

# Inspire

Local updates & spiritual articles



tava kara-kamala-vare nakham adbhuta-srngam  
dalita-hiranyakasipu-tanu-bhrngam  
keshava dhrta-narahari-rupa jaya jagadisa hare

O Keshava! O Lord Hari! O Lord of the Universe! You have assumed the form of half man, half lion. All glories unto You. Just as one can easily crush a wasp between one's fingernails, so in the same way the body of the wasp-like demon Hiranyakashipu, has been ripped apart by the wonderful pointed nails on Your beautiful lotus hands.  
(Sri Dasavatara)

ISKCON Belfast May/June 2023



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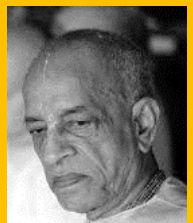
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*International Society for  
Krishna Consciousness.  
Founder Acarya, His Divine  
Grace, AC Bhaktivedanta  
Swami Prabhupada*

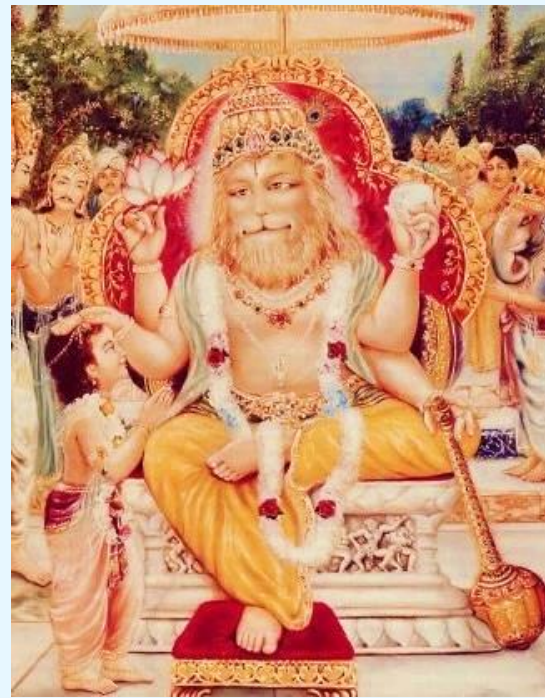




## On the of 4<sup>th</sup> May we will celebrate Nrsimha Chaturdasi

The Supreme Lord can empower His servants to do anything and although He was not obliged to personally come to this earth planet to save His devotee Prahlada, He came out of love and affection. He also enjoys the sport of a good fight which is not available to Him in the spiritual world.

He is the original person and all personal attributes originate from Him. Chivalry and anger are present in the Supreme Lord's personality to the fullest extent. Any of the six attributes; beauty, intelligence, strength, wealth, fame and renunciation that we have, are not due to our personal endeavours; they come from Krishna. Even the most powerful demons like Hiranyakashipu are nothing in His hands.

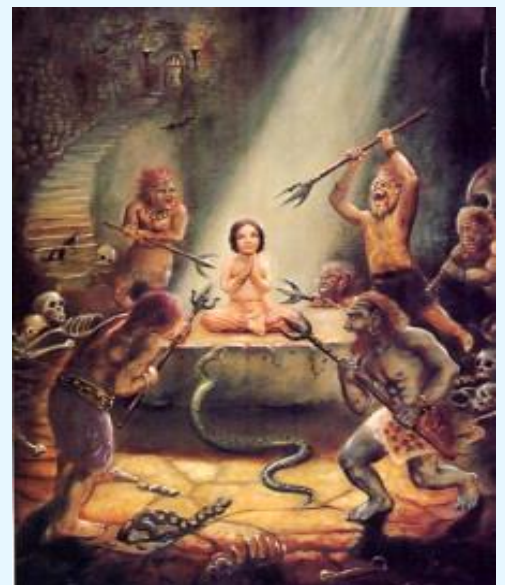


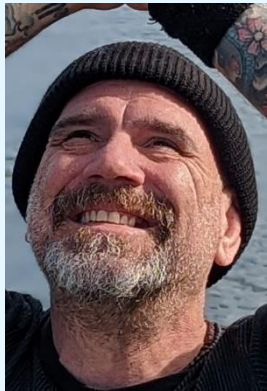
**Left:** Lord Krishna's incarnation as Nrsimhadeva kills Hiranyakashipu.

**Above:** Afterwards, Prahlada pacifies the Lord.

**Below:** Under Hiranyakashipu's instructions, his servants tried in many ways to kill his little son Prahlada but Prahlada simply prayed to Lord Krsna in all circumstances.

"The Lord protects the devotee who constantly meditates on Him and serves Him." Srila Prabhupada





## Bhakta Scott

### On chanting the holy names

I close my eyes and centre my being. Drawing the morning air deep inside my lungs, I prepare my mind and body for this most sacred of ancient practices.

The air is cold as it rushes into my tired body, replenishing every atom within. Deep inside my core I feel the rush of blood as the life-giving *sakti* electrifies every cell and opens me up to the thoughts of Lord Kṛṣṇa. The mind rattles and shakes with invading random thoughts, beginning its chaos of unfiltered predictions, doubts and worries. Ringing my small *puja* bell, the internal waters gently subside and calm. Lighting a candle and some sandalwood incense I prostrate myself before the beautiful deities of the Lord. In full supplication I softly begin the Pancha-Tattva *mantra*:

**śrī-kṛṣṇa-caitanya prabhu-nityānanda,**

**śrī-advaita gadādhara śrīvāsādi-gaura-bhakta-vṛnda**

Immediately upon finishing this auspicious verse, I feel a familiar vibrational change deep within my being; an alchemical change that reverberates and lifts my mind from the constant battle of self-doubt and illusion. Primed, I offer water in a copper vessel to Sri Kṛṣṇa. I take one more deep breath, infusing myself with life-giving oxygen in preparation for the daily offering of the *maha-mantra*.

Holding my *japa mala* bag, I reach inside to be greeted with the old familiar touch of wooden *Tulasi* beads. The touch is always comforting, like a pre-cursor to the bliss that can come while chanting. I mentally remind myself of the importance of and focus required to perform *japa*.

Briefly closing my eyes I remember that there are a multitude of forms of Lord Kṛṣṇa each with Their pastimes; especially sweet are those in Vṛndavana. Opening my eyes, I remember that Kṛṣṇa is everything that I can perceive with my senses and beyond; impossible to understand with these limited human perceptions. My mind drifts to the *Virata-rupa* as my eyes gaze out of my window. The blue sky, the trees the hills that I see are all emanations of His divine majesty. All of it...good, bad, mundane and profound.... Everything is Kṛṣṇa's energy.

Memories of my first interaction with true devotees come flooding into my mind and the vital lessons of bhakti are thus imparted. Each one of us are like a single drop of water in the magnificent ocean. We are the same in quality but not in quantity. Every drop of rain eventually flows back to the mother ocean - our source,

our true destination; back to the reservoir of real love and endless compassion.

With my mind fixed, I utter the sacred names of God, the great means of spiritual deliverance for this age of ignorance and conflict. The *maha-mantra* fills every cell, every atom within my body and without, the purifying sound vibrates:

**Hare Kṛṣṇa Hare Kṛṣṇa,  
Kṛṣṇa Kṛṣṇa Hare Hare  
Hare Rama Hare Rama,  
Rama Rama Hare Hare**

With raised self-awareness and the discipline of daily practice, I attempt to concentrate on the syllables. The monkey mind rattles away but I open my heart to Kṛṣṇa and push random thoughts to one side. They can wait in the queue for another time. They do not serve any purpose now other than to distract me from connecting with the eternal spiritual world. Scientific discoveries have uncovered proof that the heart has "brain" cells and it's own nervous system. Breathing deeply, I picture my heart and *Paramātmā* within.

"The Supreme Lord is situated as *Paramātmā* in everyone's heart, and it is from Him that all activities are initiated. The living entity forgets everything of his past life, but he has to act according to the direction of the Supreme Lord, who is witness to all his work. Therefore he begins his work according to his past deeds. Required knowledge is supplied to him, and remembrance is given to him, and he forgets, also, about his past life. Thus, the Lord is not only all-pervading; He is also localized in every individual heart. He awards the different fruitive results." *Bg 15.15 ppt.*



Attempting to place all my attention on Krsna within my heart, I continue the *maha-mantra*. I first think of my *asrama*, my family and friends.... then beyond that to our community of Vaisnavas. But better that I just simply try to hear the holy names.

There is so much suffering everywhere, at all times, due to the sinfulness of people covered by ignorance, illusion and attachment to selfish desires. We as living *jivas* have false notions due to the covering over of our true nature by *Maya*. This expresses itself as suffering that cannot be relieved by any material means.

But there is real hope and fulfilment on our journey back home. The sacred Vedas provide us, through the words of great sages, knowledge of Sri Krsna - a means to wipe away the dust of the ignorance that covers the mirror of the soul and drags us from our only mission...our return to Krsna's service.

Inside the heart of all living beings, there is a dormant desire for loving service to Krsna. We all experience material fear and anxiety due to being separate from Krsna yet we now have a life-line back to Him...All we have to do is call His names with pure hearts, focused attention and real love.

Spiritual awareness should grow each time we chant without offences. If offences are made then the continued repetition of the holy names is the only hope for us. If we chant sincerely, attraction to chanting will naturally grow. Watering the roots of a plant produces growth. Slowly the branches and leaves will reach towards the sun but the journey is beset with obstacles, material life is precarious. However, constant practice of *bhakti-yoga* strengthens one's resolve. Reciprocation from Krsna encourages one's spiritual growth. As the neophyte continues in devotional service the association of devotees inspires his spiritual practice so he becomes stronger and more fixed in his determination to serve the Lord.

Through our devotional service in the form of the repetition of the holy names of Krsna, the creeper of *bhakti* grows and eventually blossoms and bears fruit at the lotus feet of the Lord. The creeper of devotion is under constant threat from all sides by *Maya* but mercifully our inner guide, *Paramatma*, remains with us, always ready to guide us out of darkness; the enlightenment of knowledge of Krsna can bring us safely back to Godhead, to *Krsna-loka*.

With deep reverence for this process, complete your rounds and preach the message of the science of self-realization out in the world. Spread the *mantra* far and wide and uphold the mission of Srila Prabhupada and Lord Caitanya Mahaprabhu.

Through sincere practice we can overcome our illusory self and be situated in our true constitutional position as an eternal servant

of Krsna. The timeless words of Vedic scriptures, namely *Bhagavad-gita As It Is* and the topmost scripture *Srimad Bhagavatam*, with commentaries by Vaisnavas, show the path of pure devotional service which is the only way home, back to the Supreme Person, the Absolute Truth, Lord Krsna.

**Hare Krsna Hare Krsna,**

**Krsna Krsna Hare Hare**

**Hare Rama Hare Rama,**

**Rama Rama Hare Hare**

### **Scriptural quotes on chanting the holy name**

"My dear king, the chanting of the holy name is able to uproot the reactions of even the greatest sins. Therefore, the chanting of the sankirtana movement is the most auspicious activity in the entire universe. Please try to understand this so that others will take it seriously." SB 6.3.31 (*Sukadeva Goswami to King Pariksit*)

Sri Caitanya Mahaprabhu asked "Among all worshipable objects, which is the chief?" Ramananda Raya replied "The chief worshipable object is the holy name of Radha and Krishna, the Hare Krishna mantra" CC *Madhya-lila* 8.256

Living beings who are entangled in the complicated meshes of birth and death can be immediately freed by even unconsciously chanting the holy name of Krishna, which is feared by fear personified SB 1.1.14





## Cleaning the Mind

A poem by

Narayani devi dasi

Every day so much  
garbage accumulates in  
my mind and when I chant  
japa I have to clean it out.

The latest news,  
happenings at the temple, problems, *anarthas* – envy, fear,  
desire. Cleaning and cleaning, will I ever reach the end of it?

Krsna, you please take control of my mind. I give it to you. The  
problem is that my mind won't stay at your lotus feet. It is  
restless and craves crow-like pleasures.

When will my mind get a taste for hearing your name, remaining  
patiently, awaiting any drops of nectar that may fall it's way.

Your name is full of knowledge. I must have faith that everything  
is there, no need to look elsewhere. Just hear Your holy name.

## Book Distribution



In March 2023, 124 books were distributed in the temple and  
by street and door-to-door distribution.

## Monthly Outreach Programmes

**3<sup>rd</sup> Saturday of each month.** Harinama in the city centre  
outside Dunnes Stores - 1.30pm

**4<sup>th</sup> Saturday of each month.** Mantra night at the Women's  
Resource centre, Lower Crescent - 6.30pm

For enquiries, please call 07424483907.

We are endeavouring to have the temple fit for purpose as soon  
as possible so that we can continue with regular Sunday  
programmes.

## Temple updates

Website & Facebook

Click on the links below



Thank you to everyone who has  
recently made a contribution. Your  
help is essential. It helps with temple  
maintenance and preaching  
programmes.

Please consider setting up a  
monthly standing order:

**Ulster Bank**  
**ISKCON Belfast**  
**Account No: 40933052**  
**Sort code: 98-05-90**

or

**Paypal:** (*ctrl & click on the link below*)



**Mobile:** 07424483907

**Landline:** 02890620530

**Email:** [info@iskconbelfast.co.uk](mailto:info@iskconbelfast.co.uk)

**Address:** 2A Brooklands Grange,  
Dunmurry, BT17 0SA.

**Website** <https://iskconbelfast.co.uk>



## Devotee visit to Blessed Trinity College in Belfast

Year eight pupils at Blessed Trinity College in Belfast have recently had visits from devotees. They heard about Srila Prabhupada's trip from India in 1965 and some basic contents of Bhagavad Gita. They also watched a film with devotees singing kirtana and they asked lots of questions about Krishna consciousness.



Teacher, Mrs McDonagh, took a Bhagavad Gita for the classroom. She took a Bhagavad Gita, a Beyond Birth and Death and a Higher Taste for each of the two school libraries. Library staff promote events which are designed to encourage a love of reading.

The school has an English Programme of Study whereby pupils are encouraged to value books, to develop a spirit of enquiry and to be open to new ideas.



Kirsty is a vegetarian and she was happy to get The Higher Taste. Other pupils, whose parents are vegetarians also took books home.



Year eight chanted Hare Krishna together



Lewis was very attracted to SS Radha Govinda deities.



## This month`s recipe

### Wheaten Bread

by Deva



Made throughout the island of Ireland, this bread is made with baking soda rather than yeast and does not need to be kneaded or left to rise. This recipe is ideal if you are short of time.

#### **Ingredients**

235g wholemeal flour

235g plain flour

30g oats

1 heaped teaspoon salt

1 heaped teaspoon bicarbonate of soda

250 ml buttermilk or 125ml dairy or plant-based milk mixed with 125ml water plus a tablespoon of lemon juice

70ml sunflower oil

#### **Method**

Pre-heat your oven to 180C and grease a baking tray. While it warms up, combine all the dry ingredients in a bowl. (If you like, you can adjust the flour ratio, using more wholemeal flour.) If you don't have buttermilk, measure out 125ml of milk and 125 ml water and add a tablespoon of lemon juice. Set it aside for few minutes.

Add the oil to the dry ingredients in the bowl and combine gently - it will start to look a bit like breadcrumbs.

Add the buttermilk/curdled milk gradually. Mix it in carefully - this dough should not be kneaded. Once it has come together, it will be quite soft and wet but not sticky; similar to scone dough in texture. I have found that the dough can sometimes be thirstier than expected so don't be afraid to add some more liquid if it's a bit on the dry side.

Shape the dough into a round and place on the greased tray. If you'd like to tidy the appearance up a bit, you can do this with damp hands. Cut a cross on the top with a knife. You can sprinkle some oats and seeds on the top before baking. (You can also make this in a standard 2lb loaf tin.)

Bake for an hour and leave to sit for fifteen minutes before slicing. It's lovely eaten fresh and it makes very nice toast on subsequent days.

