

Inspire

Local updates and spiritual articles



Sri Pancha-Tattva “One should worship the Supreme Lord who appears in this Age of Kali with His associates as the Pañca-tattva: the Lord Himself, Lord Nityānanda, Śrī Advaita, Śrī Gadādhara and Śrīvāsa Ṭhākura. An intelligent person worships the Pañca-tattva by chanting the Hare Kṛṣṇa mahā-mantra and if possible distributing prasādam.” CC Adi lila 14.51.



“For so long I have been pained by troubles in this world and have been burning with lamentation. My six enemies are never satiated, and I can find no peace. Therefore, O giver of shelter, O Supreme Soul, please protect me.

O Lord, in the midst of danger I have by good fortune approached Your lotus feet, which are the truth and which thus make one fearless and free from sorrow.”

Srimad Bhagavatam 10.51.57. Prayer by Mucukunda

ISKCON Belfast June 2021



In this issue



[Krishna - the greatest painter](#)

[Appearance day of Srila Vrndavana Das Thakura](#)

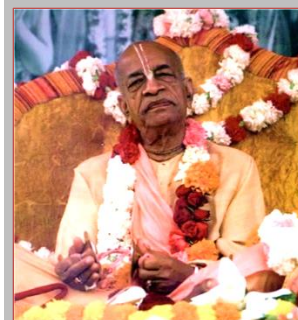
[Devotee close-up - Hg Narayani dd](#)

[Dealing with Envy - Hg Bhagavati dd](#)

[Live Bhagavad Gita classes](#)
[Hg Sucharu Nimai das](#)

[Easiest egg-free cake recipe – make it in minutes](#)

[Temple Updates](#)



International Society
for Krishna
Consciousness

Founder Acarya AC
Bhaktivedanta Swami
Prabhupada

Read about the life of the divine personality Srila Vrndavana Das Thakura (1507–1598)

“An incarnation of Vyasadeva (the author of Srimad Bhagavatam) and also a friendly cowherd boy named Kusumapida in Krsna`s pastimes. In other words, he was a combined incarnation of Vyasdeva and the cowherd boy Kusumapida.” So, just as Vyasadeva compiled Lord Krishna`s pastimes in Srimad Bhagavatam, Vrindavan Das depicted Sri Krishna Chaitanya`s pastimes in Caitanya Bhagavata.” CC Adi 11.55 Srila Prabhupada.

7 June marks the appearance day of this saint and author of Sri Caitanya Bhagavata - a poetic and nectarian biography of Lord Caitanya, who is the incarnation of the Lord in this age. To absorb oneself in these sweet pastimes of Caitanya Mahaprabhu and Lord Nityananda is blissful.

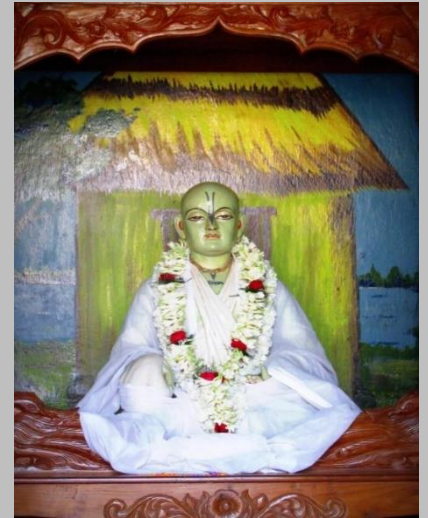
Vrndavana Das was born in Navadvipa, west Bengal in 1507, four years after Sri Caitanya Mahaprabhu took sannyasa. After the death of his father, he and his mother Narayani devi, went to live in her uncle Srivasa`s house where everyone became fond of the child, especially Srivasa Thakur`s wife, Malini Devi. In his commentary on the Caitanya Bhagavata, Srila Bhaktisiddhanta Sarasvati writes: "At the ancestral home of Malini devi, Vrindavana das played as a small boy growing up. There he was nourished and cared after just like a valuable gem." Vrndavan Das received Caitanya Mahaprabhu`s special blessings at Srivasa Acarya`s home.

As a four year-old girl, Lord Caitanya had personally told Vrndavana Das`s mother, Narayani, to chant Krishna`s names. As a result, she became ecstatic with love for Krishna. In the Caitanya Bhagavata it is written: "The golden moon, Sri Gauranga ordered Narayani to chant the name of Krishna. Although she was only four years old, she became mad with love of God and crying, "O Krishna" she swooned in ecstasy. As she laid on the ground in a trance of bliss, her eyes filled with tears, overwhelmed with divine love."

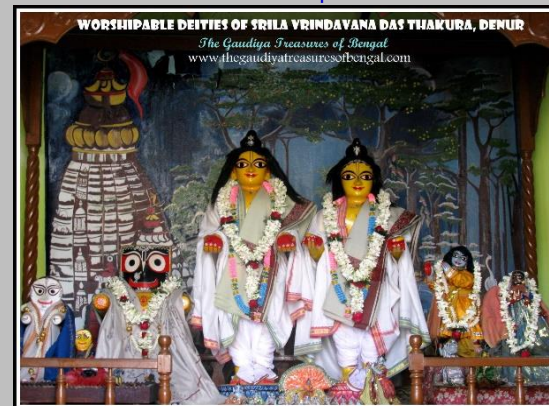
Vrndavan Das was a disciple of Lord Nityananda and in "Sri Caitanya Bhagavata", which he wrote eight years after Lord Caitanya left this planet, he glorifies Sri Nityananda extensively - **"I worship Lord Nityananda. He traveled on every path, dancing, singing the names of Lord Hari and describing His glories. He was merciful to the people and He cast upon them His merciful sidelong glance. He chants the holy name of Lord Hari, thus rescuing the souls who are drowning in the age of Kali.**

Srila Krishnadas Kaviraja Goswami writes about Caitanya Bhagavata: "Whoever hears his book no grave misfortunes shall befall. Who reads it knows the glories of Caitanya and Nitai. No ordinary person could have written these words. The Lord Himself has spoken through the Thakura's holy tongue. I bow a million times before the holy lotus feet of Sri Vrindavan das, whose verses are so sweet that one who reads them shall be freed from this dark, mortal earth."

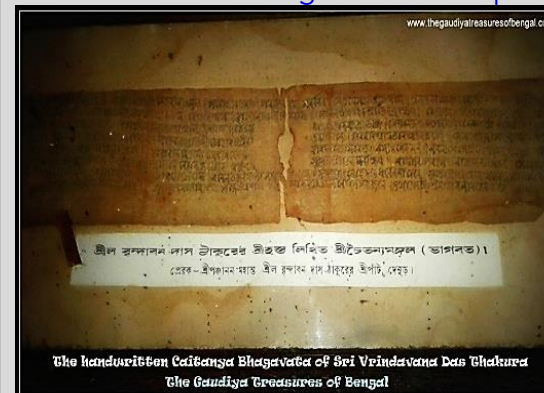
Vrndavana Das Thakura lived in Navadvip where he worshipped his deities, Nitai-Gauranga and Sri Jagannatha (see pics above right) and he initiated many disciples. It`s unclear but he is thought to have left this world around 1589. His samadhi is in the 64 Samadhis Area of Vrindavana.



Srila Vrndavan Dasa Thakur.
Below - his worshipable deities.



The temple at Denur. Sri Caitanya Bhagavata was written at this spot in 1535. Below - the original manuscript.





Devotee close-up

HG Narayani dd

Belfast temple was the first temple in the West where Her Grace Narayani dd came to preach. A

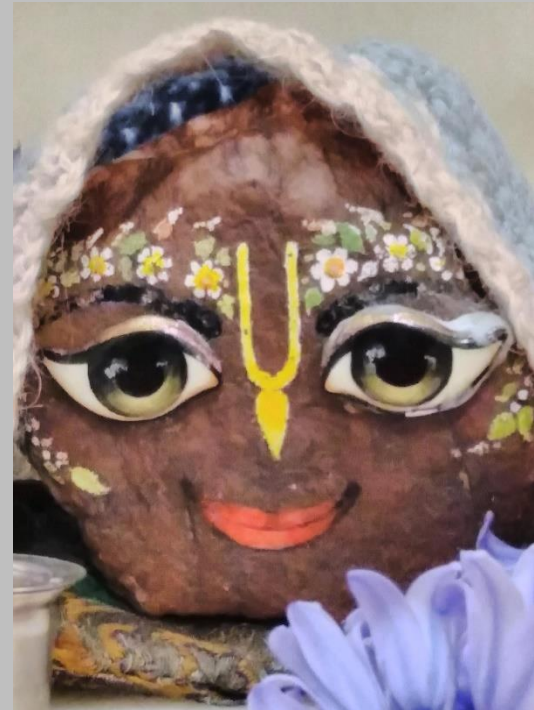
resident of Vrndavan since 1993, she first came in 1998 and since 2009 she has been visiting almost yearly. Her friendship, seminars and Srimad Bhagavatam classes have always been very special to local devotees.

Born in Chicago in 1948, Narayani dd grew up in a religious household. She says “All my life I felt a strong attachment to God and I prayed all the time”. She used to borrow huge piles of books from the local library and as a teenager, taking an interest in Eastern religions, she accepted the reality of reincarnation and karma and she whole-heartedly began her search for a genuine philosophy and guru.

While living and working in Boston in 1970, she attended a Hare Krishna Sunday “Love Feast”. After questioning the devotees and experiencing the chanting, dancing and eating prasadam, she quickly took to the process. She sold her beloved cello, gave the money to the temple and moved in. Narayani says “It was so sweet in those days and we were very happy – out on Harinama day and night, through all weathers”.

After eight months she wrote a letter to Srila Prabhupada asking for initiation. His reply said “Your first birth was from your material father and now your real birth is from your spiritual master. If you follow my instructions with enthusiasm and sincerity and if you cooperate with devotees, your path back to Godhead will be very swift.” Following behind Srila Prabhupada at the airport in Florida, she says “I immediately felt safe and secure and I thought - this is where I belong”.

At Juhu beach and Calcutta Narayani dd and the other young devotees endured many austerities in order to establish temples. Her background in secretarial work meant she could type parts of Sri Caitanya Caritamrta for Srila Prabhupada. Seven years of deity worship, seven years book distribution and many years spent studying and preaching led her to write “Bhagavad Gita at a Glance”, “Srimad Bhagavatam at a Glance” & “Garden of Devotion”.



Giriraja - Mother Narayani's Saligrama deity

Giriraja has accompanied Mother Narayani and given His darshan to the devotees and visitors at Belfast temple since 2009.

“In 2008 I was taking a seminar on Vaisnava relationships in Mayapur. I was feeling unwell and a little lonely, so I decided to stay on for a while afterwards. A devotee showed Giriraja to me and told me she didn't have the facilities to care for Him properly. I felt a great attraction and I realized He was answering my prayers. He has been with me ever since.”

Cont'd - “Once, when I was offering the ghee lamp at Mangala aarti, I turned around and Srila Prabhupada was right behind me. I thought “I should do all my service like that – knowing that Prabhupada is standing beside me, watching over me” Narayani dd.



Understanding Envy. HG Bhagavati dd

Envy is one of the six coverings of the conditioned soul - lust, anger, greed, illusion, madness and envy. We may feel envy towards others in this world but that is a manifestation or extension of our original envy of Krsna.

Krsna, however, is not envious, as He states in Bhagavad gita 9.29 – “I envy no-one nor am I partial to anyone. I am equal to all, but to whoever renders service unto Me in devotion is a friend, is in Me and I am also a friend to him.”

These points are illustrated in the tenth canto account of Krsna and Balarama entering Mathura. Here are two examples of the different responses They encounter from various residents of the city.

A young hunch-back girl called Kubja was on her way to deliver a container of sandalwood paste to King Kamsa. Seeing Krsna and Balarama she was immediately drawn by Their irresistible beauty and, when requested, offered Them two kinds of fragrant paste which They smeared on Their bodies. Krsna was very pleased with her service and as a loving response Krsna pushed down on her toes with His own feet and gently jerked her chin upwards with one finger of each hand thus completely straightening out her spine.

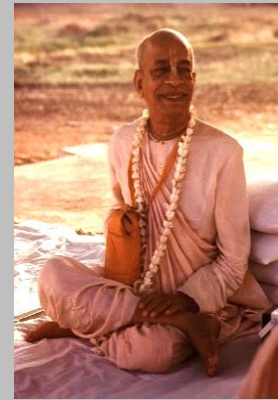
In contrast, when the divine brothers encountered a laundry man carrying a bundle of very opulent clothes belonging to the king, Krsna requested the man to give some of the garments to Himself and Balarama to wear. The man became very angry and arrogantly chastised Them with harsh words for Their impudence in trying to take what rightfully belonged to the king. Krsna promptly cut off the man's head with His bare fingertips.

These stories are factual and at the same time instructive for those who are interested in their own relationship with Krsna, the Supreme Personality of Godhead.

Envy of Krsna's position as the Supreme Enjoyer caused us to forget our service to Him and exit the spiritual world. On entering this material world, where Krsna is apparently non-existent, we endeavor to fulfil our desires separately from Him, in imitation of His position as the enjoyer. By again taking up the mood of service to Krsna we can be reinstated as residents of the spiritual world.

Hare Krsna!

Hg Bhagavati dd offered much dedicated service to Sri Sri Radha Madhava in Belfast temple over many years, especially between 1996 and 2017.



Bhagavad
Gita Quotes
from Srila
Prabhupada
on

Chanting Hare Krishna

“The Lord does not say that one should give up his prescribed duties or engagements. One can continue them and at the same time think of Krishna by chanting Hare Krishna. This will free one from material contamination and engage the mind and intelligence in Krishna. By chanting Krishna's names, one will be transferred to the supreme planet, Krishnaloka, without a doubt” Bhagavad Gita 8.7 pp

“Lord Caitanya has announced, according to the scriptural injunctions for this age of Kali, that no process of realizing the Supreme is possible except the chanting of the holy name of Lord Krishna:

Hare Krishna, Hare Krishna
Krishna Krishna, Hare Hare
Hare Rama, Hare Rama
Rama Rama, Hare Hare.”

Bhagavad Gita 8.11 pp





Easy egg-free Cake Recipe

This simple cake recipe has been a staple in the temple for thirty years. Sri Sri Radha Madhava enjoyed many varieties of it and it's now served to Sri Pancha-tattva.

**2 & 1/2 cups self-raising flour
1/2 tsp baking powder
1 cup sugar
1 & 1/2 cups buttermilk
half cup sunflower oil
3 tsp vanilla extract**

Beat all ingredients loosely in a large bowl with a large serving spoon to incorporate air. Only beat until everything comes together nicely - don't over-beat.

Divide into 2 cake tins and bake for 30 mins at 180 degrees. Also makes nice cupcakes.

Decorate with fresh double cream and fresh fruit.

Variations

1. Coconut – replace 2 tablespoons of flour with toasted coconut.

2. Carrot – Add 2 teaspoons ground cinnamon & 1 cup grated carrot. Top with mixture of cream cheese and icing sugar.

Join Online classes



**Bhagavad Gita classes
Hg Sucharu Nimai das**
continuing live from the
temple
on Facebook and Zoom
Friday 7.00pm
until 18 June

ISKCON Belfast Presents
How to deal with Stress, Fear and Anxiety
through wisdom of Bhagavad Gita

**Benefits from
Bhagavad Gita**

**How to Attend ?
Zoom or Facebook Live**

**Starting on: 7th May - 18th June
@ 7 pm - Every Friday**

**Zoom Meeting ID: 811 9493 1182
Passcode: 108**

Facebook Page: <https://www.facebook.com/iskconbelfast>

For any Queries whatsapp - 07424483907
ISKCON Belfast, Founder Acharya His Divine Grace A.C. Bhaktivedanta Swami Srila Prabhupada,
2A, Brooklands Grange, Dummurry, Belfast - BT17 0SA

**For more details please join our ISKCON Belfast temple whatsapp
group using the link <https://iskconbelfast.co.uk/contact/>**

NO Fees

Temple Updates

New Sunday Feast Times

Sunday Feast times after lockdown
Class - 2.00pm
followed by kirtan and
vegetarian feast.

Saturday Bhagavad Gita class
11am

Temple mobile number 07424483907
landline - 02890620530



E. info@iskconbelfast.co.uk

A. 2A Brooklands Grange Belfast BT17 0SA



Krishna`s artistic touch in the garden

When Summer arrives and the beauty of a flower seduces us once again, we can remember what Krishna tells His friend Arjuna in Bhagavad Gita - that everything beautiful in this world represents just a fragment of His potencies.

“Know that all opulent, beautiful and glorious creations spring from but a spark of My splendour”. Bhagavad Gita 10.41

We are naturally drawn towards beauty because, the real self, the spirit soul, is naturally drawn to Krishna`s transcendental beauty. He is the most beautiful - with His “gentle and sweetly smiling face, His nectarean words and His flawless character.”

Srimad Bhagavatam 3.3.20.



If you feel inspired to help, you can contact the temple. Tel: 07424483907. In Bhagavad Gita 14.26, devotional service is described as “the activity of exchange of love between the Lord and the devotee.”



God has nothing to do except enjoy. Since we are part and parcel of God, we also don't want to do anything except enjoy and we don't want to have our enjoyment restricted - that's natural.

Having spent many lifetimes in this material world, our consciousness has become polluted by the material atmosphere and our efforts to enjoy just end in frustration. This frustration is Krishna's arrangement because He doesn't want us to stay here. He's always trying to awaken us to the happiness of spiritual life. In Bhagavad Gita 18.66 He tells us that we can put our complete trust in Him and He will protect us so we need never fear anything.

Rather than enduring the inevitable disappointment of material life, we can start to enjoy life in devotional service while praying to Krishna. In chp 28 of Krishna book Srila Prabhupada says "devotees, having no other shelter naturally cry to Him for help, exactly like children who do not know anything but the protection of their parents".

Website & Facebook



[Web
site](#)



[Facebook
page](#)

All your kind donations are appreciated. If you'd like to help the temple, these are the bank details:

Acct Name: ISKCON Belfast.

Bank Name: Ulster Bank

Account No: 40933052.

Sort Code: 98-05-90

Until further notice

Visitors are always welcome
one bubble 10am-3pm.

Please wear a mask & observe
2m social distancing

Vaisnava calendar June

For more info click on the links:

- 05 June 2021- [Apara Ekadasi](#)
- 07 June 2021- [App Day of Sri Vrndavana Dasa Thakura](#)
- 20 June 2021 - [Ganga Puja](#)
- 20 June 2021 - [Dis Day of Sri Baladeva Vidyabhusana](#)
- 20 June 2021 - [App Day of Srimati Gangamata Goswami](#)
- 21 June 2021 - [Pandava Nirjala Ekadasi](#)
- 24 June 2021 - [Dis Day of Sri Mukunda Datta](#)
- 24 June 2021 - [Dis Day of Sri Sridhara Pandita](#)
- 25 June 2021 - [Dis Day of Sri Syamananda Prabhu](#)
- 29 June 2021 - [App Day of Sri Vakresvara Pandita](#)

