mahatma Das

Personality versus Character

"The difficulty with marriage is that we fall in love with a personality, but we must live with a character."

- Peter De Vries

Your "personality" is how people experience you. It's your public persona. Character is who you are when no one is watching. When you and your spouse met, you met each other's personalities or how you display yourself to others. But marriage is in too close quarters for anyone to sustain a public persona. Personalities

eventually give way to a self that gets revealed for the first time. And there you each stand, naked as if no one is watching. And that's when you meet a different self for the first time! You and your spouse don't meet the person who charmed each other's friends, bought gifts for each other's parents, and always smiled from ear to ear. No, this time it's a meeting of your characters.

In many cases, it's not only that you're meeting each other for the first time, but you're meeting yourselves for the first time too. The reason so many people fail at marriage is not that they don't like their spouse. It's because they don't like themselves.

The point is:

While everyone else in our life is like a mirror reflecting our personality, our spouse is a mirror reflecting our character. And many people don't like what they see. Many people would rather choose to be with someone else rather than remain with their spouse and have to continue to be with themselves.

Balthasar Gracian wrote in his 17th century manual on success, *The Art of Worldly Wisdom*: "You are as much a real person as you are deep. As with

the depths of a diamond, the interior is twice as important as the surface. There are people who are all facade like a house left unfinished when the funds run out. They have the entrance of a palace but the inner rooms of a cottage." Marriage and individual character development go hand-in-hand.

Patience

Do you know what happens after you plant the seed of a Chinese bamboo?

Nothing.

For four years you get nothing other than a tiny shoot coming out of a bulb. In the ground, however, a massive root structure forms. In its fifth year, the Chinese bamboo shoots upward, sometimes growing up to eighty feet tall! Marriages sometimes grow like Chinese bamboo trees. You try to be kind

by giving gifts, being gentle, or sharing a joke, yet sometimes it takes months, even years, before you see the growth. In the interim you're making deposits into a secret account that all of a sudden (that's the way it seems) begins

paying dividends.

The point is:

It takes maturity to be patient and willing to give your spouse the time they need to grow and to see that time as an opportunity for you to grow too.

Feelings

Distinguish between what you feel and what you do. Unfortunately people who feel bad also act bad. However, you can feel hurt but choose to behave in a loving and productive way. So don't fall victim to your feelings. Align your actions with your values and goals, not with your feelings and impulses.

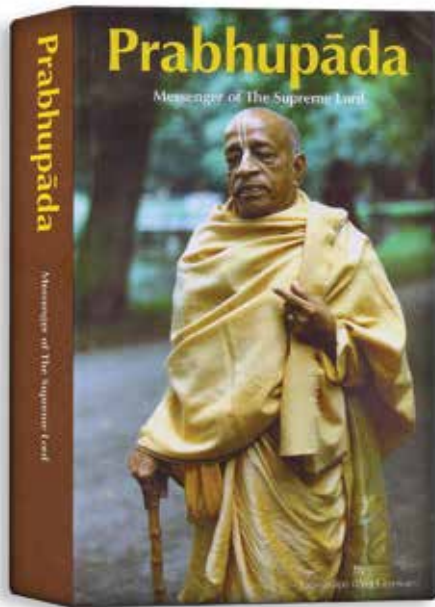
The point is:

The outcome of your marriage will be an outcome of your actions, not your feelings. We bring our conditioning into our marriage making the journey more difficult. Don't say, "This is what I am like and I can't change." When we say, "A leopard can't change his spots," we are saying we are animals. We are different from animals. We can choose to behave differently.

His Grace Mahatma Das, a disciple of Srila Prabhupada, travels widely facilitating workshops and retreats on practices such as chanting, forgiveness, humility, vows and sexual purity. He is the co-director of *Bhakti Life*, a non-profit organization that teaches the practices of devotional service through interactive workshops, retreats, and online courses and counselling and he is the founder of *Touchstone Training*, a company that teaches the practices of devotional service through interactive seminars and workshops.

While everyone else in our life is like a mirror reflecting our personality, our spouse is a mirror reflecting our character.





Prabhupada

By Satsvarupa Dasa Goswami

Published by The Bhaktivedanta Book Trust

Review By Byron Kyle

Available at the temple. R85

My traditional upbringing guarded me against false prophets and false idols therefore I encountered Krishna Consciousness warily. I noticed that devotees placed implicit faith in Srila Prabhupada, the founder of ISKCON, commonly known as the Hare Krishna Movement. I was taught prior that veneration of a saint is acceptable but worship belongs solely to God.

My innate desire was to debunk Srila Prabhupada as a scandalous charlatan, duping people into belief and charity to advance his own goals. The religions of the East seem like a great tapestry with each story and person involved a woven thread. Many of these threads have frayed over time with intentions of material gain marring the image and beauty of the whole. Having read the media scandals and biographies of other Indian monks, I suspected that Prabhupada also came to prey on the desperation and gullibility of Westerners.

The challenge for the author, Satsvarupa Das Goswami, therefore, was to solidify Srila Prabhupada's legacy and showcase how he was not just another prophet. Satsvarupa Das Goswami does so in a way that it concise and accessible even to those who have not encountered eastern philosophy. The words and anecdotes lingers in the minds of both the spiritualist and layman, unveiling Srila Prabhupada as a selfless and God-loving man. More so than reading the book, however, it was his followers that solidified my opinion of Prabhupada as a man with heart of pure love. In this book we accompany him on his mission of sharing that love with the world. I will share this wonderful read with whomever I can and I am confident that after you read it, you will too.



On the Cover

Sketch by Sanhaviya Sookrajh

Sanhaviya is a student at UKZN and is currently finishing her honours degree in Exercise Science. She is passionate about sport (mainly Karate) and art. She feels like she is still an amateur artist and grateful for opportunities such as this. Sanhaviya describes herself as "a learning devotee who is lucky to have the association of many wonderful people part of ISKCON."

She shares her thoughts on her sketch:

I struggled a bit with deciding what to draw. I'm not used to drawing anything to do with the Lord and luckily I had the guidance of devotees asking the right questions: "What inspires you in devotion?" "What makes you feel close to the Lord?"

This immediately made me think about a Bharatanatyam dance called Palvadiyum, which uses a nickname of Krishna, "Khanna". I also do Bharatanatyam (dance that portrays various Gods and their pastimes). This particular dance is a depiction of Srimati Radharani's movements through the forest and her interaction with Krishna. The song describes how Radharani sees and adores Krishna. Part of the song, which inspired my sketch describes a moment of separation, how Radharani looks for Krishna and eventually finds him and becomes shy in his presence. She, therefore, glances away from him being overwhelmed by emotion.

However, I do feel that the sketch is open to interpretation, whether it be a specific pastime or simply something to highlight Radha and her love for Krishna. It is a drawing all devotees should be able to relate too. What I have understood is that Radharani is the chief negotiator on behalf of the devotees and Krishna will listen to her. Therefore I have great respect and devotion towards her.



Changing Tack

By Byron Kyle

I used to sail small yachts, which housed just one or two men. When sailing these boats the wind fills the sails from a side-on direction, rather than from behind. To compensate for the wind, you usually face your destination at a forty-five-degree angle, and with a manoeuvre called tacking, you approach your goal. There are no straight lines, rather you zigzag in order to reach there. The tighter you draw in the sails and the closer you are to the wind, the faster your boat will go. However, due to the great force placed on the boat, you risk capsizing. In order to compensate for that force, you sometimes must literally hang off the side of the boat and use your weight and strength to keep balance.

Life is sometimes smooth sailing and other times tumultuous. The only thing we choose is how we sail. With the start of the new year, we set goals for ourselves (spiritual and material) and most of us want to achieve them immediately. Often times the tide of the year leaves us disappointed and we feel as though we're getting nowhere. Our efforts may be great but our pressures even greater. In a world of fast-paced living it's tempting to sail close to the wind even when it's blowing at gale force. This behaviour mostly leaves us exhausted or burned out and we tip over and get stranded in the water. There is an alternate way to approach life. We can try remaining equipoised and placing our trust in God. Krishna explains in *Bhagavad-gita* that he who remains "equipoised in happiness and distress, fear and anxiety, is very dear to Me." (Bg. 12.15) To be

equipoised means to live intelligently — or knowing how to command the boat that is you and your life.

Sometimes it is best just to let out the sails or when the storms roll in to furl the sails and batten down the hatches. You can't predict the weather and maybe all you see is an empty horizon with no end in sight. Even though you may be zigzagging, it important to recognise that you are making headway in the bigger picture and that your goal will eventually come into view. Success is often not a straight line and your goals may dangle in front of you like a carrot on a stick. It's important to know when to use the stick and when to use the carrot when motivating yourself. Remember not to take yourself too seriously. God recognises our efforts and wants to reciprocate with us. If we remember to remain balanced while plotting our course in life, He has the power to smooth the waters and keep us safe...if we trust Him to.

Even though you may be zigzagging, it important to recognise that you are making headway in the bigger picture and that your goal will eventually come into view.

Developing our trust in God is crucial for every sailor of Life. Such trust is often the result of calm remembrance in a stormy sea. It isn't always achieved by a moment of miraculous faith but a lifetime in practice

— just like the practice of chanting the *maha-mantra* as a meditation that fixes the mind and allows for greater perspective. Such chanting creates a subtle fortitude and the assurance that you are above your problems and that God will carry you through.

So, if your life is smooth sailing, recognise it. Be thankful and celebrate! If you are facing bad weather, still be thankful, and grow from it. Both will pass. "Success is not final, failure is not fatal: it is the courage to continue that counts."



Sketch by Sanhaviya Sookrajh

My School Timetable

Name _____

Grade _____

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

Retro Butternut Soup with Pesto Bread Swirls

The Vaishnava Chef
By Candrasekhara Das

Serve this versatile butternut soup chilled in summer as a wholesome breakfast item or serve it piping hot as a warming winter entrée.

Retro Butternut Soup

Ingredients

100g butter or dairy free margarine for a vegan option
4 cups cubed butternut; reserve butternut seeds
¼ tsp freshly ground nutmeg or ¼ tsp mace threads
¼ tsp freshly ground black pepper
3 cups boiling water
1 ½ cups milk or coconut milk for a vegan option
1 tsp salt
1 Tbsp cake flour
2 Tbsp chopped fresh parsley
Fresh cream to serve
Spicy butternut seeds
1 tsp olive oil
½ Cup butternut seeds, cleaned
1 tsp salt
¼ tsp cayenne pepper or *masala*
¼ tsp *jeera*/cumin powder
Pinch of ground cinnamon

Method

Heat oven to 180°C.

In a bowl stir together the butternut seeds, olive oil, 1 tsp salt, cayenne, jeera and cinnamon until the seeds are well coated.

Spread seeds in a single layer onto a baking sheet and bake stirring once through until golden brown; roughly 12 minutes.

Melt 80 grams of the butter in a deep saucepan over medium heat.

Add the nutmeg/mace and black pepper and sauté for a minute to release the flavours of the spice.

Add in the cubed butternut and sauté for 10 minutes; stirring frequently.

Add 3 cups boiling water and bring to a rolling boil cooking until the butternut is tender. Puree the saucepan contents using a stick blender or a regular blender until smooth.

Melt remaining butter over low heat in another saucepan.

Stir flour into the butter and cook until thickened slightly.

Add the butternut puree to the thickened flour/butter mixture and stir through until well combined over low heat.

Add in milk and salt and bring to a boil.

Finish off with parsley, cream and spicy butternut seeds.

Pesto Bread Swirls

Ingredients

3 tsp instant yeast
½ tsp sugar
½ to ¾ Cup lukewarm water
1 ½ Cups cake flour
¼ tsp salt
2 Tbsp olive oil

Mix the yeast, sugar and water in a bowl and let sit until frothy. Add in the sifted flour, salt and olive oil and knead into a smooth and silky dough.

Pesto

1 ½ cup fresh basil
1 tsp hing
½ Cup cashews or pine nuts
2/3 Cup olive oil
125g Parmesan cheese; grated
1 tsp salt
½ tsp black pepper
2 Tbsp lemon juice

Blend basil, nuts, hing, salt, black pepper and lemon juice until smooth.

Add in the grated Parmesan cheese and process further.

Whilst the blender is running drizzle in the olive oil until desired consistency is obtained.

How to assemble the bread swirls

Roll out dough into a flat rectangle of about ½ cm thickness.

Spread a generous amount of pesto onto the rectangle dough leaving a ½ cm border all around. Roll up the dough like a Swiss Roll, loosely cover with plastic wrap, and let rise for 30 minutes.

Bake in a preheated oven at 200°C for 15 – 20 minutes until the bread is golden brown.

Cut into 2 cm slices when cool.

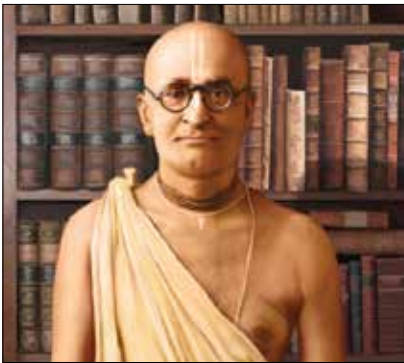
Offer to Krishna with love and devotion and honour.



Event Guide



Sri Nityananda Prabhu's
Appearance (Fasting is done
on Sunday, 28 Jan)
Monday 29 January 2018



Srila Bhaktisiddhanta Sarasvati
Thakur's Appearance
5 February | Monday
Fast until midday



Srila Jagannatha Dasa Babaji's
Disappearance
16 February | Friday



Festival of Jagannath Misra
2 March | Friday



Srila Narottama Das Thakur's
Appearance
Wednesday 31 January 2018



Maha Shivaratri
13 February | Friday



Sri Madhavendra Puri's
Disappearance
27 February | Tuesday



Sri Srivasa Pandit's Appearance
9 March | Friday

EKADASI

Fast from all grains, beans and legumes.
This fast awards spiritual benefits and
detoxifies the body and mind.

Ekadasi

28 January 2018 | Sunday

Break fast

29 January 2018 | Monday | 05:21 -
09:53

Ekadasi

11 February | Sunday

Break fast

12 February | Monday | 05:33 - 09:57

Ekadasi

26 February | Monday

Break fast

27 February | Tuesday | 05:45 - 10:00

Ekadasi

13 March | Tuesday

Break fast

14 March | Wednesday | 05:55 - 10:01

Ekadasi

27 March | Tuesday

Break fast

28 March | Wednesday | 06:04 - 10:01



Gaura Purnima -

Sri Chaitanya Mahaprabhu's Appearance

1 March | Thursday Fast until moonrise



DURBAN PREMIER
CINE CENTRE SUNCOAST

HARE KRISHNA!

The Mantra, the Movement
and the Swami who started it all

FEBRUARY 21 & 22

ABRAMORAMA PRESENTS AN INNER VOICE PRODUCTIONS FILM "HARE KRISHNA! THE MANTRA, THE MOVEMENT AND THE SWAMI WHO STARTED IT ALL"
ORIGINAL MUSIC BY MICHAEL MOLLURA DIRECTOR OF PHOTOGRAPHY ADRIE WATSON (INDIA) & KRISHNA SANCHEZ (USA) EDITORS KRISHNA SANCHEZ LAUREN ROSS & HILARY ZAKHEIM
PRODUCERS LAUREN ROSS CORALIE TAPPER & JESSICA HEINRICH WRITTEN BY JEAN GRIESSER CO-DIRECTED BY JEAN GRIESSER & LAUREN ROSS PRODUCED & DIRECTED BY JOHN GRIESSER
INNERVOICE #harekrishna harekrishnathemovie.com harekrishnathemovie ABRAMORAMA

Reservations: 031 403 3328 or harekrishnamoviekzn@gmail.com