



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

# HARE KRISHNA NEWS

September/October 2022



Art by Ganganata Goswami Dasi



**Festival Feature** page 4  
**The Ecotheology of**  
**Our Tradition** page 6



## In This Issue

Living with Srila Prabhupada Godsend Are You!	3
Temple President's Message The Flood of Blessings	3
Special Feature One Spirit Fest	4
ISKCON Environmental Initiative The Ecotheology of our Tradition – Part 1	6
Soul Poetry My Eternal Master	7
On The Cover Compassionate Radha	8
The Vaishnava Chef Vegan Macarons	9
For the Family About the Art Colouring Activity	9 10

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## Vaishnava Calendar

16 Oct Su	Sri Sri Radha Radhanath Temple 37th Anniversary
18 Oct Tu	Bahulastami
21 Oct Fr	Ekadasi
22 Oct Sa	Break fast 05:10 - 09:30
24 Oct Mo	Diwali (Hindu)
25 Oct Tu	Diwali
26 Oct We	Go Puja Govardhana Puja
29 Oct Sa	Disappearance Anniversary of His Divine Grace A. C. Bhaktivedanta Swami Prabhupada (Fast until midday)
1 Nov Tu	Gopastami
4 Nov Fr	Ekadasi Srila Gaura Kisor Das Babaji's Disappearance (Fast until midday) First day of Bhisma Pancaka
5 Nov Sa	Break fast 04:58 - 09:25
8 Nov Tu	Kartik Purnima – Last night of Kartik Sri Krsna Rasayatra Tulasi-Saligrama Vivaha (marriage) Sri Nimbarkacarya's Appearance Last day of Bhisma Pancaka
20 Nov Su	Ekadasi
21 Nov Mo	Break fast 04:49 - 06:39
3 Dec Sa	Advent of Srimad Bhagavad-gita
4 Dec Su	Ekadasi
5 Dec Mo	Break fast 04:47 - 09:26
12 Dec Mo	Srila Bhaktisiddhanta Sarasvati Thakur's Disappearance (Fast until midday)

## Calling All Writers & Artists

Are you an artist or writer? Would you like to see  
your art or article published in Hare Krishna News?  
We love to publish local talent.

Write to the editor, Rasa-sthali Dasi:  
rasasthali@iskcondurban.net

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Quotes from Bhagavad-gita As It Is and Sri  
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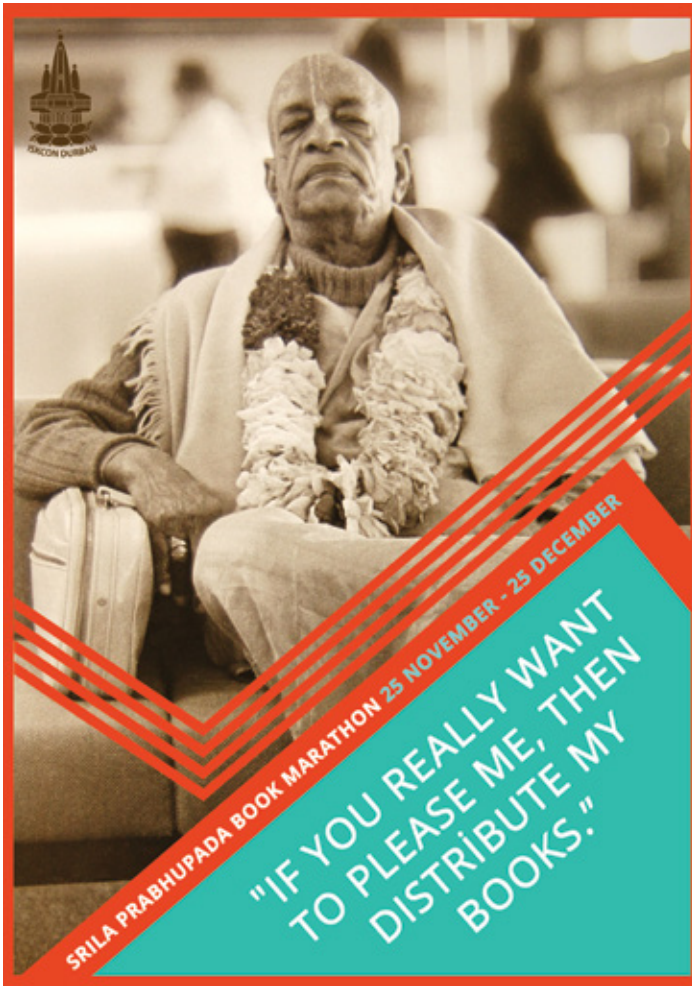


# SRI SRI RADHA RADHANATH TEMPLE

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ISKCON Durban  
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## Godsend are You!

Living With Srila Prabhupada

By Gaura Bhumi Devi Dasi

*This poem is my Sri Vyasa-puja offering to His Divine Grace A. C. Bhaktivedanta Swami Prabhupada.*

Godsend are you, oh great soul!  
For where my heart once was, is a deep hole.

I have tried to fill it with all my glorious might,  
But only your kindness and mercy would ever yield  
a future so bright.

Your grace and love move even boulders to tears,  
What to speak of myself, my ego, and apparent  
fears.

Your lotus petal eyes gently proclaim:  
Come as you are, not as you should be. How  
fortunate am I?

That in your house, both far and wide,  
Lies a small space for little, insignificant, I

May the path of my life carry me in humble service  
May pleasing Guru and Vaishnava be my life's  
purpose

## The Flood Of Blessings

Temple President Message

By Ramvijay Das

We can count our blessings in being able to come together for Sri Krishna Janmashtami, Srila Prabhupada's Vyasa-puja, and Sri Radhashtami festivals, where we worshipped the Lord together. Now we are further blessed with the magnificent mercy brought by the month of Kartik when Lord Krishna becomes easily pleased and showers unlimited mercy upon us. How fortunate are we to have these wonderful opportunities in our lives? Despite the many tragedies we experienced in KwaZulu Natal, we feel enlivened and invigorated by the mercy afforded to us. I would like to thank all our devotees and friends who helped in many ways to make the festivities possible. Sri Sri Radha Radhanath has surely taken note of all your sacrifices and services, which have earned countless blessings.

With the Prabhupada Marathon (book distribution drive) approaching in December, let us take the blessings we have accumulated and share them with others. I invite each of you to try your best to share the message of Krishna consciousness through a concerted effort to distribute Srila Prabhupada's books. Not only will we be offering others the experience of the sublime blessings

we have received, but we will also multiply the blessings we receive because of how satisfactory the book distribution service is to Srila Prabhupada, Sri Chaitanya Mahaprabhu, and Sri Sri Radha Radhanath.

So let us come together again, and in large numbers, to give out transcendental literature and help fulfil Lord Chaitanya's mission within this world. We have experienced first-hand the sufferings of this world (COVID, the unrest of July 2021, and the double natural disaster of floods this year). These challenges remind us of the fickle nature of the world and we got to endure this at close quarters. We should use this as impetus to renew our spiritual determination and decrease our attachment to the false shelter of material facilities. So let us gather with renewed enthusiasm to help alleviate the sufferings of others.

Devotees are busy planning the marathon to facilitate the best experience for you. We are working on booking commercial places to distribute books, training, teams, book packs, and social media adverts to help you on your book distribution adventure. You may contact Radha Raman Das on 076 587 9558 or Priya Kishori Devi Dasi on 082 806 1646 or [sankirtanoffice.dbn@gmail.com](mailto:sankirtanoffice.dbn@gmail.com)

And I am here to offer any assistance. You may write to me: [Ramvijay108@gmail.com](mailto:Ramvijay108@gmail.com).





On Saturday 24 September at the Bay of Plenty Lawns we shared a platform with various local artists to promote Srila

Prabhupada's message of inclusivity. This festival was geared to people who are not familiar with *bhakti-yoga*. It was an ISKCON Durban initiative and partially sponsored by the Department of Sports, Arts and Culture.



"Uniting through spirit is essentially how we all come together, because we all look different, practice differently, speak different languages and come from different areas but inherently, we are all the same, and we are one spirit. So the festival allowed people to come with their different cultures and express themselves differently, but together as one."  
Sandy Rimell



"It was indeed a great experience for us to share a stage with different ethnic groups across the country. We enjoyed a parade in the morning with great excitement accompanied by great drums, dance and music. We enjoyed the food provided to us. Arrangement of the music, stage and even the whole set-up was stunning. The One Spirit team was kind and welcoming. We were able to get answers from anyone amongst them whenever we inquired or needed help. We were so grateful."  
Andile Mbatha (Event and Artist Coordinator)





"I served with Food For Life and it was wonderful seeing so many people filled with gratitude for such a hearty plate of *prasada*."  
Shalina Bux

"It was a vibrant and joyful festival. A gathering of souls outside the constraints of their ethnic cages."  
Derrick Pillay



"Great festival well infused Krishna consciousness into the modern day art festivals, which made it current. The entertainment line-up was inclusive, which was beautiful to see. I was personally grateful at the endeavour to have *prasada* that accommodated all "less spicy."  
Brian Dlamini



"It was a beautiful day of spoils, blessings, laughter and coming together in one spirit, mind, body, and soul. I personally loved sharing in the different cultures, dances and singing, this was such a beautiful and blessed day. Meals were free and divine. Thank you again."  
Junie Subbramony



"It was great to see a variety of people from all backgrounds and race groups. The participation was incredible. I would like to say a very big thank you to all devotees involved."  
Sudama Das

"I feel like it was all inclusive especially for heritage day. And this exposure brought different feet in. I thought your MCs were wonderful."  
Julian Wenn



"We thoroughly enjoyed the festival. It was well conceptualised, it works for theme and the month it is set under."  
Musa  
(Mhayise Productions )



## ISKCON Environmental Initiative: The Ecotheology of our Tradition – Part 1 Krishna Kishore Das (Christopher Fici, PhD)

*[Do we need to care for the environment? Are green practices important or necessary for the aspiring bhakti-yogi? How does green practice affect our devotion? Do green practices have roots in the Vaishnava tradition? Over the next few issues we will discuss this topic by sharing this paper in six parts.]*

This document presents the ecotheological core of our Chaitanya (Gaudiya) Vaishnava tradition, specifically as we find it manifested in the International Society for Krishna Consciousness (ISKCON). For those who might not be familiar with the term ecotheology, here is a brief definition: Ecotheology concerns the encounter between the study of religious experience, knowledge, and truth (theology) and the study of the natural world (the Earth, the cosmos). Ecotheology explores how our Chaitanya Vaishnava theology informs our understanding of the natural world. Vice versa, the study of the natural world helps to inform our understanding of the Absolute Truth, as it is through the elements of the natural world that we are able to encounter the Absolute Truth.

Those who are ecotheological appreciate, revere, and express devotion through an understanding and experience of a Divine being/presence who is the source of creation, who as this source is profoundly beyond and different from creation, but who is also, simultaneously and inconceivably, deeply embedded and embodied within each and every element, each and every atom, each and every move of the dance of Earthly creation. Any element of any religious tradition which expresses care for creation, which encourages the practitioner to care

for creation, and which allows the practitioner to experience Divine presence within creation is an ecotheological element.

Satyaraja Das (Steven J. Rosen) illustrates how our tradition is naturally drawn towards ecotheology. He writes:

Vaishnavism has for millennia espoused a sort of 'ecotheology' that is extremely relevant today... This vision enables Vaishnavas to revere the created world, not only as implied by their vegetarianism and sense of animal rights, but in their deep appreciation of nature. This appreciation is so intrinsic to their worldview, in fact, that it permeates their theology. They cherish, for example, stories about Krishna banishing the demon Kaliya for polluting the Yamuna River...evidence that their Lord protects the environment...The *Srimad Bhagavatam* contains...a segment (11.7) in which Dattatreya, a young ascetic, chooses nature as his guru. The sage reveals in detail what he learns from such representatives of nature as the Earth, fire, wind, spiders, children, and even his own body. The teachings are practical and ecologically significant. Though the moral of Dattatreya's story is not necessarily to seek out nature as one's guru, there is an implicit statement here about the high regard Vaishnavas have for it (Rosen, 48)

Our tradition, which includes the whole of our *sastric* teachings, the examples and teachings of guru and *sadhu*, and our ritual and cultural practices, lead us to understand that the Supreme Personality of Godhead (Krishna) is the source of all material creation. As Krishna teaches in the *Bhagavad-Gita*: "I am the source of all spiritual and material worlds. Everything emanates from me. The wise who perfectly know this engage in My devotional service." (10:8). As Krishna also teaches in the *Bhagavad-Gita*: "Earth, water, fire, air, ether, mind, intelligence and false ego—all together these eight constitute My separated material energies." (7:4) Even as these elements represent a separate and distinct material energy from the original spiritual energy of the Supreme Personality of Godhead, nevertheless there is always a connection between the spiritual energy and the material energy of Krishna. The spiritual energy is the source of material energy, and it is through material energy that we can begin to encounter the spiritual energy of Krishna. We can directly worship and access the personal presence of the Supreme Personality of Godhead through the elements of our Earth planet and through the elements of universal creation.



# To discriminate or to cause unnecessary violence against any living being due to their bodily form is the antithesis of bhakti.

As our practice of *bhakti-yoga* is relational at its core, it is our duty to serve all living beings on this Earth planet in the mood of humble, friendly, compassionate, and active service. It is through our honouring of our relationships with all living beings that we are able to better understand our relationship with the Supreme Personality of Godhead. As Krishna teaches in the *Bhagavad-Gita* "the humble sages, by virtue of true knowledge, see with equal vision a learned and gentle *brahmana*, a cow, an elephant, a dog and a dog-eater (outcaste)." (5:18) At the core of our practice of Krishna-bhakti is the understanding that every living being is an eternally existing, eternally cognizant, and eternally blissful *jiva* (living entity). In their material forms, all living beings are worthy and deserving of respect, care, and compassion. This is because all living beings are eternally spiritual beings who are part-and-parcel of the Supreme Personality of Godhead. To discriminate or to cause unnecessary violence against any living being due to their bodily form is the antithesis of *bhakti*. As A. C. Bhaktivedanta Swami Prabhupada, the Founder-Acharya of the International Society of Krishna Consciousness, writes in his purport to verse 5:18 from the *Bhagavad-Gita*:

A Krishna conscious person does not make any distinction between species or castes. The *brahmana* and the outcaste may be different from the social point of view, or a dog, a cow, and an elephant may be different from the point of view of species, but these differences of body are meaningless from the viewpoint of a learned transcendentalist. This is due to the relationship to the Supreme, for the Supreme Lord, by His plenary portion as Paramatma, is present in everyone's heart.

Every living being is intimately related to the Lord and is therefore deserving of respect, care, and compassion. From this teaching we understand that a learned and realized individual never causes unnecessary harm or discrimination to any living being. From this teaching we also understand that while a learned and realized individual perceives every living being through the lens of *sama-darsinah* ("those who see with equal vision") this does not mean they do not care about the material forms of living beings and the suffering which may exist because of these material forms. A learned and realized individual always engages in the care of these living beings and the care of creation.

## My Eternal Master

Soul Poetry

By Gaura Bhumi Dasi

I am lost, the ocean of illusion has me subdued.  
Swim as I try with all my might,  
the shore of peace is nowhere nearer to my sight.

I've cried, pleaded, and begged.  
But there is always something I seem to forget.  
This suffering and pain, can I ever prevent?

I have tried and tried with my ego so bold,  
to stay afloat in this ocean, but I've kept my pride  
on a firm hold.

But what would happen... if I just surrendered?  
I'd finally settle enough to actually remember  
that a few feet away is a lifeboat of grace  
and once acknowledged, I would never need to  
hesitate.

I thank you, dearest father and guide,  
your teachings have touched me – soul, heart, and  
mind  
gently soothing a tsunami of doubt into a peaceful  
tide,  
ever still and always kind

I still swim as I have for many lifetimes,  
yet now the current pulls me elsewhere from the  
mind.

What was turbulent is now grace.

I have you and your own master to thank for this  
change of pace.

On this day I ask for blessings,  
may I serve the saints forevermore, hereby  
becoming worthy  
to always receive nectar drops of spiritual mirth  
and honey.

You are my eternal master,  
your words and grace – my eternal shelter.





## Compassionate Radha

On The Cover

By Gangamata Goswamini Dasi

I am an artist, teacher, and bhakti yoga practitioner. My art making process is intrinsically linked with the progression of my consciousness in relation to my spiritual practice. Since childhood, I was inclined towards writing books, illustrating, drawing, and praying. I wrote and illustrated books about a crocodile, interesting looking people, and flying machines.

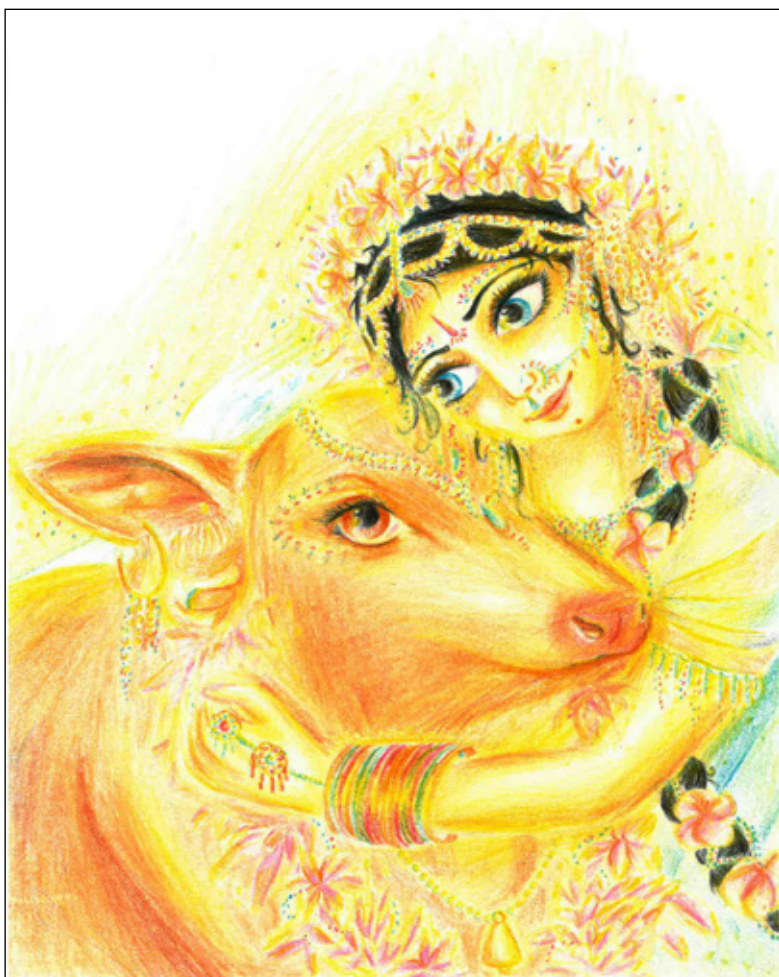
In high school, through painting, I explored the subject matters of; water, consciousness, the soul and transformation. I matriculated with 100% in Visual Art, and decided to complete a Fine Art degree at Stellenbosch University. Upon beginning my studies, the effulgent devotees appeared on my path, along with a world abundant in transcendental sound vibration. I was already looking for the truth, and a process that I could give my whole heart to. In my final year I ventured deeper into devotional practice.

Since I met the devotees, my life has been full of magic and unexpected adventures. While studying, I assisted with the university cultivation program. After University, I travelled to India before living at ISKCON Cape Town temple. In 2019 I joined Indradyumna Maharaja's Polish festival and assisted with costume and prop design.

Whilst on tour, I met a fellow South African who was illustrating for a particular devotional book. I thought: I would really like to assist with that service. When I got back to South Africa, I received a call to assist with illustrations for that same project. At ISKCON Sandton, I spent some time illustrating devotional books and painting Radha Krishna, Gaura Nitai and Lord Jagannath deities. It was at this time that I made the artwork which features on the cover.

This particular drawing is one out of a series of colour pencil sketches, showing the 25 transcendental qualities of Srimati Radharani, as described in the *Chaitanya Charitamrta Madhya Lila* 23.87-91. Srimati Radharani is the feminine counterpart of the Supreme Personality of Godhead. She is the pleasure potency of the Lord, His eternal consort, and the topmost devotee. This drawing illustrates that She is very merciful and compassionate. It was going to be a part of a children's book. The intention behind it was to help children learn about the qualities of Srimati Radharani, and think about Her transcendental features and characteristics.

Srimati Radharani is the embodiment of all mercy and compassion. Krishna is the Supreme Personality



of Godhead, and the Supreme controller, yet He is controlled by the love of Srimati Radharani. We cannot receive the mercy of Krishna, without the mercy of Srimati Radharani. When She is pleased, She will recommend a devotee to Krishna, and ask Him to bestow His mercy upon them. Being a secretive and shy personality, She is rarely heard about or understood. A tiny particle of a drop of Her compassion can be experienced in moments of blissful *hari-kirtan*. Anyone fortunate to understand why we worship and pray to Srimati Radharani above anyone else, understands the secret to progressing in *bhakti*. Service to Krishna's devotee is more pleasing than service to Him.

I am eternally indebted to each and every devotee who has helped me in the best of all possible ways. Thank you for softening my heart and for opening the doors to sublime experiences, which my wandering soul has been so needy for, lifetime after lifetime.

**Hare Krishna Hare Krishna  
Krishna Krishna Hare Hare  
Hare Rama Hare Rama  
Rama Rama Hare Hare**



# Vegan Macarons

By Tom aka Project Vegan Baking

## Ingredients

300g aquafaba	150g vegan butter (75%+ fat)
175g granulated sugar	100g veg shortening
175g icing sugar	200g icing sugar
200g almond flour	40ml hot water
1/2 tsp cream of tartar	1 tbsp vanilla paste

## Directions

- Pour the 300g of aquafaba and 175g granulated sugar (475g total) into a saucepan on low heat. Simmer for 12 minutes until it has reduced to 325g total weight (use a kitchen scale to check). Pour the aquafaba mix into a stand mixer bowl and leave to cool for 1 hour.
- Meanwhile, sieve together the almond flour and icing sugar a few times.
- Add the cream of tartar to the aquafaba and start mixing on medium speed for 10 minutes.
- Once it reaches stiff peaks, pour the dry mix into the meringue. Add food colouring or flavours at this point if desired.
- Gently fold the mix together until you get a slow-moving lava consistency. To achieve this, use a silicone spatula to scrape around the sides and to the bottom of the bowl and gently fold. You should be able to pour an "8" shape with the batter off the spatula.
- Put the batter into a piping bag with a round 1cm piping tip and pipe circle blobs onto a silicon mat, holding the bag perpendicular to the tray. Bang the tray on a table a few times to pop all the bubbles. Use a toothpick to pop those bubbles if necessary.



- Pre-heat the oven to 120C.
- Leave the macarons to dry for at least 1 hour. Once the macaron shells are no longer shiny they are ready for the oven.
- Place the macarons into the oven for 40 minutes or until the feet look dry. Turn the oven off and leave the macarons to dry out for at least an hour with the oven door ajar.
- To make the butter cream, add room temperature butter and shortening to a stand mixer with paddle attachment and cream together until pale and fluffy (~5-10 minutes).
- Mix the 200g icing sugar with the hot water until smooth. Pour through a sieve into the creamed butter and add the vanilla paste.
- Cream together for another 5 minutes then scoop the butter cream into a piping bag.
- Pipe butter cream onto a macaron shell and sandwich with another shell of equal size. Do this with all the shells and ideally wait at least 24 hours for the macarons to mature before serving!

## For the Family

### About the Art

By Vraja Vilasini Devi Dasi

As with all art we include in Hare Krishna News, we chatted with Vraja to share with us a little about herself and her artistic journey:

I am an ex-Durbannite. I moved to Cape Town to study at UCT (and I never left our fair Cape) and met the devotees at the Bhakti Yoga Society during orientation and the rest is history! Now I am a pujari at ISKCON Cape Town, a Zonal Supervisor for SA, and co-chair of the South African National Council.

I love doing mehndi so a lot of my doodles are mehndi-inspired designs. My mehndi adventure goes back to the temple's mehndi stall at Maynardville Carnival to raise funds - we would sit for hours day after day doing mehndi. Over time I started to doodle to help me concentrate in meetings and so I often use the



#doodlesinmeetings hashtag. Most of my colleagues know if I'm doodling, I'm listening and focused. It's an outlet for my very left-brain profession! I mainly use pencil freestyle. Rarely I would use a pen and only if I can't find my pencil. Most times I have my sketchbook and pencil with me (especially if I know I have a particularly long meeting). I take inspiration from anything – something I come across on Instagram, a thought, or a word...recently it's peacocks and paisleys because I miss Vrindavan and I wish I were there with our friends. Pablo

Picasso said, "Art washes away from the soul the dust of everyday life." The more details I see, the more calming it is for me to draw. I do not count myself as an artist; I am a numbers person so if I can draw, anyone can!

I am so happy that my doodle can bring families together in artistic expression. May this activity bring you joy!





Colour Together  
For the Family  
By Vraja Vilasini Dasi

A family that colours together, stays together! This original drawing can make beautiful home altar decorations. Cut on the curve and you can even hang it! You can share your colouring by sending to [temple@iskcondurban.net](mailto:temple@iskcondurban.net).