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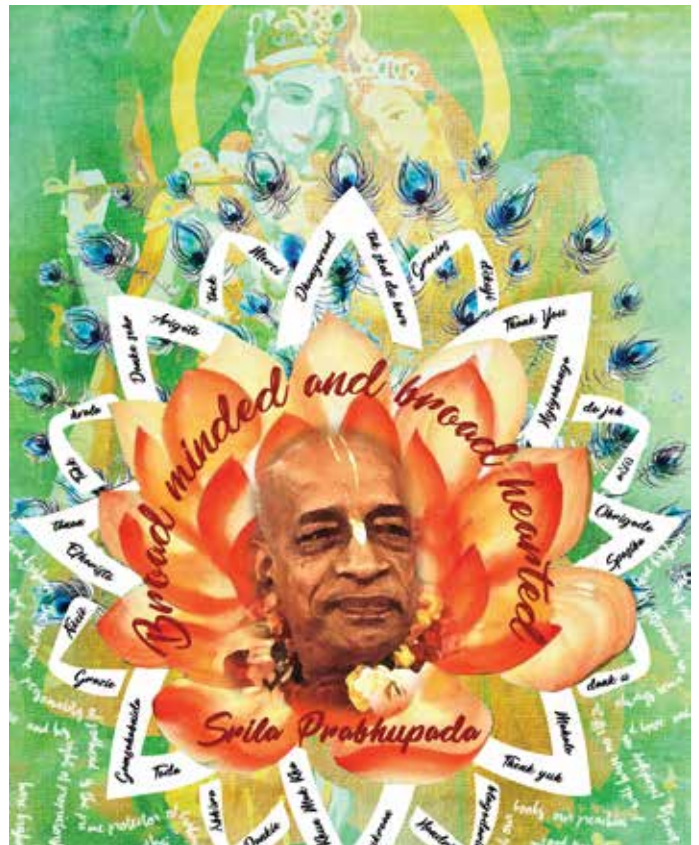
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On the Cover

by Prema-vanya Devi Dasi

I have been trying to practice Krishna consciousness for the past seven years. I was initially attracted to the kirtan (I am a huge fan of all kinds of music) then the philosophy, deities, numerous spiritual personalities within the society, and ultimately all the other elements that form ISKCON.

The art of design appealed to me since I was a young girl. I found myself drawn to the different elements of design such as colour, shape, form, texture, and silhouette and their unlimited possibilities of application within the context of creativity. My approach to design is based on two principles: free flowing creativity with a vibrant colour palette. I am inspired by contemporary graphic design art and nature. I use the art form of design to engage in devotional service and used art and illustration for this graphic design.

When I approached this offering, I focused on how Srila Prabhupada touched the hearts of people from all over the world and I wanted this artwork to illustrate this point of gratitude that his followers and well wishers could have for him. The lotus flower design was inspired by the 1st Canto Srimad Bagavatam cover.

One of my first contacts with spiritual life was reading the Science of Self Realisation, which has a photo of Srila Prabhupada on the cover. In this way I believe that Srila Prabhupada started my Krishna consciousness, and continues to keep me motivated with EVERYTHING that he has given us.

Sri Radhashtami Festival

Celebrating the Appearance Anniversary of

Srimati Radharani

Sacred Street Party

5 September

Flower Festival

16 September

Sri Radhashtami

17 September

Fast until midday

All Day Festival

"Srimati Radhanarani is a
tenderhearted feminine counterpart
of the supreme whole"
SB 2.3.23, purport

“Bless My Son”

Living with Srila Prabhupada

By Rukmini Devi Dasi

The ultimate anxiety for every parent is how their child will fair in the world. Srila Prabhupada's mother wanted him to study in London and become a barrister, akin to the current day I.T. specialist who scores a job in the USA. However, Srila Prabhupada lovingly describes how his father's ambition differed. Gour Mohan De wanted Abhay (Srila Prabhupada's birth name) to be skilled in *mridanga* and the art of knowing and sharing the sacred scripture, *Srimad Bhagavatam*. As an honest cloth merchant and fiercely dedicated *pujari*, his father would invite a steady stream of saintly men to his home. After offering them a meal and a comfortable seat he would appeal, “Please bless my son so that he may become a servant of Srimati Radharani.”

As it turned out Srila Prabhupada studied at the prestigious Scottish Church's College in Kolkata and became a reputed pharmacist. His mother would have been pacified to see him a professional. Imagine the joy, however, of Gour Mohan De? The *maha-mantra*, accompanied by the beat of the *mridanga*, now constantly circles the globe. Each morning devotees in major cities across the planet gather to imbibe the sacred *Srimad Bhagavatam*, now translated in 38 languages; all by the grace of his son. Such a servant of Srimati Radharani did his little Abhay become!

Krishna is the Supreme Personality of Godhead, the original Creator, the cause of all causes, the greatest among the great. Yet there is one thing greater than Krishna. That is *bhakti*, or actions performed with love, that pleases Him. Srila Prabhupada thus defined *bhakti* as devotional service. Such acts are not of the material realm and can conquer Krishna Himself. Srimati Radharani has the unique position as the epitome and prime bestower of *bhakti*.

The spiritual realm is described as a forest of divine touchstone and wish-fulfilling trees, and on the dark glistening Yamuna River lies a golden lotus. Upon the inner whorl of this golden lotus, rest the Divine Couple, Sri Sri Radha-Govinda. Upon the lotus petals sit the Gopis of Vrindavana with the principal servitors of Radha and Krishna closest to the inner whorl. Sri Lalita Devi leads the primary *gopis* in service to Sri Radha. The deluge of divine love emanating from the lotus' center ricochets to the outer whorls; a

love that is pristine, selfless, and non-existent on the material plane. Assisting the principle *gopis* are a line of *manjaris*, skilful younger maidens. Sri Lalita Devi is assisted by Rupa Manjari. Thus the *Srimad Bhagavatam* and related texts describe in detail the devotional intricacies of the spiritual realm.

Srila Prabhupada spent hour after hour translating the first canto of the *Srimad Bhagavatam* in the Radha

Damodar Mandhir, the heart of Vrindavana and the spiritual hub of the creation. The entrance to his tiny rectangular room is low, requiring a slight bend of the head. Against the right wall is a wooden desk and a single bed sits

on the left. On the right wall is a picture of Srila Prabhupada's guru, Srila Bhaktisiddhanta Sarasvati Thakur. What strikes me most is the simple red brick floor. Something in those bare bricks speak of the hours that Srila Prabhupada spent here as a lone *sadhu* without financial backing, family, or following.

Adorned with many failed attempts to market the spiritual magazine, *Back To Godhead*, he became divinely inspired to translate the 18000 verses of the *Bhagavatam* instead. What would have appeared like a highly illogical next step is now evidently a crucial leap of faith! Across the veranda is an even smaller alcove that Srila Prabhupada used as kitchenette. He would prepare and offer a simple meal there and while honouring the *prasada* he would look out the window, gazing upon the tomb of Srila Rupa Goswami.

The Radha Damodar Mandhir is surrounded by the tombs of more than forty saints and the collective spiritual consciousness in that sacred place is tangible. The tomb of Srila Rupa Goswami is most prominent and there Srila Prabhupada would pray for spiritual empowerment. Friends would find him in middle of the



night sweeping the courtyard with tears in his eyes, begging the Goswami for the ability to infuse the message of *bhakti* within the western world. It was the enormous order of his guru and he felt incapable of doing it, although willing. One night Srila Rupa Goswami appeared to Srila Prabhupada, urging him to proceed to the western lands, assuring him that he did not go alone. Rupa Goswami is none other than Rupa Manjari, servant of Lalita Devi, the principle friend of Srimati Radharani. Thus humbly following in the line of servitude, Srila Prabhupada was a glorious servant of Srimati Radharani. And we, humbly following after him, understand what serving Srimati Radharani truly means; serving Srila Prabhupada.

Therefore we approach Vrindavana and the spiritual realm as servitors of Srila Prabhupada. We offer our obeisances to the River Yamuna wherein that golden lotus must sit and the sacred places of Krishna's pastimes. Yet in doing so we remember that the most potent of holy places for us are Srila Prabhupada's *samadhi*, wherein his body lies entombed, and the those very rooms in Radha Damodar Mandhir. Those rooms are the womb of our good fortune, where Srila Prabhupada meditated on delivering the message of the *Srimad Bhagavatam* to the world. We can sit on those same red bricks and pray to be empowered, faithful servants of Srila Prabhupada. We embrace the *Bhagavatam*, understanding it to be the eternal fruit of his ardent endeavour. Therefore living with Srila Prabhupada implies living with the *Srimad Bhagavatam*.



Bhadra Purnima

Ultimate Insurance – ensure an auspicious future beyond this lifetime!

24 September 2018

“If on the full moon day of the month of Bhadra one places Srimad-Bhagavatam on a golden throne and gives it as a gift, he will attain the supreme transcendental destination.”

Srimad-Bhagavatam 12.13.13



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“I want that every respectable person has a full set of Bhagavatam and Caitanya Caritamrta in his home.”
(Srila Prabhupada Letter 77-01-24)

Flowers of the Nation

The Kirtanuity Youth Group

"You are the young generation; you are the flower of your country and society. Practice this most sublime system, Krishna consciousness. Be happy and make others happy. This is the real mission of life," His Divine Grace A. C. Bhaktivedanta Swami

"Kirtanuity" originates from: Kirtan + Unity + Community. Kirtan facilitates youth uniting thereby building a community. Youth love music and kirtan is musical mantra meditation that young people find easy to connect to.

Kirtanuity's Aims & Activities

1. Create a community for youth to flourish in their devotional and daily lives by following the teachings of Srila Prabhupada.

With the above in mind, Kirtanuity hosted the following:

"Too Busy to be Happy" seminar with travelling monk and best-selling author, Shubha Vilas Das

"Finding our Sacred Space" a workshop with university cultivation program leader, Rukmini Devi Dasi

"Medicine for the Mind" seminar with travelling monk and eco-warrior, Gauranga Das

2. Provide a platform for young devotees to associate with each other, where they feel inspired, protected, and valued.

Japa Night & Friday Night Bhajans – We have held 6 such events thus far.

"Kirtan Youth Night" with international traveling monk and renowned "kirtaneer" Kadamba Kanana Swami

3. To inspire the younger generation to perform devotional service.

Cooked the feast and presented the class at a Sri Sri Radha Radhanath Temple Love Feast. Note this event has an average of 300 people attending. Spent a day doing harinama, distributing books, and engaging in team and life skill activity based on pastimes from Krishna book.

4. To spread the sublime teachings of Srila Prabhupada to other youth.

Kirtanuity joined in the Shree Sanathan Dharma Sabha's National Youth Conference. Kirtanuity member, Sarisha presented a paper on the supreme role model, Srila Prabhupada.

Kirtanuity joined the Fortunate People Campaign (<http://fortunate-people.com>) of chanting for love and peace.

Other places and events Kirtanuity featured in are: National Radio (Lotus FM), the Sacred Chant Street Parade at the Festival of Chariots, the Bhakti Yoga Society Bonfire, Bhakti Theatre's Winter Musical, and the Social Cohesion Youth Day Celebration held by the Ethekewini Municipality.

In 2018 Kirtanuity has worked hard to create events that can nourish young people. Kirtanuity strives to imbibe the instructions of Srila Prabhupada of becoming happy and making others happy through the process of Krishna consciousness.

Invitation to All Youth!

Join our events by subscribing to our WhatsApp Broadcast. Simply send "Kirtan" and <Your Name> to 071 973 3013. You can also follow us on our Facebook Page: Kirtanuity Our programs and activities are entirely donations based, if you would like to contribute WhatsApp: 071 973 3013 or Email: kirtanuity@gmail.com

Tender-hearted Divinity

Gaura Bhumi Devi Dasi

Radha and Krishna together form the dual-gendered divinity, which is God. They are explained as the male and female dimensions of the Absolute Truth. Just like fire is never without heat, Radha and Krishna are one; non-different and inseparable from each other. Krishna is further described as the complete energetic source and Radha, the complete energy. You cannot have one without the other. They are one but with two separate forms. Srimati Radharani is the pleasure potency of Krishna. The name Radha is derived from the Sanskrit term *anayaradhito*, which means "one who worships Krishna best". Indeed, Srila Prabhupada states how one of Her most prominent features is Her attitude of always thinking of Krishna.

To establish Her importance, he shared knowledge of Srimati Radharani in some of the first books he translated and published, *Teachings of Lord Chaitanya* (1967), *Krishna Book* (1968), and *Nectar of Devotion* (1969). In the *Nectar of Devotion*, Prabhupada explained the principle of approaching Krishna through Radha: "To perform devotional service means to follow in the footsteps of Radharani, and the devotees in Vrindavan put themselves under the care of Radharani in order to achieve perfection in their devotional service. In other words, devotional service is not an activity of the material world; it is directly under the control of Radharani. In *Bhagavad-gita* it is confirmed that the mahatmas or great souls, are under the protection of *daivi prakrti*, the internal energy—Radharani. So, being directly under the control of the internal potency of Krishna, devotional service attracts even Krishna Himself."

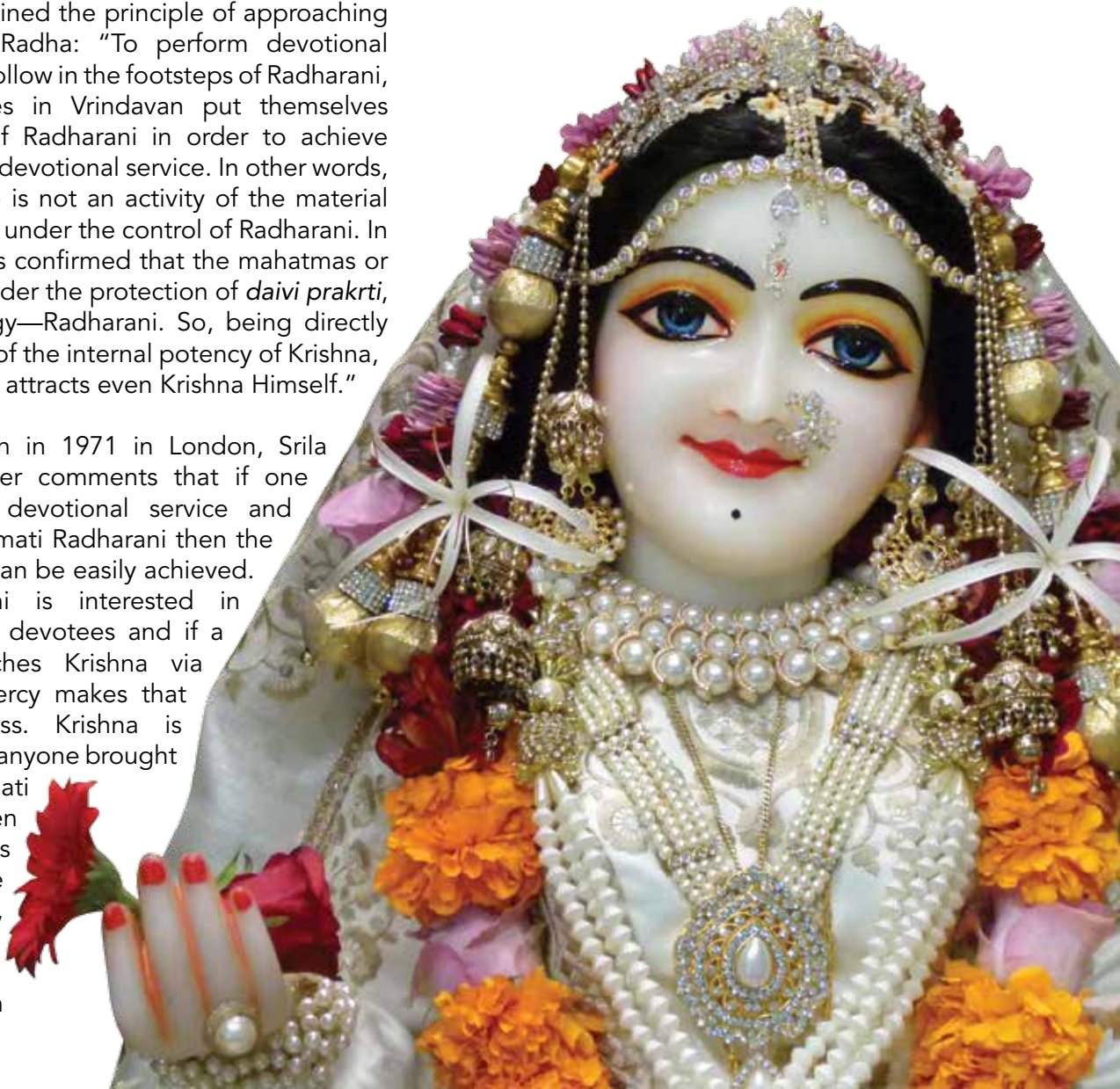
In a lecture given in 1971 in London, Srila Prabhupada further comments that if one simply takes to devotional service and tries to please Srimati Radharani then the perfection of life can be easily achieved. Srimati Radharani is interested in the welfare of all devotees and if a devotee approaches Krishna via Her, then Her mercy makes that devotion effortless. Krishna is obliged to accept anyone brought forward by Srimati Radharani. Even though Krishna is full and complete in every respect, He cannot understand Her greatness. When

Krishna wants to understand Himself, He adopts a form which exudes Her qualities and attitude. This is Caitanya Mahaprabhu, Lord Krishna in the mood of Srimati Radharani.

Srimati Radharani is often misunderstood as an ordinary girl. However, "Srimati Radharani is as fully spiritual as Krishna. No one should consider Her to be material. She is definitely not like the conditioned souls, who have mental bodies, gross and subtle, covered by material senses. She is all-spiritual, and both Her body and mind are of the same spiritual embodiment. Because Her body is spiritual, Her senses are also spiritual. Thus Her body, mind and senses fully shine in love of Krishna." (Caitanya-caritamrta Adi 4.71, Purport)

Srimati Radharani is also present in the maha-mantra. Hare refers to Mother Hara, who is Srimati Radharani, so even when chanting we approach Her first. Srila Prabhupada beautifully describes Srimati Radharani as the tender-hearted feminine counterpart of the Absolute Truth. She is the symbol of devotional service in the highest degree.

Her body, mind and senses fully shine in love of Krishna.



A Meditation on Srimati

Radharani's Right Foot

Sacrificial Altar: (Base of the little toe.) A devotee who offers her mind and life to Radharani immediately burns up all her accumulated sins and is enriched with devotion. Eternal service to Radharani's lotus feet should be the ultimate goal of Bhakti.

Mountain: This signifies Govardhana Hill. This Hill is worshipped by all the residents of Vrindavan as its' main agricultural source but Govardhana Himself worships Radharani as his source of potency.

Conch Shell: The ultimate source of victory. Radharani's lotus feet grant worshippers fearlessness from material pains.

Earring: Krishna's ears are always listening out for Radharani, be it Her ankle bells, Her singing or Her enchanting vina playing.

Club: Radharani's lotus feet act as a club to chastise the elephant of sinful lust out of the minds' of Her followers.

Chariot: Radharani's lotus feet are capable of controlling the chariot of the mind and She alone has the potency to carry away the chariot of Krishna's mind.

Spear: Radharani's lotus feet carry the potency to slash the bonds of material life. She is a source of unlimited strength.

Fish: As a fish cannot live without water, so can Radharani not live without Krishna.



Radharani's Lotus Feet

Radharani's Left Foot:

Barleycorn: Barley is a symbol of life sustenance — devotees who have attained the lotus feet of Radharani are guaranteed all enjoyable opulence.

Disc: Radharani is the queen of Her own kingdom — signified by the circle of Sri Vrindavan Dham.

Upward-line: A lifeline for devotees — if they cling to Radharani's lotus feet then they will be transported to the spiritual realm. Her lotus feet carry the power to transform even the lowest living entity to the highest platform of existence.

Lotus flower: Radharani always carries a small blue lotus flower with Her as a reminder of Krishna. This symbol also refers to Krishna's tendency to massage Her lotus feet.

Elephant Goad: Radharani has the ability to control Krishna, who is the controller of everyone.

Umbrella: Radharani's feet grant shelter from the rainfall of material miseries.

Flag: Radharani's lotus feet are the surest sign of security and protection in life. This also declares supreme victory for Her cowherd girlfriends (*sakhis*).

Bracelet: Radharani's lotus feet are always in Krishna's hands as bracelets always adorn His wrists.

Flower: The fame of Radharani's lotus feet spread far and wide like the fragrance of flowers and her feet are as soft as flower petals. As fruit blooms from flowers, so does a devotee's spiritual fruitfulness bare at Her lotus feet.

Vine/Creeper: This mark symbolizes how the desire-creeper of the devotees grows and grows and gradually seeks refuge at Radharani's lotus feet. Persons of intelligence will hold on to Her lotus feet as a creeper attaches itself to a strong foundation. It also shows that She is like the creeper wrapping around the *tamal* tree that is Lord Krishna.

Half-moon: The moon is the presiding deity of the mind — devotees' minds should always reside at Radharani's lotus feet to attain all contentment and satisfaction.





Control

The Body, Bodily Conception & Freedom

By Mukundanghri Das

Everything in Julie's life had spun out of control. Her dream job as a hotshot corporate banker had turned into a nightmare. It kept her working late into the night. The heels and the power suit in the Sandton high-rise building felt no different to a prison suit in a jail cell. There just wasn't enough hours in the day. "God, why?" she murmured to herself in frustration. "Why am I not in control?"

Julie contemplated resigning from work. But it filled her with guilt for the family she has to take care of. She also could not bear losing her reputation. "What would people think of me?" she asked herself. "Everything I have worked for, everything I have become will have been for nothing. I can't stand the thought."

Julie's story is common. In a way we're all a Julie. We are consumed by so much outside of our control. Our reputation and fortune in this world are dependent on others and circumstances beyond us at times. However, Julie's (and our own) tribulation does pose a question so obvious that we tend to miss it: "What is, and is not, in our control?"

Lord Krishna (BG 3.27) explains the source of Julie's frustration is that she thinks she is in control of the outcomes and situations in her life. This perceived control is as a result of the false ego.

For example, public perception about her potential decision to resign is not in Julie's control. Yet she subjects herself to so much turmoil to control that outcome. This is, in part, a manifestation of false ego. Likewise the reason why she became a corporate banker could have been to harness a sort of social

prestige. However, social honours are outside her control. But thinking she is in control she subjects herself to demands of her work, at the expense of her well-being, to uphold or ascend to a reputation viewed as successful.

In either instance, Julie hands over control of her well-being to people and circumstances outside her control and in doing so, hands over her freedom. This is what Vedic scripture calls being a servant of the mind, senses, and sense objects. Or as Lord Krishna puts it, being bewildered by false ego and the modes of material nature.

The tendency to try control that which is not within our power to control is what Srila Prabhupada has described as "trying to lord it over material nature". From Julie's case, it is evident that we cannot control everything. It is irrational to think so. Thinking you

can be the controller is nothing but a manifestation of pride.

We do however, have the power to control our mind and intelligence. This is one of the fundamental purposes of yoga.

A controlled mind helps one discern from right and wrong, and helps to direct desires. But, and more importantly, if "misfortune" befalls us, we are not disturbed understanding that we are not in control. We have been assigned a part to act in the play. Ours is to simply act in that role to the best of our ability. Once our part on the stage has expired we withdraw in peace and contentment. How one is withdrawn is not in one's control, therefore, it is something that we should be prepared to be detached from.

It is this sense of acceptance, knowing what we can and cannot control, that frees us and brings the necessary peace within us to cultivate love of God.

We have the power to control our mind and intelligence.

Activating the Will of God

By Nikunja Vilasini Dasi

How many of us hide behind the will of God as an excuse to inactivity or laziness? And how many of us attribute our successes to our efforts alone?

The Vedic scriptures teach us that nothing in this world moves without the will of God—He is the creator, controller, overseer of multifarious universes, the benefactor of speech, intelligence, talent, and everything else without which we would be considered useless; however, do we just sit back, waiting for God's will to save or direct us without endeavour, or do we activate His will?

A pastime of Lord Krishna illustrates how both are needed: our sincere efforts and His will or divine mercy make our efforts successful.

On one Diwali, more than five thousand years ago in Vrindavan, Krishna's mother, Yashoda, discovered that Krishna had broken a yoghurt pot. Seeing little yoghurt footprints on the floor, she followed them to the courtyard and saw Krishna standing on a wooden grinding mortar, stretching upwards to butter pots hanging from the ceiling, His eyes darting around. He scooped out handfuls of butter and was feeding them to the monkeys. The monkeys ran away as Yashoda approached with stick in hand, ready to chastise Krishna. How many times had she excused His butter thievery antics. Now she wanted to teach Him a lesson.

When Krishna saw the stick in her hand, He ran in fear. Yashoda ran after Him, and although it is impossible to catch the Supreme Lord, the conqueror of conquerors, the source of all energies, she was able to catch Him. Seeing His trembling lips and His fearful eyes pouring tears, Yashoda cast the stick aside and took a rope to tie Him to the grinding mortar, but it was two inches short. She gathered more rope and tried to bind Krishna again, and again it was two inches short. The *gopis*, the cowherd women, heard what was happening and brought many ropes to help Yashoda bind Krishna. But no matter how many hundreds of metres of rope they brought, it was always two inches too short. Krishna's waist did not expand, neither did the rope shrink. By now Yashoda was panting, the flowers in her hair fell loose, and perspiration ran down her forehead; nothing could stop her. Krishna smiled, appreciating the intense efforts of his mother that proved her deep love for Him. Then the all-powerful Supreme Lord, who is the ultimate refuge of His devotees, allowed Himself to be bound by Yashoda's pure love. From then on, Krishna became known as Damodara, the Lord who was tied by a rope around His belly.

This Damodara pastime illustrates that although God is never entangled in this mundane world, He is willing to bind Himself to anyone who approaches Him with pure love. When He sees us using our free will to come closer to Him and recognises our untiring efforts to persevere amid all hardships, He gives His will, His compassion and mercy, that makes the impossible possible. But if we just persevere without giving any credit or gratitude to His grace, even if we do succeed, we will miss out on His loving reciprocation.

Every year the auspicious month of Kartik is celebrated, in which the pastime of binding Lord Damodara took place. However, in this month the Lord's mercy does not flow in proportion to our endeavours; it pours a thousand times more. So, for every fear that we face, for every undesirable taint that we remove from our hearts, for every step we take towards enquiring about our life's purpose, for every lamp we offer in devotion to the Lord, for every commitment we make to become more evolved spiritual beings, and for every hurdle we cross to keep the Lord's message and instructions burning bright in our lives, His mercy will carry us a thousand times more.

So next time you are tempted to take full credit for an accomplishment, imagine what your effort would be like without God's gifts of life's basic faculties. On the other hand, if you are on the brink of giving up and ask God, "Show me Your will," imagine Him shouting back, "Show me yours!"

How many times had she excused His butter thievery antics.



The Reality Behind Infidelity

Marriage Matters

By Mahatma Das

Thoughts on Infidelity

Many victims of infidelity (and other emotional hardships) feel like leaving their spouse. However, sometimes this cheating spouse transforms him or herself after getting the "I want a divorce" wake up call from their spouse. This makes them less likely to make the same mistake again. In other words, once a spouse learns their lesson, they're less likely to make this mistake than someone who's never erred in that way before.

About 25 percent of women and nearly 50 percent of men cheat on their spouses. Thus, this often means that if one divorces a spouse who cheated on them, and then remarries, there is more of a chance the new partner will cheat on them than the repentant former partner.

The point is this:

A partner who is remorseful and has truly transformed is unlikely to commit the same mistake again.

Here lies an unfortunate irony. People wait years and years for their spouse to wake up and change their ways. Then when they finally do it, they're told it's too late. It's often the people who have made serious mistakes, people who have had the harshest wake up calls, who become the best spouses and are capable of forging the best relationships.

To forgive someone you have to be able to give up all hope that things could have been different.

How To Get Over Past Hurt?

The mistakes that ruin relationships are those that transform the culprits into people capable of the most outstanding relationships. The unfortunate thing for victims is that often they don't know how to heal from the hurt that would enable them to reap the benefit of their ordeal. So the roles become reversed. The person who was ruining the relationship stands ready to transform it, while the person who wanted to work on the relationship all along becomes the cog in the wheel that inhibits it. So think before giving up on a spouse who was unfaithful.

How do you get over past hurt? After all, you can't change what happened. Actually, to forgive

someone you have to be able to give up all hope that things could have been different. You need to live your life from today forward. If not, the past will determine your future. Unresolved issues of resentment will play havoc in relationships. Many of the future difficulties you encounter with your spouse will be precipitated by today's unresolved resentment.

The point is this:

Without forgiveness, no relationship will be fully healthy.

So how do you get over the past? Well, the past is already over! Rather than dwelling on the past we should thank God its over. Let's move forward with a forgiving heart and live with the thought that today is the first day of the rest of our life. The past will only affect us to the degree we allow it to.

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



The Eagle, The Fish & The Mystic

Creatures in Bhakti

By Shaunaka Muni Das

Is it a bird-like plane? No!
Is it a bird-like Superman? No, not quite!
It's Garuda! The eagle carrier of Lord Vishnu!
He is certainly not just any eagle but a gigantic golden eagle, a hero of considerable strength, and devotion to God. Garuda, the king of the birds, is entrusted with transporting God to wherever He wishes. Fantastic career path, wouldn't you say?

It is simply unheard of that such a species can be so dear to God, what to speak of saints celebrating him as one of God's greatest servants and whose entire existence is devoted to pleasing the Lord. Although Garuda may eat fish and snakes, it is not for his personal enjoyment but for the primary purpose of maintaining his eagle body and enabling his devotional duties.

Another of his intriguing attributes is the flapping of his gigantic wings that echo the Sama Veda. This Veda draws attention to the devotional worship of God. Imagine Garuda's constant emanating and hearing of such spiritual vibrations – how elevated his consciousness and position must be. Together with his unique position as God's intimate servant and his fascinating services, he possesses pure humility. We often devalue this quality, seeing it as a weakness, but a story in Garuda's life illustrates the spiritual depth in those who possess humility.

Once the great sage Saubhari Muni lived within the ripple-veiled river of the Yamuna. Because of his mystic perfection, he could exist in the water for as long as he desired, and over the course of time felt obliged to care for all the aquatics that lived there. Garuda would regularly feed there and the aquatics feared being eaten. Although there was no wrong on Garuda's part, as eagles are supposed to live of aquatic life, the aquatics expressed their grief to the sage, who became enraged and took it upon himself to check Garuda.

One day he caught Garuda in the act of catching a fish and warned him never to eat there again. Garuda was famished, and although he wanted to heed the sage's warning, he hastily caught the largest fish to subdue his hunger so that he could be on his way never to return. However, the sage was furious at Garuda's apparent defiance and cursed the mighty



eagle that if he ever ate another fish from that river, he would die on the spot.

Vedic narrators explain that Garuda was a great soul who could have easily counter-cursed the sage, but out of humility he accepted the curse. On the contrary, the sage behaved passionately and impulsively, even though he was esteemed as a powerful mystic meant to be an expert in controlling the senses. Yet Garuda's equanimity prevailed even at in a moment of intense provocation.

Srila Prabhupada says that one's greatness must be estimated by one's ability to tolerate provoking situations.

In the book Krishna, Srila Prabhupada says that one's greatness must be estimated by one's ability to tolerate provoking situations. Garuda's

greatness was evident when he did not fall prey to retaliation whereas Saubhari Muni's attitude and subsequent action was born out of pride, arrogance, and anger. In the *Bhagavad-Gita (14.22-25)*, Krishna describes the symptoms of those who have transcended these modes of nature as undisturbed in all material encounters, and one who remains neutral and transcendental knowing well that the modes of nature are active.

Krishna further explains that one who takes part in His service, with love and devotion, transcends the modes of nature and attains spiritual realization. Thus we see why Garuda had peace of mind and why the sage didn't.

Srimati Radharani's Up-cycled Butterflies

For the Kids

adapted from Lindsey Boardman



Plastic has a huge impact on the environment and a recent survey revealed that microscopic plastic particles was found in the drinking water in Gauteng. Our Temple is dedicated to becoming a single-use plastic-free zone. It is impossible to completely rid ourselves of plastic therefore recycling must become a habit. In this issue we share with you another way to recycle – up-cycle! Up-cycle is to reuse an item to make something new. This activity can be for the whole family. And you can make it an offering to Srimati Radharani on her appearance day (Monday 17 September). Note: Parents will need to assist younger children for this craft.



You will need

Clear plastic bottles or milk bottles; Scissors; Permanent markers or Nail polish of different colours; Glitter nail polish; Butterfly templates (provided here); Beads for decoration; Sequins & Super-glue.

How to Make a Butterfly

1. Ask a parent to cut the plastic bottles into as big pieces as possible. Don't forget to recycle the remaining bits.
2. Use the butterfly template to trace the outline of the butterfly with a black marker.
3. Colour according to your taste using permanent markers or nail polish. If using nail polish make sure you give enough time for each coat to dry thoroughly.
4. Cut the butterfly shape carefully. You can ask a parent to assist. Fold the butterfly in the middle to make the wings crease upwards.
5. Finally, you can decorate using glitter and sequins.
6. Use the butterflies to decorate your altar at home or to decorate a birthday card for Srimati Radharani.





Sweet Roasted Pumpkin & Sage Rotolo

The Vaishnava Chef
By Chandrashekara Das

Pasta Ingredients

4 cups flour
1 cup water

Filling

2kg diced pumpkin
2 tsp hing
2 Tbls olive oil
Sprinkle of Sea salt and milled black pepper
½ tsp freshly ground nutmeg
1 cup fresh cream
80ml butter
1 handful fresh sage leaves

Method

Sift flour and add water to form a soft non-sticky dough.
Knead on a floured surface until smooth (about 10 minutes).
Wrap the dough in a lightly damp dish cloth and let rest for 30 minutes.
Divide the dough into quarters and roll each evenly to a 3mm thickness.
Slice sheets into 6cm by 20cm strips and set aside covered by a damp dish cloth.

Filling

Heat oven to 200°C.
Toss pumpkin cubes, olive oil, hing and nutmeg until

pumpkin is well coated.

Roast in preheated oven for 40 minutes until pumpkin is tender.

Remove from oven and mash thoroughly.

Assembly

Spread 1/3cup of filling onto each pasta strip and roll into a Swiss Roll-like log.

Slice each log into 3cm rounds.

Arrange the rounds tightly into an oven proof dish and pour fresh cream over evenly.

Season with salt and pepper.

Lower oven temperature to 180 and bake covered with foil for 45 minutes until cooked through and cream has reduced by half.

Serving

Heat butter in a saucepan and fry sage leaves until crisp and butter is slightly browned. Pour over browned butter and sage leaves over baked Rotolo. Offer to Krishna with love and devotion and serve.

Top tip

Use ready-made lasagna sheets cooked until just soft for a quicker alternative.

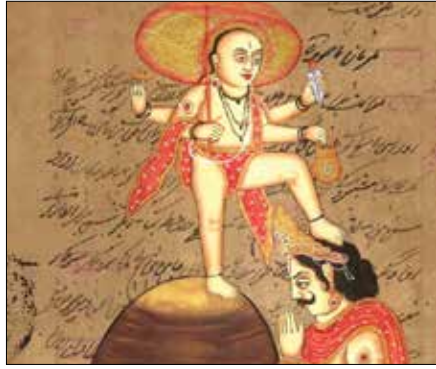
Hare Krishna Hare Krishna
Krishna Krishna Hare Hare
Hare Rama Hare Rama
Rama Rama Hare Hare



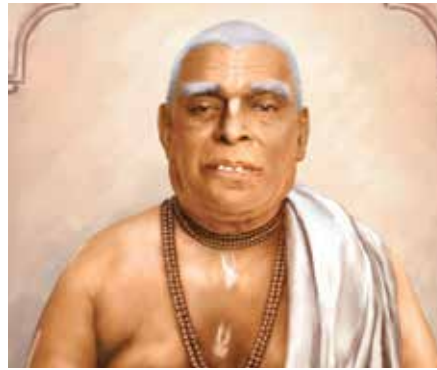
Event Guide



Radhashtami: Appearance of Srimati Radharani
17 September | Monday
Fast until midday



Appearance of Lord Vamanadeva (Fast on Thursday 20 September until midday)
21 September | Friday



Appearance of Srila Bhaktivinoda Thakur
22 September | Saturday
Fast until midday



Srila Prabhupada's Acceptance of Sannyasa
24 September | Monday



Srila Prabhupada's arrival in the USA
1 October | Monday



October Little Bhakti Theatre
To be confirmed. Please keep an eye out on social media.



Month of Kartik
24 October – 23 November



Appearance of Radha Kunda
1 November | Thursday

EKADASI

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

Ekadasi
20 September | Thursday
(Fast until midday for Lord Vamanadeva)
Break Fast
21 September | Friday | 05:47 - 09:48

Ekadasi
5 October | Friday
Break Fast
6 October | Saturday | 05:28 - 09:39

Ekadasi
20 October | Saturday
Break Fast
21 October | Sunday | 05:11 - 09:31

Ekadasi
3 November | Saturday
Break Fast
4 November | Sunday | 05:18 - 09:26

Second month of Chaturmasya
26 August – 23 September
(Fast from yoghurt)

Third month of Chaturmasya
24 September – 23 October
(Fast from milk)

Fourth month of Chaturmasya
24 October – 22 November
(Fast from urad dhal)



Appearance of Srila Jiva Goswami
21 September | Friday



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