

# **ISSUE 1** **PREMA**



**ART | SCIENCE | CULTURE**

बहूनि मे व्यतीतानि जन्मानि तव चार्जुन ।

तान्यहं वेद सर्वाणि न त्वं वेत्थ परंतप ॥५॥

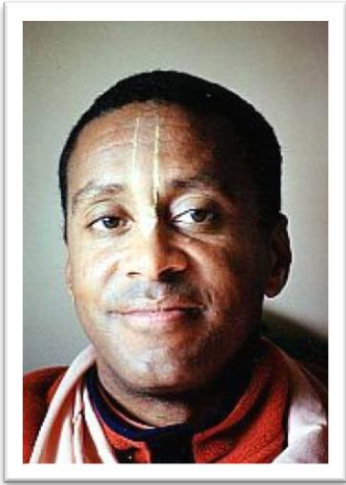
अजोऽपि सन्नव्ययात्मा भूतानामीश्वरोऽपि सत् ।

प्रकृतिं स्वामधिष्ठाय संभवाम्यात्ममायया ॥

यदा यदा हि धर्मस्य ग्लानिर्भवति भारत ।

अभ्युत्थानमधर्मस्य तदात्मानं सृजाम्यहम् ॥

परित्राणाय साधूनां विनाशाय च दुष्कृताम् ।



## Dedicated to my spiritual master, HH Devamrita Swami

**Devamrita Swami** was born on October 16, 1950 in New York City. At the age of seventeen, he received a scholarship to Yale University and graduated in 1972. Upon graduation Devamrita Swami began to study the literary works of A. C. Bhaktivedanta Swami Prabhupada, the founder-arcarya of the International Society for Krishna Consciousness. In 1974, Devamrita Swami became an initiated student of A. C.

Bhaktivedanta Swami Prabhupada. He accepted the renounced order of sanyasa in 1982. In 2002,

he accepted the post as initiating spiritual master. Since 1977, he has traveled worldwide, presenting the philosophy of Krishna Consciousness. Currently he is based in Australia and New Zealand, and frequently travels to India and the Orient sharing the ancient yoga teachings at universities, colleges, yoga schools, ashrams and temples. Visit [www.devaswami.com](http://www.devaswami.com)



The coeditors

**Izaak Josef Townsend** is an old school friend of mine. This first volume of prema zine was lying dormant unfinished for a long time in my files but when Izaak came along I decided to finish and publish it. He helped me decide on the name and gave helpful advice so I'm very grateful for his contribution.



**Manoj Kumar** is a big contributor to this effort; he is a unique artist, an idea's person, a designer, a writer, a comic artist, a photographer, a great dancer, a humble person who possesses many good qualities that make him an all-round good person whom we were very grateful to have on board prema zine.



### **Words from the chief editor:**

In this zine we hope to present the art, science and culture of Krishna consciousness as a holistic, practical and fulfilling alternative to today's rapidly destructive lifestyle. It is a zine for change, a change in consciousness. Without a change in consciousness we can't expect any lasting solutions to our individual or collective social, economic, health and happiness problems.

So *Prema* is about acting locally but thinking globally. "Be the change you want to see in the world" Gandhi.

### **Muchukunda das:**

Contact me at:

[harekrsnaprabhu@gmail.com](mailto:harekrsnaprabhu@gmail.com)

## **CONTENTS**

Be the Change	4
Hare Krishna Food for Life	6
Longing for love	6
Who is Srila prabhupada	9
Kirtan – Congregational Chanting	11
Book Distribution	13
Cultural Centers in Melbourne	15
Recipe for Kichari	16
Urban Yoga	18
Obedience with a Cause	22
Krishna-Core	30
Occupy Melbourne	36
Small Things Amuse Small Mind	38
Bhakti is the Easiest and the Best	39
Porn Kills	39
You are Not this Body	41
Comics	42
George Harrison and Hare Krishna	43
21 Day Hare Krishna Challenge	44
Link to the Supreme	46

# ***BE THE CHANGE!***



## ***ANIMAL PROTECTION***

The Hare Krishna movement has several farm projects in Australia and New Zealand where all the animals are allowed to peacefully live out their natural existence. On our farm just north of Sydney, in the Hunter Valley, almost a hundred cows are living peacefully and happily without any threat of slaughter.

The ancient Vedic philosophy of the Hare Krishna movement accepts that every living being is equal spiritually, only circumstantially in different bodies. It follows that all living beings, not just humans, should be given full shelter and protection. In support of this principle all members of the Hare Krishna movement are strict vegetarians.



## ***ENVIRONMENTAL***

*"The environment - it's a living thing!"* Nowadays this idea is common all around the world. Yes, the environment, nature, the planet itself, is indeed a living organism. The Hare Krishna philosophy advocates a way of life based on the notion of "simple living and higher thinking". On our farms, in our ashrams and right throughout our many publications, a holistic, healthy, responsible and harmonious life is advocated.

It is gradually becoming more obvious that the current environmental crisis we all face

can only be solved by a shift in each individual's consciousness. As Gandhi said, *"There is enough for everyone's need, but not for everyone's greed"*.

Through our educational programs, farming projects and practical example we are assisting the world in developing a spiritual perspective on our environment and a commitment to environmental reform.

*"Today more than ever before life must be characterized by a sense of Universal responsibility."* - Dalai Lama

<http://environmentkrishna.wordpress.com>

# Hare Krishna Food for Life



## **FOOD RELIEF**

The Hare Krishna movement has become famous for its pure vegetarian food. Millions worldwide have been to our restaurants and our temples for meals.

As "Food for Life" we are the largest vegetarian/vegan food relief organization in the world, providing free, healthy meals daily to the poor. 170 programs worldwide regularly distribute meals to people in 60 countries. We also help the elderly and student communities all over the world with subsidized, inexpensive, yet quality meals.



In addition to this daily distribution, special efforts are made during crises such as the recent

tsunami and hurricane disasters, providing food, clothes, shelter and medical aid. All members are

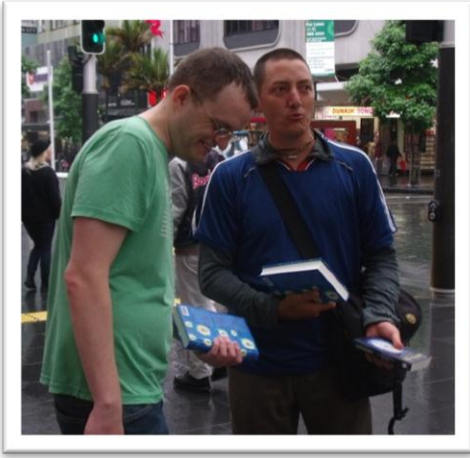
volunteer workers and dedicate their time to bringing relief to those in need.

- Over 100 million free meals served worldwide
- Over 100,000 free meals served daily
- Over 2 million free meals served in Australia
- Worldwide disaster relief
- Mobile food van operation in Sydney

*"The commitment of Food for Life goes beyond the need for the basic necessities of life; it is a commitment to improve the quality of life."* - Bob Carr, former NSW Premier

*"Hare Krishna Food for Life has set an example for all South Africans of a caring and community spirit..."* - Nelson Mandela

[www.ffl.org](http://www.ffl.org)



## **BOOK DISTRIBUTION**

Most Bhakti Yoga practitioners make it their priority to share this great science with others in the form of Book Distribution. The Hare Krishna movement is a knowledge movement. In today's "Society" we always ask "HOW" but never ask "WHY"! So these books help the thinking process of "WHY" and "Am I going in the Right direction". These teachings are nothing new; in fact there are ancient books written in the Sanskrit language teaching yoga, health, science, philosophy, karma, time, laws of nature, material nature, meditation and much more. These books have the potential to solve all social and economic problems in the world.





## CROSS WAYS



Cheap Eats, Melbourne, Vegetarian

By Nola James

Leading away from the hustle of busy Swanston Street is a brightly painted staircase leading to one of the friendliest restaurants in the world – all you can eat vegetarian lunch spot **Crossways, Food for Life**.

Part of a worldwide collection of not-for-profit restaurants under the International Society for Krishna Consciousness (ISKON) / Hare Krishna movement, Crossways is part restaurant, part refuge – a haven of karma boosting vegetarian nourishment where everyone is welcome and only one rule is enforced with military

attention to detail, a fiercely serious NO MEAT printed in 72pt type on the doorway.

Continually reliable weekday lunches are more than just a bargain, attracting a cross section of society you'd be hard pressed to find under one roof elsewhere – university students sick of two minute noodles mingle with elderly single men, young teenagers waxing lyrical about politics, international students, backpackers and families all sit together.

It's not glamorous, but then it isn't trying to be. Staffed by volunteers and underpinned by the ancient teachings of the Hare Krishna, quality stays high through donations and costs stay low for consumers, everyone is welcome and it's not preachy.

Open six days a week the menu changes daily on a consistent



roster.

I will concede that lunch is a limited (and repetitive) choice but it's an excellent value at \$5.50 for concession card holders and \$7.50 full price. All you can eat curry also comes with a daily desert of halava and custard and to drink there's yoghurt lassi or orange cordial on tap. Strictly NO alcohol. Takeaway is an extra 50c, each serve so large it would easily do you for two meals.

There's no formality here, help yourself to drinks and clear your own plates, but at these prices it's hardly a bother. It's a calorific hit. The vegetables and spices are smacking fresh and all mains are vegan, deserts vegetarian and packed full of home-cooked love. This is surely the easiest way to feel good about your lunch.





## CROSSWAYS RESTAURANT

<b>Day</b>	<b>Mains</b>	<b>Dessert*</b>
<b>Monday</b>	<b>Satay Vegetables &amp; Jasmine Rice</b>	<b>Raisin Halava</b>
<b>Tuesday</b>	<b>Red Kidney Beans &amp; Brown Rice</b>	<b>Peach Halava</b>
<b>Wednesday</b>	<b>Chickpea/Spinach Sabji &amp; Jasmine Rice</b>	<b>Cherry Halava</b>
<b>Thursday</b>	<b>Malaysian Curry &amp; Brown Rice</b>	<b>Orange &amp; Coconut Halava</b>
<b>Friday</b>	<b>Thai Curry &amp; Jasmine Rice</b>	<b>Pineapple Halava</b>
<b>Saturday</b>	<b>Special Sabji &amp; Special Rice</b>	<b>Date Halava</b>

\*Dessert include the optional serving of custard

### **Drinks:**

Cordial  
Lassi (Yoghurt Drink)  
Water

If you are interested in volunteering or have any further inquiries please contact our manager Jayendra.(03) 9650 2939

## LONGING FOR LOVE

His divine grace Srila Prabhupada speaks to his disciples about real love.



**man-mana bhava mad-bhakto  
mad-yaji mam namaskuru  
mam evaisyasi yuktvaivam  
atmanam mat-parayanah**

Prabhupada: So what is the difficulty? Krishna is recommending these four things: man-mana bhava, "always think of Me." You, man-mana bhava mad-bhaktah. "You become My devotee." Unless you become devotee, you cannot think of Krishna. That is automatic. If you think of Krishna always, that means you are devotee. Otherwise, why a person wastes his time thinking of Krishna? He can think of business. He can think of so many other things. Only the devotee can think of Krishna. So if you think of Krishna, then automatically you become devotee. Is there any objection? Who can think of Krishna always? Not



always even, think of Krishna? Unless one is devotee? And to think of Krishna, what is the difficulty? Huh? Is there any difficulty? To think of Krishna? Thinking power we have got. We think so many... Our mind is never vacant. Always think something. We think of something always, twenty-four hours. That is mind's nature.

So if you simply think of Krishna, then your life becomes successful. Where is the difficulty? Hmm? And the result is mam evaisyasi: by following these principles or thinking of Krishna, which means to become a devotee... Man-mana bhava mad-bhakto mad-yaji.

Anyone who is devotee, naturally he'll worship Krishna. The temple is there, we worship. Then? Man-mana bhava, mad-yaji mam namaskuru. And worshipping Krishna means, if you cannot do anything, you simply go and offer your obeisance, that's all. It is open to everyone. There is no restriction that such and such men can come and offer obeisance. No. Anyone. Mam hi partha vyapasritya ye 'pi syuh papa-yonayah [Bg. 9.32]. Even born in low-grade family, it doesn't matter. So where is the difficulty? That we want to discuss. To become Krishna conscious, is there any difficulty for any person anywhere, any part of the world? Let us discuss this point. Huh? You sit down properly. You, yes. So, discuss this point. What is the difficulty? Why people are not Krishna conscious. But the process is simple. Man-mana bhava mad-bhakto mad-yaji. The result? Don't divert your attention. Mam evaisyasi, what is the next line?

Devotee: Mam evaisyasi yuktvaivam.

Prabhupada: Yuktvaiva, yuktva means connected. If you think of Krishna, if you worship Him, offer obeisance, that means you are already connected. Yuktvaiva. What is the yuktvaiva meaning?

Devotee: Absorbed, being

absorbed.

Prabhupada: Then? Read the whole line.

Devotee: Mam evaisyasi yuktvaivam atmanam mat-parayanah.

Prabhupada: Atmanam means Krsna. He's the Supreme atma. Just like we love atma, every one of us. We, if there is some danger, then immediately we try to protect ourself, protect this body from danger. Why? Why do you want to protect this body from danger?



What is the reason?

Bhagavan: They identify the body as the self and the self is part and parcel of Krishna.

Prabhupada: That is wrong conception, but actually, because I am living within atmanam mat-parayanah. Actually, everyone has

got the loving propensity because. Krishna says that simply by following this process, man-mana bhava mad-bhakto mad-yaji. Mam evaisyasi, you are trying to find out the supreme loveable object. So mam evaisyasi, come and let us live, loving one another. This is the goal of life.

This body, I want to give protection. This is the fact. Just like one protects his country because he lives there, protects his house, protects his property because he has utilization. Similarly, because we have got utility for this body, we give protection. But when the living entity is no longer there within this body, there is no question of protection. It is thrown away. Even his father, mother or relatives, they take the body and throw away. In a different way, the body is thrown away. It has no more importance. So, then ultimately it comes that you love yourself. And you love yourself, but the self is the part and parcel of the Supreme Self. Therefore you love yourself because you love the Supreme Self. So therefore, he loves Krishna. That is natural.

Every one of us, we love Krishna, but we are missing Him. Therefore we are placing our loving

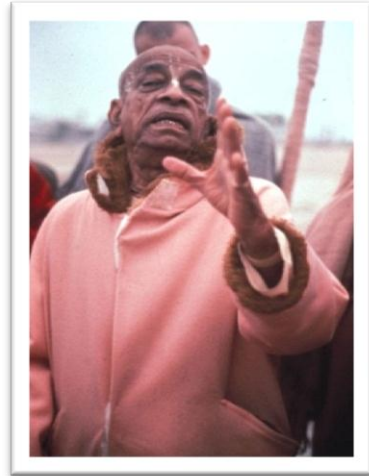
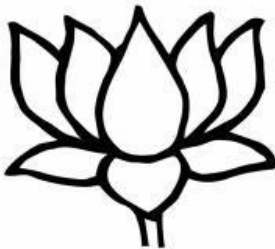
out the supreme loveable object. So mam evaisyasi, come and let us live, loving one another. This is the goal of life

propensity wrongly, here, there, here, there, here, there, and we are becoming frustrated. Krishna says that "If you simply follow this process, man-mana bhava mad-bhaktah, you come to Me, come to your original lover." So where is the difficulty? To attain the highest perfection of life, where is the difficulty? Anyone can say that "Here is the difficulty"?

Devotee: You explain in Bhagavatam, Srila Prabhupada: Bhogaisvarya-prasaktanam tayapahrta-cetasam. "To those who are too attached to material enjoyment and material opulence the devotional service cannot take place." This can be one difficulty.

Prabhupada: Because we want material happiness, therefore there is difficulty. So, material happiness, you have got experience, it cannot give us satisfaction. The big, big countries, America, in Europe, and so many, they have advanced in material happiness, but actually they are not happy. Material happiness cannot give us happiness. Happiness, when we actually

come to Krishna and love Him... Happiness means also love. Either you love your family or your country or your society or your wife, your children, by loving there is happiness. But this loving process is not giving us happiness. We are becoming frustrated. Therefore the real lovable object being Krishna, if we make progress to that point, then we shall be happy. This is the point. Mam evaisyasi asamsayah [Bg. 18.65]. So if this is concluded, then where is difficulty to execute Krishna consciousness? That is my point. Now it is concluded that if we come to Krishna and love Him, then that is the highest perfection of our life. Now to attain that highest perfection of life, where is the difficulty? That is the point I am asking.



## ***WHO IS SRILA PRABHUPADA ?***

**In the last ten years of his life, in spite of his advanced age, Srila Prabhupada circled the globe twelve times on lecture tours that have took him to six continents. In spite of such a vigorous schedule, Srila Prabhupada continued to write prolifically. His writings constitute a veritable library of Vedic philosophy, religion, literature and culture.**

His Divine Grace A. C. Bhaktivedanta Swami Prabhupada was born in 1896 in Calcutta, India. He first met his spiritual master, Srila Bhaktisiddhanta Sarasvati Gosvami, in Calcutta in 1922. Bhaktisiddhanta Sarasvati, a

prominent devotional scholar and the founder of sixty-four branches of Gaudiya Mathas (Vedic institutes), liked this educated young man and convinced him to dedicate his life to teaching Vedic knowledge in the Western world. Srila Prabhupada became his student, and eleven years later (1933) at Allahabad, he became his formally initiated disciple.

At their first meeting, in 1922, Srila Bhaktisiddhanta Sarasvati Thakura requested Srila Prabhupada to broadcast Vedic knowledge through the English language. In the years that followed, Srila Prabhupada wrote a commentary on the *Bhagavad-gita* and in 1944, without assistance, started an English fortnightly magazine.

Recognizing Srila Prabhupada's philosophical learning and devotion, the Gaudiya Vaisnava Society honored him in 1947 with the title "Bhaktivedanta." In 1950, at the age of fifty-four, Srila Prabhupada retired from married life, and four years later he adopted the *vanaprastha* (retired) order to devote more time to his studies and writing. Srila Prabhupada traveled to the holy city of Vrndavana, where he lived in very humble circumstances in the historic medieval temple of Radha-Damodara. There he engaged for several years in deep study and writing. He accepted the

renounced order of life (*sannyasa*) in 1959. At Radha-Damodara, Srila Prabhupada began work on his life's masterpiece: a multivolume translation and commentary on the 18,000-verse Srimad-Bhagavatam (*Bhagavata Purana*). He also wrote *Easy Journey to Other Planets*.

After publishing three volumes of *Bhagavatam*, Srila Prabhupada came to the United States, in 1965, to fulfill the mission of his spiritual master. Since that time, His Divine Grace has written over sixty volumes of authoritative translations, commentaries and summary studies of the philosophical and religious classics of India.

In 1965, when he first arrived by freighter in New York City, Srila Prabhupada was practically penniless. It was after almost a year of great difficulty that he established the *International Society for Krishna Consciousness* in July of 1966. Under his careful guidance, the Society has grown within a decade to a worldwide confederation of almost one hundred *asramas*, schools, temples, institutes and farm communities.

In 1968, Srila Prabhupada created New Vrndavana, an experimental Vedic community in the hills of West Virginia. Inspired by the success of New Vrndavana, then a



thriving farm community of more than one thousand acres, his students founded several similar communities in the United States and abroad.

In 1972, His Divine Grace introduced the Vedic system of primary and secondary education in the West by founding the Gurukula school in Dallas, Texas. The school began with three children in 1972, and by the beginning of 1975 the enrollment had grown to one hundred fifty.

Srila Prabhupada also inspired the construction of a large international center at Sridhama Mayapur in West Bengal, India, which is also the site for a planned *Institute of Vedic Studies*. A similar project is the magnificent Krishna-Balarama Temple and International Guest House in Vrndavana, India. These are centers where Westerners can live to gain firsthand experience of Vedic culture.

Srila Prabhupada's most significant contribution, however, is his books. Highly respected by the academic community for their authoritativeness, depth and clarity, they are used as standard textbooks in numerous college courses. His writings have been translated into eleven languages. The *Bhaktivedanta Book Trust*, established in 1972 exclusively to publish the works of His Divine Grace, has thus become the world's largest publisher of books in the field of Indian religion and philosophy.

In the last ten years of his life, in spite of his advanced age, Srila Prabhupada circled the globe twelve times on lecture tours that have took him to six continents. In spite of such a vigorous schedule, Srila Prabhupada continued to write prolifically. His writings constitute a veritable library of Vedic philosophy, religion, literature and culture.





## **Congregational chanting of the Hare Krishna maha mantra**

- Purport by His Divine Grace A.C.  
*Bhaktivedanta Swami Srila  
Prabhupada*

This transcendental vibration established by the chanting of *Hare Krishna, Hare Krishna, Krishna Krishna, Hare Hare, Hare Rama, Hare Rama, Rama Rama, Hare Hare* is the sublime method

for reviving our Krishna consciousness. As living spiritual souls we are all originally Krishna Conscious entities, but due to our association with matter since time immemorial, our consciousness is now polluted by material atmosphere. In this polluted concept of life, we are all trying to exploit the resources of material nature, but

actually we are becoming more and more entangled in our complexities. This illusion is called maya, or hard struggle for existence over the stringent laws of material nature. This illusory struggle against the material nature can at once be stopped by revival of our Krishna Consciousness.

Krishna Consciousness is not an artificial imposition on the mind. This Consciousness is the original energy of the living entity. When we hear the transcendental vibration, this Consciousness is revived. And the process is recommended by authorities for this Age.

By practical experience also, we can perceive that by chanting this maha-mantra, or the "Great Chanting for Deliverance," one can at once feel transcendental ecstasy from the spiritual stratum.

When one is factually on the plane of spiritual understanding, surpassing the stages of Sense, Mind and Intelligence, one is situated on the transcendental plane.

This chanting of *Hare Krishna, Hare Krishna, Krishna Krishna, Hare Hare, Hare Rama, Hare Rama, Rama Rama, Hare Hare* is directly enacted from the spiritual platform, surpassing all lower states of consciousness... namely Sensual, Mental and Intellectual.

There is no need of understanding the language of the mantra, nor is there any need of mental speculation or any intellectual adjustment for chanting this maha-mantra. It springs automatically from the spiritual platform, and as such, anyone can take part in this transcendental sound vibration, without any previous qualification, and dance in ecstasy.



**HARE KRISHNA, HARE KRISHNA,  
KRISHNA KRISHNA, HARE HARE,  
HARE RAMA, HARE RAMA,  
RAMA RAMA, HARE HARE**



**HARE KRISHNA CULTURAL  
CENTERS IN MELBOURNE:  
URBAN YOGA &  
CROSSWAYS RESTAURANT  
123 SWANSTON STREET, CITY.  
THE TEMPLE  
197 DANKS ST ALBERT PARK**

# ***KHICHARI***

## **ACCORDING TO AYURVEDA KHICHARI IS THE MOST COMPLETE FORM OF**

**FOOD.** It harmoniously unites the six ayurvedic tastes to produce not only a flavorsome meal but also one that satisfies the body's nutritional needs completely, eliminating all cravings and balancing the body and mind.



## **THE ATTRIBUTES OF KHICHARI ARE:**

- It is easy to digest
- It is useful in providing nourishment to the tissues of the body
- It balances the body-mind
- It has the perfect balance of carbohydrates, protein and fat
- It eliminates all cravings
- It is a powerful detoxifier
- According to ayurveda, Khichari isn't only a tasty food, it's actually medicine

**KHICHARI COMBINES** rice, dhal, vegetables and an array of herbs and spices which are easy to digest and give it the perfect balance of carbohydrates, protein and fat to provide nourishment to the tissues of the body.

**THE STAPLE INGREDIENTS** of Khichari , rice and dhal, have an amazing synergistic relationship when combined and eaten together. The blend is very soothing because it supplies a well-balanced complex carbohydrate for sustained energy and the necessary amino acids to help enrich the overall protein value.

**MUNG BEANS** have a cool energy; they are detoxifying and help neutralize acids. They are also a protein rich, highly nutritious blood purifier and are recommended as one of the substances to treat toxicity symptoms of aconite poisoning. By neutralizing toxins in the body, mung beans are able to assist in calming the body and mind and relieving hypertension, clearing the

accumulation of excess cholesterol and other lipids from the veins and arteries of the body they promote the healing of disease in general.

**THE THREE ESSENTIAL SPICES** coriander, cumin and turmeric, each have unique therapeutic properties that aid digestion and prevent stagnation from occurring. Coriander and cumin seeds have warm, spicy energy and benefit the lungs and spleen for better assimilation and transformation of food into energy. Turmeric with its bitter and spicy flavours, is well known for its liver detoxifying and blood circulating properties.

### **recipe for** Khichari

Khichari is a nutritious stew featuring dal and rice. There are two main varieties: thin (geeli khichari) and thick (sookha khichari). Whichever way you prepare khichari, it will soon become a delicious favourite. The following recipe is for the thicker variety. Khichari is an ideal breakfast food, wonderful when accompanied by yogurt and fresh hot puffed fried breads (pooris)

I always serve khichari with a wedge of lemon or lime. Not only does this add a delightful nuance of flavour, but it lends nutritional advantage also: there are good sources of iron in the dal and vegetables in khichari, and the lemon juice, rich in vitamin C, helps your body absorb it. This recipe is mildly spiced. Adjust your own spicing as required. Servings 6 to 8.

**1/3 cup dhal**

**1 cup basmati or other long-grain white rice**

**3 tablespoons ghee or oil**

**1/3 cup cooked unsalted cashews (optional)**

**2 teaspoons cumin seeds**

**1 tablespoon fresh hot green chili, minced**

**2 tablespoons minced fresh ginger**

**1 teaspoon turmeric**

**1 teaspoon yellow asafoetida powder**

**3 cups mixed vegetables, cut into large chunks**

**5 - 6 cups water**

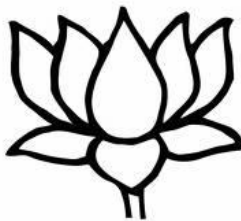
**1½ teaspoons salt**

**1 cup tomatoes, peeled and chopped**

**½ cup chopped fresh coriander leaves (optional)**

**Heat** the ghee or oil in a heavy 4-litre non-stick saucepan over moderate heat. Sprinkle the cumin seeds into the ghee. When they turn golden brown add the chillies and ginger. Saute them for a few seconds; then add the turmeric and asafoetida. Add the vegetable pieces and fry them for a minute or two.

**Stir in** the lentils and rice, stirring with the spices and vegetables for a minute.





## **URBAN YOGA**



Yoga is one of the oldest forms of physical exercise meant to strengthen your posture, endurance, life systems and spiritual progress.

In the ancient world, one can trace it's origin to India but over the last 10,000 years, people all around the world have adopted it as the most authentic, powerful and sublime system of achieving perfection.

## **URBAN YOGA PRESENTS POWER YOGA!**

**6pm, Mondays & Thursdays**

**\$ 15 (Full fare) / \$ 12 (Student Concession) per session**

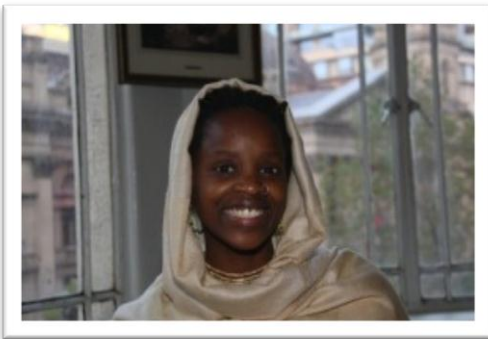
**Package : \$ 150 (Full Fare) / \$135 (Student) = 10 classes**

**All Classes includes a sumptuous & healthy dinner**

**Location : Level 3, 123 Swanston Street**

Urban Yoga has been conducting classes in our city location for the last 10 years and hundreds have walked through our doors to learn. These classes are perfect if you are a beginner and our teachers will work with you to get all those postures right.

### **Yoga Teacher: Swarupa Sakti**



*Our Africa Born Yoga teacher is nothing but a breath of fresh air. She is also a full time volunteer and she enjoys getting you into shape. She loves kirtan and mantra meditation which she incorporates into her classes. Swarupa aims to leave her students refreshed and enlivened in body, mind and spirit. Please join her on Monday for a challenging and fun class.*

## **What to wear?**

*Comfortable clothes (Should be breathable and allow freedom of movement)*

## **What if I have health issues?**

*Before you take a class, please discuss you pregnancy and any major health challenges (i.e. back problem or sports injuries) with us first.*

## **Do I need a booking?**

*Many of our students just drop in!! But we highly recommend that if you have a favorite day, you can reserve a spot for yourself by writing to us ([urbanyogacentre@gmail.com](mailto:urbanyogacentre@gmail.com)). Our classes are very popular and can run out of places quickly.*

*Please arrive at least 20 minutes before the class commencement*

## **Do I need to bring my own yoga floor mat?**

*All yoga equipment is provided. You are more than welcome to bring your own mat if you prefer.*

## **What else do I need to know?**

*Please refrain from eating for at-least an hour and a half before class. This will also leave space for dinner afterwards.*



## ***KRISHNA FEST – MANTRA LOUNGE***



**Join us every Saturday at 6pm for an evening of inspiring talk, uplifting music and delicious food... all for just \$5**

### **Rhythm**

Dive into the vibrant live music, loose yourself in the rhythmic sway of dance as you experience spiritually enlivening mantra chants. (See kirtan on page12)

### **Thought**

See life from a different angle as you discover the timeless wisdom of India and how it can be applied in everyday modern life.

### **Flavor**

Afterwards share a flavorsome feast in the good company of world travelers, locals and of our very own modern day monks.



## **KRISHNA FEST – SPIRITUAL REFLECTIONS**

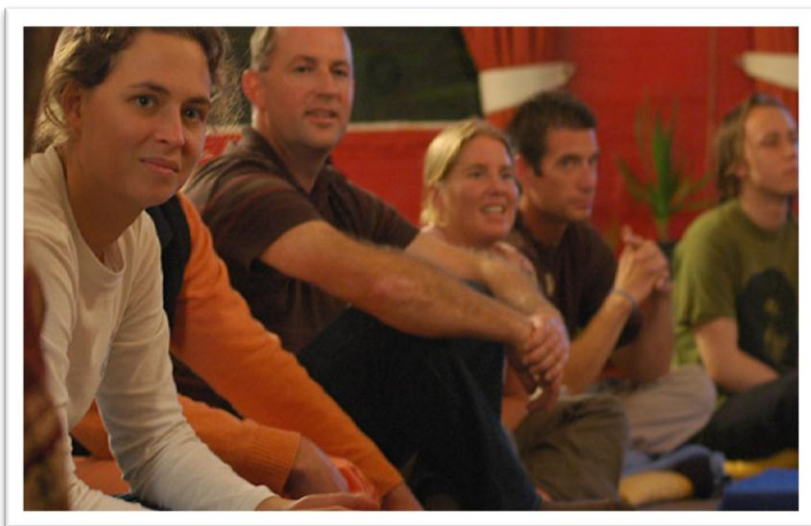
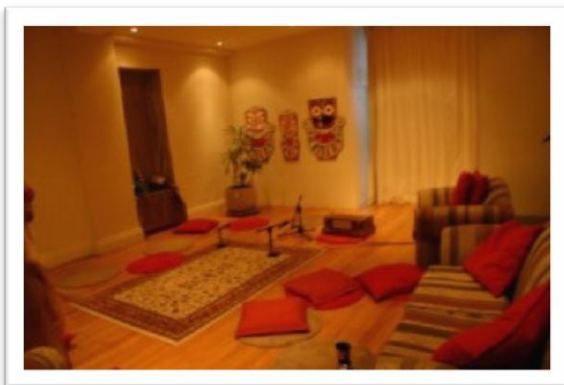
### **Wednesday Night Discussion**

Join our evening discussions, as we combine the head and the heart, through practical philosophy and transformational lifestyle management. Aiming at real heart satisfaction, we tackle the real issues of life.

**When?** - Classes start 6pm and are followed by delicious dinner.

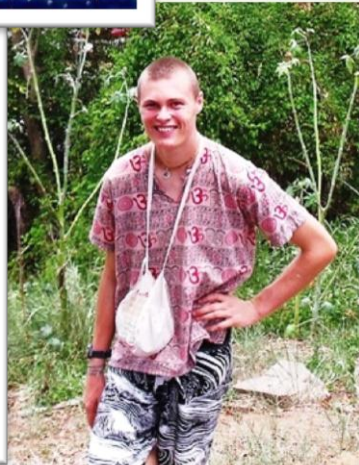
**How much?** – \$5

All classes followed by delicious dinner and dessert.



## OBEDIENCE WITH A CAUSE

Australian monk Muchukunda Das *dovetails* graffiti (legally) in service to God





**BRISBANE**



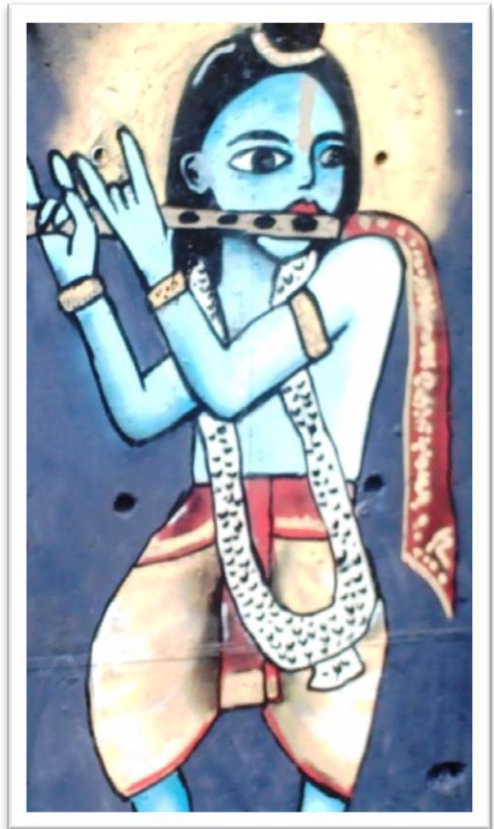
**SUNNY COAST**



**BRISBANE**



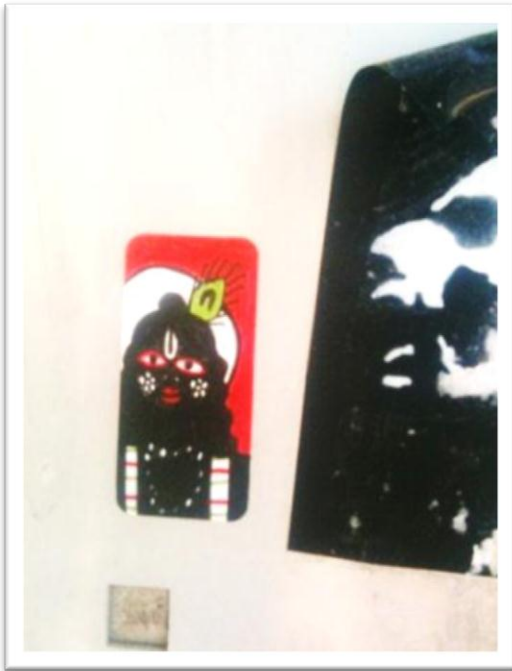
**Muchukunda** is a fulltime volunteer and student of the Hare Krishna movement, he travels distributing Krishna literature and learning how to teach bhakti yoga or Krishna consciousness. When asked about his graffiti he said "graffiti is an art form and art is meant for Krishna because it comes from Krishna, in Krishna consciousness it's not about shaving your head and denying yourself of your skills, family, nature, self or anything that makes up your current self. Utility is the principle is the motto, so we use what we have for Krishna that's what yoga means, connecting everything to the source. In the classic yoga text Bhagavad Gita Krishna tells Arjuna to use his warrior spirit in perfection by fighting to protect the pious and root out the envious. That will



restore the peaceful atmosphere needed for spiritual society, Krishna centered society. So when I'm eating, hanging out, skating, breathing, chanting, doing yoga, serving, seeing, touching, etc. I try to keep Krishna in the forefront, keep Krishna the impetus and give the result to him to, similarly graffiti can be dovetailed, that is an art to so its

twice as artistic and a thousand times more fulfilling because its

selfless, and Krishna reciprocates. It's very sweet to keep Krishna in the center. It's also the height of practicality because we have senses and they have activities and objects so we must always engage them spiritually if we actually want to follow the path of spiritual perfection. So bhakti has the solution – engage everything in the service of Krishna and be fulfilled.”







For spiritual graffiti email:

**[harekrnaprabhu@gmail.com](mailto:harekrnaprabhu@gmail.com)**



## ***SIMPLE LIVING DEFEATS THE EVANGELIST***

We were in New Plymouth City, New Zealand, distributing Srila Prabhupada's books. It was the same day hundreds of Christians inundated the whole city after a convention and sausage sizzle in a nearby community park. Groups of them had gathered on most street corners, doing their Christian-style harinam by clapping and singing about Jesus.

They were lively and inspired. If they had just added "Gauranga!" to the hymns they were singing, it would have been perfect.

So I stopped this guy in his mid-twenties. Brad was his name. We had a good relationship right from the get-go. He was looking at the two books I had handed him and was very interested.

As we spoke, a charismatic-evangelist-type Christian fellow and his two followers approached from the side and started preaching it up to Brad and denigrating what I was doing. The evangelist was saying all the typical Christian things, like "Jesus is the only way" and "They [we] are satanic."



Evangelist ji was going on and on. I didn't say anything to spur him on and was apologetic to Brad for his having to stand through all of this. He was ok with it and held on to the books despite evangelist ji pointing at them and saying everything he could think of against them.

Then the preacher tried to catch us out on our philosophy by saying that the Hare Krishna's' preach against killing animals, especially cows, and that part of adhering to our philosophy is to avoid wearing any kind of leather or using any animal product whatever, etc., etc.

Then, as though he had rehearsed this, he asked me what kind of belt I was wearing. I said, "Are you sure you want me to answer that question?"

"Yes!" he exclaimed.

Now was the moment everyone was waiting for. All eyes were on

me, including Brad's. He'd witnessed the whole one-sided exchange. Again I asked, "Are you sure?"

Growing impatient, preacher ji came over and lifted up my shirt, and to everyone's surprise I was wearing as a belt ... a strip of cotton cloth ripped from an old dhoti! Saffron-colored, of course.

Preacher was dumbfounded. His two followers looked at him as though to say, "How

embarrassing: the Hare Krishna's win again."

Then Brad, happy the Hares walk their talk, his faith strengthened by the experience, said out loud so all could hear, "I would like to purchase the books. How much would you like for them?"

Khela Tirtha das



## KRSNA CORE



Originally appeared in *Spin*, summer 1995

In the 1970s, they peddled flowers in airports, but these days, the beaded and saffron-robed devotees known as Hare Krishna's are on stage and in the pit. Thirty years after A.C. Bhaktivedanta Swami Prabhupada brought Krishna Consciousness (and free food) to the freaks and burn-outs in the Lower East Side, the movement has gained a small but extremely vital presence in the hardcore scene. Bands like 108 and Prema put out uncompromising metal-edged Krishna-core on the devotee-run Manhattan label Equal Vision

Records, while zines like *Krishna Grrrl*, *War on Illusion* and the more all-purpose *Anti-Matter* discuss music and philosophy. The razor-pop band Baby Gopal just released "Shiva," their first 7-inch, while new material is expected from longtime Krishna devotee Poly Styrene, ex-vocalist of the great British punk band X-Ray Spex. And then there's Shelter. Singer Ray Cappo is a *brahmana* (priest) and guitarist Porcell is a *brahmachariya* (renunciant student) who live in a Krishna temple housed in a former synagogue in downtown Brooklyn. *Mantra*, their latest album, is easily digestible metal-core that includes vegetarian battle cries, attacks on sex and TV, and homages to self-realization and the Bhagavad-Gita.

A decade ago, the duo fronted the famed straight-edge band Youth of Today, which took strong and often preachy stands against intoxicants, smoking, violence, and meat-eating (in contrast to their current vows of celibacy, Cappo says their views on sex back then were "very ambiguous"). Rejecting what they saw as a selfish, cruel and materialistic culture, Youth of Today transformed the punk ethos of refusal into a puritanical revolt, and it wasn't long before Cappo started dabbling with the ultimate alternative lifestyle: a committed religious life.

But why did Cappo fall for Krishna, the blue flute-playing Hindu lord of love? The story begins in 1980, when a Navy SEAL commando named John "Bloodclot" Joseph encountered the Bad Brains, Washington D.C.'s stupendous Rastafarian hardcore band. "I just wanted to be this SEAL dude, and fucking kill everything that got in my way," Joseph told me from the Norfolk, Virginia military prison where's he currently being held for going AWOL. "When I met the Bad Brains, it was like a whole other aspect of life opened up. They just seemed really mystical." When Joseph met some Krishna devotees through a health store, he discovered an ganja-free Aryan equivalent of the righteous faith that fired the Brains. "The material world just didn't matter to the devotees because they had something better and they knew it. When I started chanting and going to temple, I knew it to."

So Joseph went AWOL, living in and out of temples and winding up in the Lower East Side, where he founded the legendary Cro-Mags.

Unlike the nice suburban jocks in Shelter, the Cro-Mags were ferocious skinheads. "It wasn't like we were up on stage in dhotis and chanting," Joseph says. "It was all-out assault. Even in the Vedic philosophy, there are different kinds of people. Not everyone is

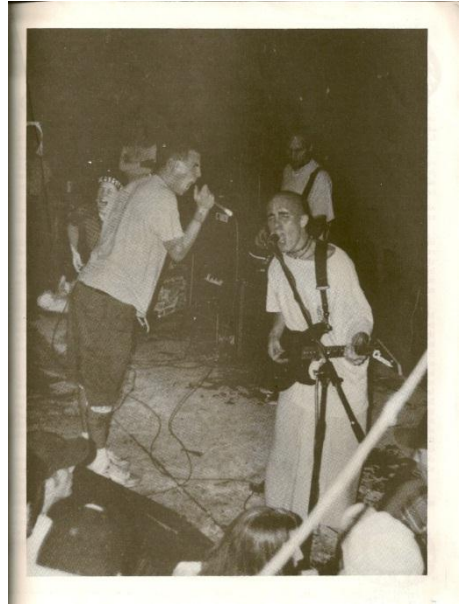


meant to be a monk and live in the temple. There's the *kshatriyas* who were meant to be warriors. I would chant and meditate before I went onstage, and get into this mystical-type warrior mentality. We didn't promote violence, but sometimes things happened."

Though bands like Antidote and Cause for Alarm picked up on the Cro-Mags' balls-to-the-wall spirituality, Cappo initially wrote off Krishna Consciousness as "culty and peculiar." But as Youth of Today became more successful, Cappo became frustrated with his

own life. "When we started, I was anti-greed, anti-lust, anti-anger. But as the band got bigger, instead of those things going away, I found them blossoming more. They were weeds choking the life out of me." He practiced yoga and studied Buddhism, and eventually met H.H. Dhanurdhara Swami, a longtime Western devotee of the Prabhupada. Cappo was impressed. "He was the happiest person I'd ever met. I wanted to be like that." After the final Youth of Today tour in 1988, he hopped on a plane to India. When he returned to the stage two years later with his new band Shelter, he was wearing beads.

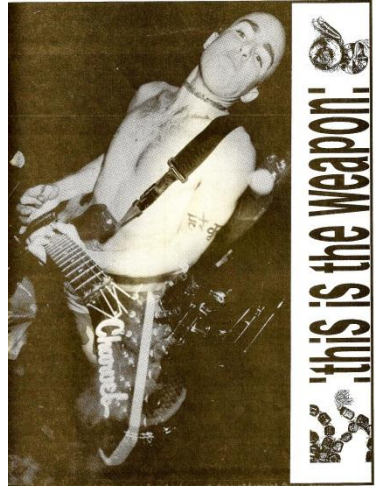
Krishnas believe that the surest way to God in our degenerate "Age of Quarrel" is to chant His name. They also like to share this belief with others, an evangelical thrust that fit quite well with Cappo's already-developed role as a straight-edge pundit. "I find it peculiar that bands can actually perform without having any message. You become reduced to an entertainer instead of a communicator." Cappo is unabashed about his mission. "It's easy to spread messages in the hardcore scene because its already a little society. And Krishna is a nice message."



"We don't just do it to put out this positive spiritual message," adds Porcell. "We do it for our own purification. You can't just shout all these slogans. There's a method to changing your consciousness. That's what yoga's all about." Porcell compares Shelter's thunderous growl to the sacred bhajans the devotees sing for hours in temple. "The music is much heavier, but I find it's the same kind of feeling. Onstage, I'm meditating on the lyrics. Five hundred years ago, when these traditional bhajans were written by the great acharyas, the mood was the same, except they used old drums and cymbals. Its almost like we're doing bhajans for the 90s."

This deep continuity can also be heard in *Kirtan Ecstasy*, a collection of New York temple songs released by the hardcore label Equal Vision. The standout cut is the gorgeous "Koda Nitai," where Sri Keshava sounds like Juliana Hatfield falling in love with God. An Australian devotee who lives in the same temple as the Shelter boys, Sri also sings in *Baby Gopal* (which means "darling of the cows", a pet name for baby Krishna that Sri chose because it was cute). Cappo just produced their first single, and he and Sri are engaged, despite the fact that Krishnas stress celibacy ("Having sex is like trying to put out a fire with oil," Cappo says). *Baby Gopal's* lyrics are more personal than in-your-face, but the devotion is there. "It's very hard to sing about nonsense night after night," Sri says. "You get burnt out. By having lyrics that actually means something, I can stay enthusiastic throughout the set."

Given hardcore's origins in punk nihilism, it's no surprise that some denizens of the scene think the Krishnas are a bit too enthusiastic. After all, with their gurus and absolute truths, the Krishnas promulgate an authoritarian worldview that's a far cry from anarchy. Cappo himself supports a conservative social agenda, and like most of his brethren is



opposed to homosexuality and abortion. In response to the expanding influence of the Krishnas, the punk bible *Maximum Rock'n'Roll* ran a scathing attack on the movement a number of years ago.

"The article was all about how Krishnas brainwashed you," says Norm Arenas, a New York hardcore kid who now edits the music zine *Anti-Matter*. "But for some reason I was attracted to it." He couldn't believe that Youth of Today would fall for an insidious cult. After the sudden death of friend, Arenas found himself face-to-face with questions most of us spend our lives dodging. He found the Krishna Consciousness not only offered answers but also a deep emotional intensity he knew from the hardcore scene. "The first time I saw the Bad Brains it was a



spiritual experience. But after a while, that experience dies. Now I mostly go to shows to see friends. The thing about Krishna

consciousness is that I always get that feeling when I go to the temple, that anticipation. It never gets dull."

Krsna core compilation available at  
crossways 123 swanston street  
Melbourne \$10





## **OCCUPY MELBOURNE - BE THE CHANGE**

By Muchukunda das

### **"Actions speak louder than banners and war cries"**

It would be a good exercise for us to all look within and if we were humble and honest we might see we have these same faults in ourselves and that's what the "1 percent" capitalize on!

The same evil qualities were against are OCCUPYING our very own hearts so if we want an end to greed we should end our own

greed, in other words if we want change we must be that change!

Its supply and demand, demand and supply so every time you purchase capitalist products - products of OUR lust, greed etc. we're voting for capitalism because there capitalizing on our uncontrolled desires, HERE YOU WANT THIS? HERE YOU WANT THIS!

It's natural for the spirit soul to want to be happy in a perfect environment; a world with honesty, integrity, fairness, government who cares!, soberness, woman's rights, freedom and compassion because its true our government and the state of the world is really stink, hence the vedas call this age "Kali yuga" or the age of quarrel and hypocrisy.

***My dear king, although Kali Yuga is an ocean of faults, there is still one good quality about this age: Simply by chanting the Hare Krishna maha-mantra, one can become free from material bondage and be promoted to the transcendental kingdom. (S.B.12.3.51)***



for peace, it is then and there that peace will prevail.

Therefore, if you want peace at all, you will have to change your consciousness into Krishna consciousness, both individually and collectively, by the simple process of chanting the holy name of God. This is a standard and recognized process for achieving peace in the world. We therefore recommend that everyone become Krishna conscious by chanting:

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

This is practical, simple, and sublime. Four hundred and eighty years ago this formula was introduced in India by Lord Sri Caitanya, and now it is available in your country. Take to this simple process of chanting as above mentioned, realize your factual position by reading the *Bhagavad-gita As It Is*, and reestablish your lost relationship with Krishna, God. Peace and prosperity will be the immediate worldwide result.



**SMALL  
THINGS  
AMUSE  
SMALL  
MINDS**

By Muchukunda das

There are 2 types of people duratma and mahatma. duratma means crippled mind and mahatma means broad minded or great soul. Maha means great and atma refers to mind body and soul. So mahatma also means great soul. Those attracted to things only for their capacity to stimulate thier material senses are called duratma. They always think others in terms of their own benefit (if you want to call sense gratification benefit) in other words the duratma only thinks of himself (if you want to call the senses and mind the self) On the other hand is the mahatmas, also called sadhus. Some of their symptoms are described in this verse of the Srimad bhagavatam. 3.25.21

“The symptoms of a sadhu are that he is tolerant, merciful and friendly to all living entities. He has no enemies, he is peaceful, he abides by the scriptures, and all his characteristics are sublime” Srila Prabhupada has also said in his book Teachings of Queen Kunti verse 4 purport: “After many births and deaths, he who is actually in knowledge surrenders unto Me, knowing Me to be the cause of all causes and all that is. Such a great soul is very rare.” The word mahatma means “broadminded.” One who cannot understand Krishna is not broad-minded but cripple-minded. If one becomes broad-minded, then by the grace of Krishna one can understand Krishna. Srila Prabhupada speaks about these 2 extremes in 4.5.12 purport Cakravarti Ṭhakura remarks in this connection that even if one is called mahatma, a great soul, unless he exhibits the symptoms of a mahatma, he should be considered a duratma, or a degraded soul. In Bhagavad-gita (9.13) the word mahatma describes the pure devotee of the Lord: mahatmanas tu mañ partha daiviṁ prakṛtim asritaḥ. A mahatma is always under the guidance of the internal energy of the Supreme personality of Godhead.



## ***BHAKTI IS THE EASIEST AND THE BEST***

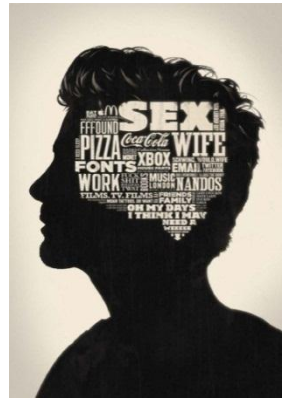
By Srila Prabhupada

Thus consciously engaged in devotional service in the association of devotees, a person gains distaste for sense gratification, both in this world and in the next, by constantly thinking about the activities of the Lord. This process of Krishna consciousness is the easiest process of mystic power; when one is actually situated on that path of devotional service, he is able to control the mind. In all scriptures people are encouraged to act in a pious way so that they can enjoy sense gratification not only in this life but also in the next. For example, one is promised promotion to the heavenly kingdom of higher planets by pious fruitive activities. But a devotee in the association of devotees prefers to contemplate the activities of the

Lord — how He has created this universe, how He is maintaining it, how the creation dissolves, and how in the spiritual kingdom the Lord’s pastimes are going on. There are full literatures describing these activities of the Lord, especially Bhagavad-gita, Brahma-samhita and Srimad-Bhagavatam. The sincere devotee who associates with devotees gets the opportunity to hear and contemplate this subject of the pastimes of the Lord, and the result is that he feels distaste for so-called happiness in this or that world, in heaven or on other planets. The devotees are simply interested in being transferred to the personal association of the Lord; they have no more attraction for temporary so-called happiness. That is the position of one who is yoga-yukta. One who is fixed in mystic power is not disturbed by the allurements of this world or that world; he is interested in the matters of spiritual understanding or the spiritual situation. This sublime situation is very easily attained by the easiest process, bhakti-yoga. R̥jubhir yoga-margaiḥ. A very suitable word used here is r̥jubhiḥ, or “very easy.” There are different processes of yoga-marga, attaining yoga perfection, but this process, devotional service to the Lord, is the easiest. Not only is it the easiest process, but the result is

sublime. Everyone, therefore, should try to take this process of Krishna consciousness and reach the highest perfection of life. Srimad Bhagavatam 3.25.26 purport

## **PORN KILLS**



by Muchukunda das

Consciousness is like a sponge. If you subject it to exploitative images of woman you get an exploitative mentality towards woman. This inhibits good qualities. This makes you see attractive woman as your sense objects and unattractive woman as irrelevant. This is polluted vision. Women are not yours to accept or reject. mundaners judge a woman

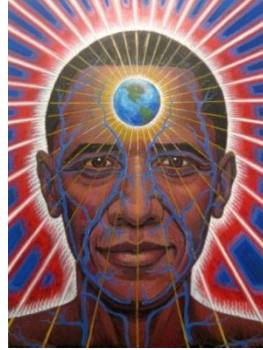
based on potentiality to fulfill their genitals urges. Catch yourself sizing up the opposite. This disgusting habituated mentality is born from a false conception of the self as the bodies were in. It's selfish and gives lots of mental pain. How did we take on this mistaken sense of proprietorship over the opposite? Media is a factor but we also choose to subject our consciousness to its preaching. The media spews tons of "you're the body" propaganda into our consciousness where ever it can, whether it is through our eyes, through our tongue or through our ears. How to not be victimized by it all? Krishna lets us know exactly how in Bhagavad Gita. 2.58 One who is able to withdraw his senses from sense objects, as the tortoise draws its limbs within the shell, is firmly fixed in perfect consciousness. But How to withdraw the senses when we really think we ought to fulfill them instead, Seems pretty plain. The embodied soul may be restricted from sense enjoyment, though the taste for sense objects remains. But, ceasing such engagements by experiencing a higher taste, he is fixed in consciousness. It's necessary to

control the senses. If we see woman as playthings our vision is impaired. Our senses are like wild horses so what's the cure? Krishna says to control them on all sides by the mind. In Sanskrit the word trayate means to control and also translates to engage or have victory over thus control and engage are considered synonyms. Therefore mantra means to control the mind by engaging it in spiritual chanting and hearing. Mantras are made up of absolute transcendental names of the absolute, Krishna being the chief name carries immense power to dissolve our perverted taste for mere genital absorption by giving us a much higher taste in selfless chanting of His supremely sweet names. Because it gives a much higher taste it also gives realization of the pettiness of sexual obsession which helps to give up the unrealistic expectations that it will satisfy our hearts. Sri Yamuna acarya has said ""Since my mind has been engaged in the service of the lotus feet of Lord Krishna, and I have been enjoying an ever new transcendental humor, whenever I think of sex life with a woman, my face at once turns from it, and I spit at the thought." This is an

inspiring testimony to the tangible superiority of Krishna Happiness over genital stimulation. The science of Krishna Bhakti is here in proven. You can judge a thing by its result. Science means Hypothesis experiment and result so enter the lab, chant Hare Krishna and free your mind from I, me and mine. Awaken your selfless spirit and see the profound results. It's not normal to see others as yours, a devotee sees everything how god sees it - as his. This vision is called Brahman realization. We see how god sees to by seeing it as ours but that's not Brahman realization that is called Maya or illusion. It's simply not true. Chanting revives our love for Krishna, when you love Krishna you love every one equally because their His energies. Therefore wherever you look you see Krishna in His energy and if you think of exploiting that energy you spit at the thought because lust is not love. Therefore persons who actually aspire for the divine love are indifferent to lusty things like pornography and thinking about woman as objects.

Trying to be a real lover,  
Muchukunda das.

## ***YOU ARE NOT THIS BODY***



December 26, 2010 by His Divine Grace A.C. Bhaktivedanta Swami Prabhupada

**Faill:** ...the Krishna movement is about and its origins, its following. This sort of thing.

**Prabhupada:** Where is Pusta Krishna? Krishna means God. The word *Krishna* means all-attractive. So unless one is all-attractive, he cannot be God. So this Krishna consciousness means God consciousness. Our position, we all living entities, we are all small particles, equal in quality with God—small, just like gold and a small particle of gold.

**Faill:** The spark.

**Prabhupada:** Spark. Yes. Fire, big fire and spark fire—both of



them fire, but one is big and one is very small. So our relationship with God is eternal. At the present moment, on account of contact with this material energy, we have forgotten our relationship with God. Therefore our life is problematic. We are facing so many problems. So again, if we revive our original consciousness, then we shall become happy. So this is the sum and substance of Krishna consciousness. Now, the process how to revive our original consciousness. There are different processes, but at the present moment people are very, very fallen. This is called the age of Kali—means most fallen. Most fallen. The so-called material advancement is not the solution because God is eternal, we are eternal, and in the material condition we are changing our body. On account of our ignorance we are thinking “I am this body,” but I am not this body. I am that spark, spirit, part and parcel of God.

**Fail:** The body is just a vehicle.

**Prabhupada:** Yes, a covering. Vehicle also. Vehicle also. It is just like a machine. You go from one place to another on a motorcar machine. So this body is just like machine. On account of our material, conditional life we are thinking that “If I get this position,

then I will be happy. If I get this position, I will be happy.” We are creating mental concoction. But nothing will make us happy unless we come to our real position that “I am part and parcel of God. My business is to associate with God and help or cooperate with God.” So that position we have to revive. And there are different types of vehicle, in the aquatic animals, then, I mean to say, plants. When the water is dried up, then vegetation comes. Then vegetation..., from vegetation, we... Trees and plants, they cannot move. Then we get little improvement; we can move, just like flies, insects, microbes, reptiles, and so many. So there are nine *lakhs* forms of body within the water. Then two million types of bodies in vegetable and then 1,100,000 species of life like microbes, germs, worms, insects. Then you come to the birds’ life, three million different forms of. Then we come to beast life. That is also... Birds, I am sorry. Birds’ life, one million, and then the beast life, three millions... Then we come to human form of body, and especially, gradually, we become civilized. So when we are civilized, then it is a chance to understand “what is God, what I am, what is our relationship.” So if we don’t take advantage of this civilized human life to understand God, and if we simply waste our life like cats



## **GEORGE HARRISON AND HARE KRISHNA**



Despite The Beatles incredible fame and fortune, due to the pressures of touring and the constant attention from public and media, peace of mind and happiness had escaped them. So, in 1967 they travelled to Rishikesh. This trip to India was part of a sudden fascination of everything Indian by the vibrant and searching youth of the late 1960s.

Soon, however, The Beatles returned to London, developing a taste for Indian spirituality, but not finding full satisfaction. George continued his search and meanwhile Shyamasundar das, Mukunda das and other disciples of Srila Prabhupada moved to London in order to establish a temple.

In 1969, both George and Shyamasundar das had their wishes fulfilled when they met at a function at Apple Records. After spending some time together, George invited Shyamasundar das to his house and the relationship began from there. When Srila Prabhupada arrived in Britain both George and John were deeply impressed by him. Once, on a car journey from France to Portugal, George and John chanted Hare Krishna for 17 hours non-stop!

George's interest in Krishna Consciousness and the devotees continued to grow. By this time, The Beatles were married and started to work on their own separate projects. In 1970, George produced the Radha Krishna Temple album with the devotees, a track from which featured in the top ten record sales in that year. He also wrote many songs, which included devotional references. One such song was "My Sweet Lord", which included the Hare Krishna mantra in the chorus.

In 1971 George donated ISKCON funds to pay for the printing of a book, Krishna the Supreme Personality of Godhead, which contains the pastimes of Lord Krishna, with commentary by Srila Prabhupada.

By 1972, ISKCON was growing very rapidly around the world. The London temple, which was then at Bury Place near the British Museum, was getting much too small. George asked a British devotee, Dhananjaya das, to choose a large property not too far from London. Several properties were investigated, but finally they settled on the building we know today, Bhaktivedanta Manor.

When Bhaktivedanta Manor was donated, Srila Prabhupada said of George, "Because he has given shelter to Krishna by providing this temple, Krishna will surely provide shelter for him." Just before Srila Prabhupada left this world in 1977, he removed the ring on his right hand and said to the disciples around him, "This is for George, give it to him."

Over the years that followed, George kept in contact with Shyamasundar das and Mukunda Swami, who always respected his wish not to be in the limelight. George became a loving father, worked on a great variety of films, studied landscape gardening and always kept Lord Krishna deep within his heart.

By the 1990's, a campaign to save Bhaktivedanta Manor from closure by Hertsmere Council was well under way. George was observing

the development of the Campaign and was giving his full moral support, although preferring not to be in the media limelight.

Unfortunately by the mid 1990's George was suffering from various forms of cancer. On December 31st 1999, a terrible attempt on George's life took place: Someone broke into his home and attacked him with a knife, to which he called upon Krishna's name. Fortunately, his faithful and loving wife Olivia came to his rescue.

On Thursday 29th November 2001, George sadly passed away in Los Angeles. Naturally, people all around the world were deeply saddened by George's passing. He was a truly remarkable person who touched the hearts of millions around the world through his messages of love and peace.

## ***21 DAY HARE KRISHNA CHALLENGE***

Haven't got a new year's resolution?

Attention all seekers or aspiring devotees and yogis! Who's up for a 21 day challenge?

Try the *21 day Hare Krishna resolution* and see where it takes



you, it might bring about a revolution in your heart!

“What is night for all beings is the time of awakening for the self-controlled; and the time of awakening for all beings is night for the introspective sage.”  
Bhagavad Gita 2.69

There are 3 levels. All of them include vegetarian diet, waking early, some study and weekly gatherings, pick a level and see if you can do it for 21 days.

**Level 1** Daily: - chant 108 Hare Krishna maha mantras - read 2 verses of the Bhagavad Gita

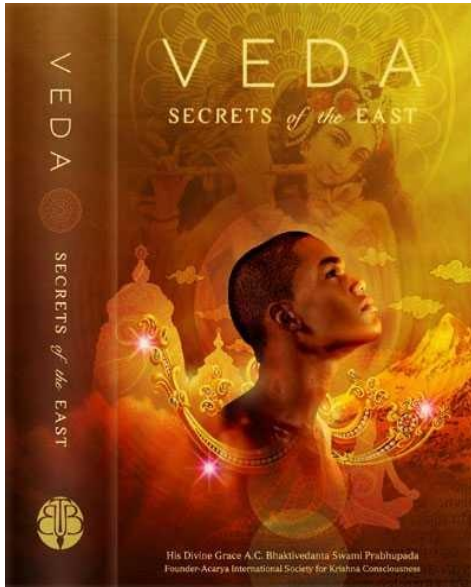
**Level 2** Daily: - chant 4 rounds of the Hare Krishna maha mantra on japa beads (432 mantras) every day - read for 1/2 an hour of Bhagavad Gita or Bhagavatam if you've already read the Gita - eat only prasadam (Krishna-ized vegetarian food) by chanting the maha mantra to offer the food to Krishna before eating. Or eating prasad from temple or Hare Krishna restaurants - wake early (5am - 7am) - come to Krishna conscious gathering once a week.

**Level 3** Daily: - chant 8 rounds of the maha mantra - read 1 hour of Srila Prabhupadas books - Attend 2 gatherings a week - Offer service at temple, urban yoga or crossways - Wake up before 5am - no intoxication

### **Keep a Blog or Dairy**

At the end of every day let us know how blissful it was and share your realizations by posting a blog.

Everyone who participates will receive a Copy of HH Devamrita Swamis book - Searching for Vedic India or the new book based on the teachings of srila prabhupada – VEDA



### **Just Some of the Benefits**

-Experience what it's like to live a regulated spiritually balanced life free from karmic influence and stress.

-Unlock the treasures of your heart. Realize higher values, morals and character, peace of mind, detachment, freedom from stress, inner happiness, fulfillment,

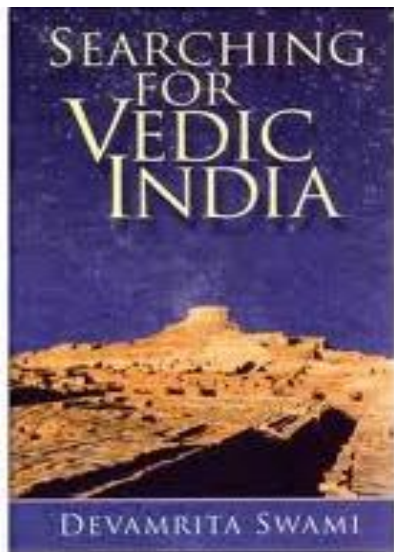
gratitude, emotional desire to serve and help others, qualification to help, bliss, knowledge and self-realization.

-A new way of looking at the world and your short term and long term goals.

-And of-course a copy of Searching for Vedic India - Swapping bad habits for good ones. It takes 21 days to make and break habits. One can also use these 21 days to kick bad habits. You can only give something up by taking something better! By getting the param drstva or the higher taste (BG 2.59) Krishna says in the Gita 2.49,2.50 “O Dhanañjaya, keep all abominable activities far distant by devotional service” “A person engaged in devotional service rids himself of both good and bad actions even in this life. Therefore strive for yoga, which is the art of all work.” The embodied soul may be restricted from sense enjoyment, though the taste for sense objects remains. But, ceasing such engagements by experiencing a higher taste, he is fixed in consciousness. -BUT don't sweat if you fall from your vow.. Krishna says: “The senses are so strong and impetuous, O Arjuna, that they forcibly carry away the mind even

of a man of discrimination who is endeavoring to control them.” Bhagavad Gita 2.60 Just keep trying, when you were learning how to walk and you fell you didn't go on strike you just kept trying until you got it.. -What about work? “Work done as a sacrifice for Vishnu has to be performed, otherwise work causes bondage in this material world told Arjuna to use his warrior nature in yoga also so it's about connecting everything spiritually. If you're in for the challenge just reblog this, and blog your progress so we can follow you and so you can get your prize.

-A copy of *Searching for Vedic India* by HH Devamrita swami



## ***LINK TO THE SUPREME!***

Read any of Srila Prabhupada's books online @

[Vedabase.com](http://Vedabase.com)

Find out how the movement is part of the solution to the environmental problems

[environmentkrishna.wordpress.com](http://environmentkrishna.wordpress.com)

Read awesome articles @

[atmayogi.com](http://atmayogi.com)

The website for the loft yoga lounge in Auckland

[thloft.org.nz](http://thloft.org.nz)

The website for the urban yoga center in Melbourne

[urbanvoga.com](http://urbanvoga.com)

The official website of His Holiness Devamrita swami

[devaswami.com](http://devaswami.com)

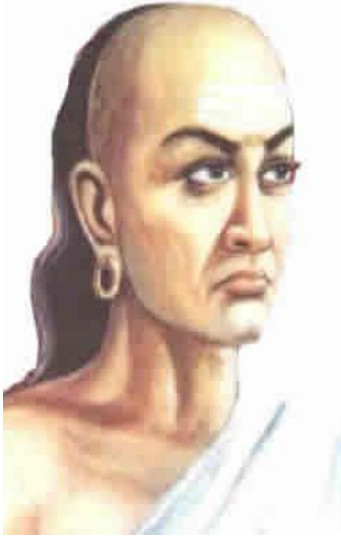
My blog

[monkpunk.tumblr.com](http://monkpunk.tumblr.com)



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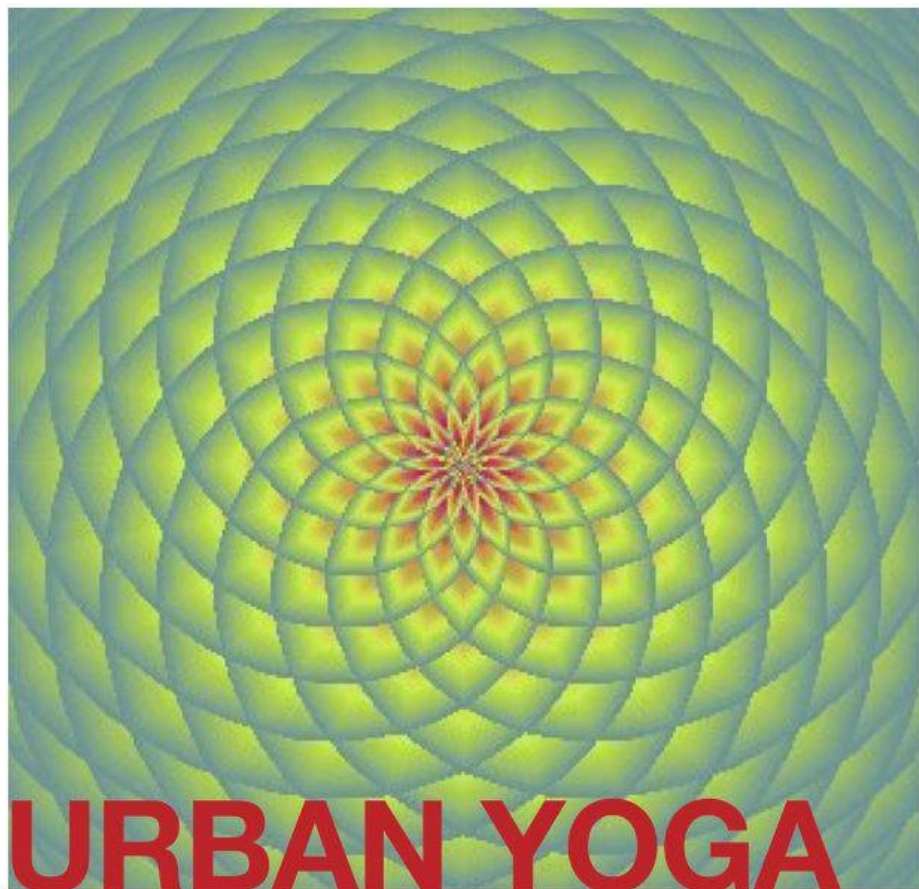
Merry Krishna's and a Hare new  
year!



*“He who gives up what is  
imperishable for that which is  
perishable loses that which is  
imperishable; and doubtlessly  
loses that which is perishable also.”*

Chanakya pandit





# URBAN YOGA

## SPIRITUAL REALIZATION LECTURES

date

**SATURDAY**

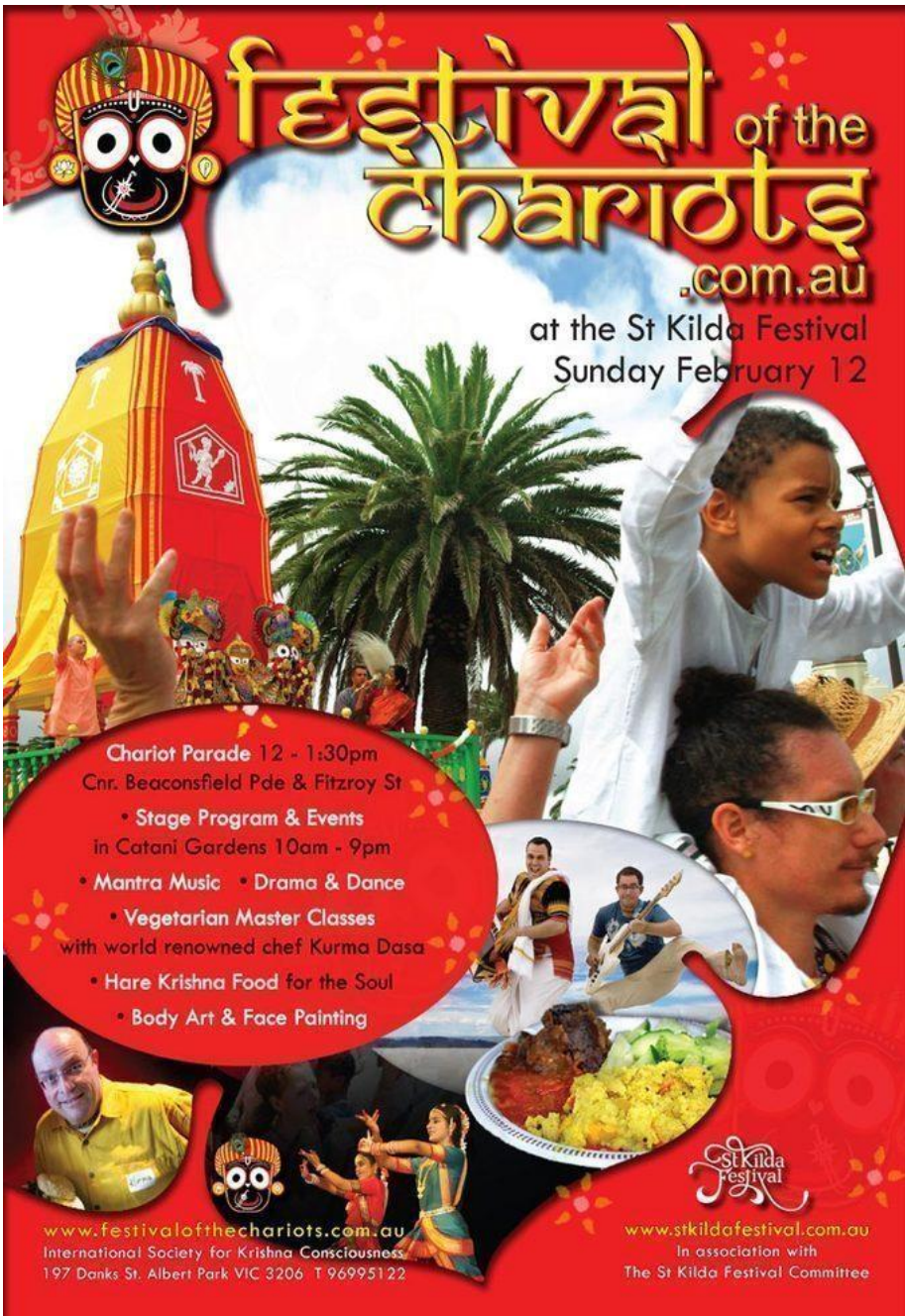
location

**LVL 3, 123 SWANSTON  
ST, MELBOURNE**

time

**6:00PM**

Join us for uplifting experience - Deep insights into spirituality, dance to mantra meditation music and sit down for a hearty vegetarian meal!



# द्वितीय of the चरिओट्स .com.au

at the St Kilda Festival  
Sunday February 12

- Chariot Parade 12 - 1:30pm**  
Cnr. Beaconsfield Pde & Fitzroy St
- Stage Program & Events in Catani Gardens 10am - 9pm
  - Mantra Music • Drama & Dance
  - Vegetarian Master Classes with world renowned chef Kurma Dasa
  - Hare Krishna Food for the Soul
  - Body Art & Face Painting

[www.festivalofthechariots.com.au](http://www.festivalofthechariots.com.au)  
International Society for Krishna Consciousness  
197 Danks St. Albert Park VIC 3206 T.96995122

[www.stkildafestival.com.au](http://www.stkildafestival.com.au)  
In association with  
The St Kilda Festival Committee



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