

Gokul Bhajan & Vedic Studies
Attn: IPBYS Prison Program
P. O. Box 52724
Durham, NC 27717

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IPBYS Prison Program
Newsletter and Vaishnava Calendar – September 2014

Hare Krishna Hare Krishna – Krishna Krishna Hare Hare
Hare Rama Hare Rama – Rama Rama Hare Hare

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IPBYS

INTERNATIONAL PURE BHAKTI
YOGA SOCIETY

·PRISON SEVA·

“Bhakti is Radhika” – Shrila Narayana Gosvami Maharaja

A Letter from the Editors

Dear Readers,

In the weeks that follow the appearance days (birthdays) of Lord Krishna and His slightly elder brother Balarama (see August's newsletter), we also have the opportunity to celebrate the appearance day of Shrimati Radharani who, like Shri Krishna, is known by so many names, including Radha, Radhe, Radhika and so on, and the name of this particular festival is Shri Radhastami.

Shrimati Radharani is the beloved of Shri Krishna and although the Bhagavatam never mentions Her name, Shrila Narayana Maharaja and other *acharyas* (spiritual leaders) in our line have revealed that in fact, the conclusion of Bhagavatam and our highest goal is our worship and service of Shrimati Radhika. However, this is not known to everyone, and Sri Radha's name, form, qualities and pastimes remain a mystery to so many.

Although She is not married to Krishna, and is in fact married to someone else, Shrimati Radharani, along with Her friends (*sakhis*) and maidservants (*manjaris*), shares many joking, playful, loving and sometimes heart-breaking pastimes with Shri Krishna, who often calls the *gopis* (cowherd girls, such as Radha and her friends) to the forest by playing His flute. Although Krishna is friendly and even flirty with other *gopis*, it is Shrimati Radhika to whom His heart belongs, because She loves Him the most. Many of their pastimes end in Krishna demonstrating how He is bound only by the love of His devotees, and no one is more devoted to Shri Krishna than Shri Radha.

Enclosed in this month's newsletter are a few extracts of lectures that tell us a bit more about Shrimati Radharani, who is the manifestation of Shri Krishna's love, and therefore Love personified.

In service,

IPBYS Prison Program



Radha (right) and Krishna (left) on the swing with a *gopi* on either side

Bhakti is Radhika

Excerpt from a lecture given by Shri Shrimad Bhaktivedanta Narayana Gosvami Maharaja

Spoken on 10th August 2002 in Moscow, Russia

In this extract Shrila Gurudeva explains how Srila Vyasadeva, who wrote the Vedas, was not satisfied until he had written about the pastimes of Krishna, which can only be understood through the process of bhakti. As Radhika is Herself bhakti, this extract is one of many examples that demonstrate that the topmost conclusion of all Vedas knowledge is bhakti and therefore meditation upon, worship of and service to Shrimati Radhika.

Srila Vyasadeva was no ordinary man. [He is the literary incarnation of God, the manifestation of Lord Narayana who manifested all the ancient Vedic literatures.] He first compiled Vedanta-sutra, which I am going to publish. But this scripture was very, very difficult for people of this age to understand, and therefore he wrote the Mahabharata and so many Puranas. Moreover, it was in the Mahabharata that all eighteen chapters of Sri Bhagavad-gita were situated.

But he was still not satisfied; he was lamenting. In the meantime his guru, Narada Rsi, arrived at his asrama. Narada asked, "Are you satisfied?"

Vyasadeva replied, "No, Gurudeva, I am not satisfied. Narada said, "You have compiled the Vedanta-sutra, fifty-six Puranas, and the Mahabharata in which Bhagavad-gita is contained. Why are you not satisfied?"

Vyasadeva replied, "Gurudeva, I don't know. You can tell me; you are all-knowing."

Narada kindly said, "In all of your books you have only explained dharma (religion), artha (economic development), kama (sense gratification) and moksa (liberation). All these are rotten subjects; no one can be satisfied by them.

"Have you written about the glories of Krishna? Have you written that even though He is the Supreme Lord, Mother Yasoda bound Him with rope. He who is unlimited, up and down, right side, left side, and everywhere – that Supreme

Lord was bound and was weeping. He was really weeping, and thinking, 'If My mother doesn't love Me, then where will I go?'

"Have you written in any book that although Krishna is the Supreme Lord, He used to steal butter in the homes of all the gopis? Have you written this?"

Vyasadeva replied, "No, Gurudeva."

Narada continued, "Have you written that Krishna was controlled by the gopis, and that He performed rasa dance with them? During that rasa dance pastime with them He told them:

*na paraye 'ham niravadya-samyujam
sva-sadhu-krtyam vibudhayusapi vah
ya mabhajan durjara-geha-srnkhalah
samvrscya tad vah pratiyatu sadhuna*

["I am not able to repay My debt for your spotless service, even within a lifetime of Brahma. Your connection with Me is beyond reproach. You have worshiped Me, cutting off all domestic ties, which are difficult to break. Therefore, please let your own glorious deeds be your compensation. (Srimad-Bhagavatam, 10.32.22)]

He told them, "O gopis, I cannot repay you. If I will ask you how I can repay you, you will say, "Give us Your service. We want to serve You. Whatever You want, we will give You."

Narada continued, "Have you written Venu-gita, Gopi-gita, and Brahmara-gita?"

Vyasadeva replied, "Gurudeva, I don't know all these topics."

Narada told him, "You can only know these topics by bhakti-yoga. Krishna is controlled by bhakti (pure loving devotion)."

We defined pure bhakti (uttama-bhakti) yesterday, and that bhakti is supremely situated in Radhika. In fact, bhakti is Radhika.

- The End -



Jaya Sri
A Painting by Syamarani Dasi



An Explanation of the Painting

An excerpt from the artist's website, www.bhaktiart.net, April 20 2012

The painting you have received [above] is entitled "Jayasri – Krishna Pleading." The elaborate details of this beautiful painting do not come from the artist's imagination. Rather, all the details come from descriptions found in the Sanskrit texts of the ancient Vedas. These details are also found in the hearts of pure devotees who have realized those texts. Though appearing before us as teachers or gurus, these pure devotees are simultaneously living in that sacred reality beyond matter. Srila Bhaktivedanta Narayana Gosvami Maharaja, one such self-realized soul, guided the artist, Syamarani dasi, at every step of the painting's development. With his detailed instructions and divine guidance, Syamarani dasi served in the capacity of his "paintbrush" – applying color, line, and exquisite details. Sometimes Srila Narayana Gosvami Maharaja posed for the personalities in the paintings to allow Syamarani dasi to capture the gestures, external features, and moods of the personalities being painted. Srila Narayana Gosvami Maharaja would also describe the thoughts and feelings of the personalities to increase the depth of the message and atmosphere created by the painting. Because the execution of the painting was done under the direction of an elevated saint, the viewer makes spiritual advancement simply by seeing it – what to speak of keeping it at home.

This painting was created for the English rendition of Srila Narayana Gosvami Maharaja's Hindi translation and commentary of Sri Gita-govinda. Describing the event, Srila Narayana Gosvami Maharaja said that Sri Krishna, somehow finding out that Srimati Radhika would be going to the bank of the river to fetch water, also appeared on the scene. Desiring to create a reason for conversation and association with Her, Krishna asked Her, "May I help You? You have two water-pots. I can help You with one of them?" Another name of Srimati Radhika is Jayasri, which means She is always victorious over the heart of Sri Krishna. Another name of Srimati Radhika is Jayasri,

which means She is always victorious over the heart of Sri Krishna. So, hearing Krishna's request, She pretended to ignore Him. Finally She told Him not to talk to Her, because she was a chaste housewife and He was a debauchee.

According to the placement of this picture in the text of Gita-govinda, this scene is appearing to Sri Krishna in His intense grief of separation from Radha. His absorption in Her becomes so great in this feeling of separation that, remembering His previous pastimes with Her, He sees a vision of this afore-mentioned pastime and then dwells in that vision. Of course there is no separation between Radha and Krishna at any time, because together they are the undivided Absolute Truth, one without a second. Krishna is the Supreme powerful and Radha is the supreme power; they are non-different. Still, there are feelings of separation, because those feelings nourish and ever-refresh the principle of meeting.



Syamarani dasi (center, in white) showing the Jaya Sri painting to Shrla Gurudeva (right, pointing at Jaya Sri)

Shri Radha's Names

An excerpt of Shri Shrimad Bhaktivedanta Narayana Maharaja's class, originally titled Sri Radhastami, as spoken on 14th September 2005 in Mathura, India

Shrimati Radhika's name is Govinda-nandini (She who makes Sri Krishna happy), and there is nothing higher than this.

Radhika is Govinda-sarvasya. She is everything to Krishna. She is the be-all-and-end-all of Krishna; for Him, nothing remains.



Shrila Krishna dasa Kaviraja Gosvami has revealed some of the names of Radhika in his Caitanya-caritamrta Adi-lila chapter four. One of Her names is Govinda-nandini. Govinda is the controller of everything. He is the extreme limit of the conception of the Supreme Lord, Shri Krishna. He is full with unlimited opulence and sweetness. Who can give happiness to Him? Only one personality can do so - Krishna Himself in the form of Shrimati Radhika.

She is Govinda-mohini. Krishna attracts all living entities, including animals, trees and creepers. He especially attracts all the Vraja gopis, but Radhika can attract Him. Krishna bewilders everyone in this world by His *maya-sakti*, and in the spiritual world He bewilders all by His beautiful form, qualities, and pastimes. He can bewilder everyone; yet Shrimati Radhika can bewilder Him.

Sri Radha is Sarva-kanta siramoni, the crown jewel of all Krishna's beloveds. All the gopis were searching for Krishna after His disappearance from the Rasa dance. When Her own *svapaksa gopis* (the gopis from Her own group) saw Her footprints along with Krishna's, they became very happy – knowing them to be Hers. However, when the other groups of gopis saw them, not knowing to whom they belonged, they could only understand that this particular gopi had served Krishna more than any other – and therefore He left the Rasa dance with Her alone.

Shri Radha Herself has become Candravali [a rival gopi whom Krishna sometimes visits to create a jealous mood in Radharani] and all the other gopis. There is no other beloved of Krishna – only Shrimati Radhika. She Herself has become all the Laksmis (Goddesses of Fortune), and all the queens of Dvaraka. If one thinks deeply about this, he will understand Her greatness. Sita-devi and all the Laksmis are manifestations of Radha, and she assumes these



She is Krishna-mayi; She sees Krishna everywhere – inside and outside of Herself. Wherever Her mind or senses go, it is only for and about Krishna. When She sees a tamal tree She thinks, "Oh, there is Krishna." Her name is

Radhika because She fulfills all the desires of Krishna and because He Himself worships Her. An example of His worshipping Her is when He took Her to a solitary place after leaving the Rasa dance, at which time even the vipaksa-gopis (rival party) also confirm this. Radhika is *Para-devata*, just as Krishna is: She is the most worshipable of all. Moreover, She is worshiped by Krishna Himself. Is she not therefore worshipable by everyone?

Once Radhika asked Vrnda-devi, "Where are you coming from?" Vrnda-devi replied, "I'm coming from Radha-kunda. I saw Krishna there." Radharani asked, "What was He doing?" Vrnda-devi replied that He was dancing. Radha then asked, "Oh, who was His dancing teacher?" Vrnda-devi told Her, Your reflection, Radhika, which He sees in every tree.

Whatever *prema* [love] exists in this world comes from Radhika. She is the mother of everyone because she nourishes everyone by giving them *prema*. Krishna is the principle Deity of all *jivas* [souls], and Radhika is also.

This is confirmed in the Brahma Samhita:

"I worship Govinda, the primeval Lord, who resides in His own realm, Goloka, with Radha, who resembles His own spiritual figure and who embodies the ecstatic potency (*hladini*). Their companions are Her confidantes, who embody extensions of Her bodily form and who are



Krishna bowing to Radharani's feet for forgiveness

imbued and permeated with ever-blissful spiritual *rasa* [taste for serving the Supreme Lord in a specific mood]."

Sri Radhika is *Sarva-Laksmi-mayi*, which means that all the various gopis emanate from Her, and She is therefore the predominating deity of all the sakhis. As many beloveds as there are, She is their controlling deity.

She is *Kanti*, which means that during *Rasa-lila* [dance], only She could fulfill all the desires of Sri Krishna. There were hundreds of millions of gopis dancing, but when Radhika left, the Rasa dance stopped. Krishna appears as Mahaprabhu in order to taste all of Radhika's loving moods; He cannot do so in *Vraja-lila* [Krishna's pastimes in Vrindavan].

The End



Krishna (far left) meeting Radha (second from the right) with the gopis feeling and expressing Radha's moods

Reader Contributions

This month's reader contribution comes from Michael Marquis Van Houn in Jacksonburg, Texas. This beautiful letter warmed our hearts. Thank you for the encouragement Michael, it makes us so happy to see that Shрила Gurudeva and Krishna are listening to your prayers and fulfilling your desires for a deeper love for Them by guiding these books to you.

It means so much to us to receive your poems, art, letters and thoughts! It is our greatest hope that these newsletters inspire you in your own spiritual journey and we are so grateful to receive your creative expression of that journey.

You can write to us at:
Gokul Bhajan & Vedic Studies
Attn: IPBYS Prison Program
P. O. Box 52724
Durham, NC 27717

Dear International Pure Bhakti Yoga Prison Program

May the love of Krishna shine forever on the sanctuary of your devotion, and may you be able to continue to be able to awaken his love in all hearts

My name is Michael Marquis Van Houn, and I am currently incarcerated at Lindsey State Jail in Jacksonbourg, Texas. Upon my arrival here I informed them that I follow the Hindu religion, and I requested a Bhagavad Gita. One day the Captain of this unit called me to his office. He told me that he had just received a box full of Hindu literature. He said that I could go through anything inside that might accommodate my spiritual needs. I was not at all hopeful that I would find a Bhagavad Gita. The Heavenly Father is truly good. Inside was the Srimad Bhagavad Gita with the commentary by Sri Srimad Bhakti Vedanta Narayana Gosvami Maharaja, Jaiva – Dharma by Srila Bhaktivinoda Thakura, Volume 1&2 of Krishna, the Supreme Personality of Godhead, and quite a few other books. I asked the Captain if he wrote your organization to get the box of books, and he said no, the organization just sent it. I just want to thank you for whatever caused you to send me those books.

I was wondering if your organization might have a set of maha prayer beads you could send to me. I was talking to the Captain, and said that it would be okay if you sent them here. All you would have to do is state who they were for, and that they're for a religious purpose. You have already been such a blessing to me. Thank you so much

Goodwill into all religions; peace into all people; peace into all creatures; peace into all those lives. God bless you eternally.

P.S. Since reading your books I have come to realize that devotion is most important in all endeavors of spirituality. My honest hope is to become a true Krishna yogi. I've learned that without pure love for Sri Bhagavan Krishna I would only be a hypocrite that sits still. Everything happens for a reason and it's not by coincidence that I've come to communication with your organization. I have been arrogant and superficial. I prayed that Krishna would help me cultivate love for him. You guys have truly been an inspiration for my aspirations. Thank you for sending light on my ignorance, and reminding me that it all starts with the heart, regardless of what kind of spiritual discipline a person practices.

IPBYS Prison Preaching Program News and Updates

Our prison preaching program has been in existence for several years, but it really began to grow and take on a more substantial form in 2013. In February we launched two projects that now make up a large part of our program. We began sending out the “Journey to Prema” course and we went on line with our website prisonseva.org (Seva is the Sanskrit word for service.)

Visitors to our website can learn about our services, read letters from inmates and chaplains, sign up to become spiritual pen pals, make donations to support our work, or access the Journey to Prema Course. Before we launched these two aspects of our program we first offered them to our guide and guru, Shrila Gurudeva. You can find some pictures of that auspicious day on the last page of this newsletter. Since that time we’ve steadily increased the number of inmates that we reach. As of January, 2014 we were sending the course to about 100 inmates in prisons all across the country. This year we plan to increase our contact with prison chaplains, with hopes that we can get them to post flyers at their facilities that advertise the services we offer.

We’re also going to begin offering a correspondence course to accompany the Journey to Prema lessons. Participation in this aspect of the course will be totally optional. For those who do choose to participate we will award certificates of completion at the end of each year’s studies and a diploma to those who complete the full three year course. Keep an eye out for more information in upcoming newsletters. (If you think you’ll be interested in the correspondence course, be sure to save all of your lessons so you can start at the beginning of the course).

We’re also looking into becoming an “officially recognized religion”. Although our scriptures and belief system are ancient there is no specifically designated institution or “religion” that fully encompasses the truths we live by, so we’re going to try to establish such a recognized faith. We’ve set this goal because it will help us in our efforts to offer on-site preaching programs and because it will allow inmates to register as members of a faith that will authorize their possession and use of such items as prayer beads. It will also allow them to honor fasts and holy days that are included in our practices. This may be slow, as we may have to apply for state-by-state recognition in the various prison systems. However, this is an important goal for us so we’ll be sure to keep you updated on our progress.

We also had some major successes with placing sets of Shrila Gurudeva’s books in prison libraries during 2013 and 2014. We were able to send a set of 10 different books to every prison in the state of Texas (112 prisons), Arizona (63) South Dakota (1), North Dakota (1), New Hampshire (1), Rhode Island (7), Georgia (23 county and 30 state), Pennsylvania (26 State and 10 county), Hawaii (4), W. Virginia (62), Montana (1), Utah (16), Michigan (4), Mississippi (43), Tennessee (5), New Mexico (12), Indiana (17), Wisconsin (39), Ohio (30), Connecticut (10), Wyoming (4) and a few others.

If you are interested in having us send a set of books to your prison, please read and follow the instructions given in the next set below.

We were also joined by more volunteers this year, which allowed us to expand our support team, and we’ve finally managed to get a few months ahead on producing the lessons for our course. We thank you for staying with us as we went through our growing pains and we apologize for the past delays in our mailings and the errors the lessons have contained. As time goes on we hope to become more consistent in our efforts. For those of you who have funds available, we want to let you know that it is possible to purchase all of the books that Shrila Gurudeva has left us. If you are going to be purchasing these books yourself, you can write to us at our PO Box in North Carolina on this newsletter. If you do not have the funds available, we can still donate them to you via the IPBYS Prison Program. Or, if family members are going to be purchasing these books for you, they can do so through our sales website are going to be purchasing these books for you, they can do so through our sales website at bhaktistore.com

We have also come to find out that some inmates do have internet access, or for those who can have friends or family download and print things to mail to them, thousands of lectures and e-books can be found at purebhakti.com. You can also find videos of Shрила Gurudeva at purebhakti.tv. If you do have email and would like to write to us, you can do so at: prisonseva@gmail.com.

We know that some of you are still awaiting a pen pal. We want you to know that we are always searching for more volunteers, so please be patient. For those of you who already have a pen pal, we want to make a special request, and we'll cover in our next section, where we'll also discuss other ways that you can help us- help others.

This is just a partial list of the projects that we are working on. If you have any ideas of ways we can improve or increase our services, please be sure to share them with us. We always appreciate the feedback that you give us. Shрила Gurudeva made preaching a vital part of his mission in this world. Since this program's most important goal is to serve him, we want to do all we can to make it a great success. We work toward this goal by sharing his mercy with as many inmates as we can, so we want to thank you for giving us the opportunity to share his love and affection with you.

We pray that each of you takes full advantage of each and every day, and we remind you that the best way to do this is to devote your time and energy toward making progress on life's most important quest, the Journey to Prema. May you all be blessed with the mercy and guidance of Shрила Gurudeva.

Please Lend Us a Hand- Help us, Help Others

Earlier when we spoke of placing Shрила Gurudeva's books in prison libraries, we would give you some information on how you can help us place books at your facility. So let us do that now.

Our experience so far has been that the books we send out are usually placed in chapel libraries. So, although this may not be the case at your facility, it may be best to start looking into this chapel.

If you wish to have a set of books sent to your facility you will definitely need to get directions and approval from your staff or administrators, and you will need to be sure that you understand all of the details involved. Often times, if specific procedures are not followed, if the books are not sent exactly in accordance with the rules of each facility, the books will be returned to us. So please ensure that the information you gather is accurate and complete.

Once you have all of the information we will need, you can send it to our main mailing address, as shown on the address page of this newsletter. If you should send us such a letter, please write **BOOK SET REQUEST** in large letters both on the envelope, in the lower left hand corner, and across the top of your letter. This will help us forward your request to the members of our team who handle this service.

For a variety of reasons there can be delays in sending the books, so please be patient because we assure you that we will do all we can to fulfill these types of requests.

We apologize for belaboring this point, but since we make every effort to use our resources wisely, we will again ask you to try to be absolutely certain that the shipping information you provide is accurate and complete and that your facility plans to make the books available to the general population. We understand that there is no way for you to be sure what will happen to the books once they arrive, but please do all you can to help us follow the proper procedures.

Our next request for your assistance relates to our spiritual pen pal services. We are currently in the process of putting together some internet postings that will ask and encourage devotees to become spiritual pen pals. As part of these postings we hope to include some thoughts from inmates who are benefitting from having this type of support.

We would be very grateful if you could write us a short letter, just a few paragraphs, describing what it has meant to you to be connected to a spiritual pen pal. We believe that sharing your feelings with others will allow them to see what a valuable type of service this is, which will hopefully make them want to join our team. You can also send these letters to our main mailing address, but this time please write - **SPRITUAL PEN PAL FEEDBACK**- in large letters in the same

places as described above. If having a spiritual pen pal has helped you, then please help us in attempts to connect other inmates to pen pals of their own.

We haven't yet mentioned this next project that we're working on, but it is one that we are very excited about, and again, it is one that we could really use your assistance in. One of the inmates in our program has informed us that in his state (Florida) they have set up a program that gives inmates the ability to both purchase MP3 players and to buy and download music and other selections from a fairly large catalog of titles. Amongst the choices they have are a selection of Eastern devotional music and some mantra chanting meditational songs and prayers.

The company who offers this service is called "Access Corrections", and we are already in the process of contacting them to find out if there is a way for us to add chanting and/or lectures by Shрила Gurudeva to their catalog of available titles. If any of you have a similar service available, through any other company, please provide us with some information about what you have available. You can let us know such things as: the name of the company, the way their service works, and, if you can find the information, a website or physical address of the company.

In this way we can contact them to see if we can make Shрила Gurudeva's voice available on your system. Hearing spiritual sound vibrations produced by a pure devotee like Shрила Gurudeva is an amazingly effective way to purify your heart and to direct your consciousness toward spiritual topics and goals. This is why we want to do all we can to make recordings of his voice available on your system.

Hearing spiritual sound vibrations produced by a pure devotee like Shрила Gurudeva is an amazingly effective way to purify your heart and to direct your consciousness toward spiritual topics and goals. This is why we want to do all we can to make recordings of his voice available to you.

If you have such service, and you can provide us with any information at all, even if it's just the company's name please send it to our main address, with the words – **MP3 INFORMATION** – written in large letters on both the envelope and the top of your letter.

We're reaching out to you with these requests because we want to provide as many services to inmates as we possibly can. By responding to any of our requests you will be helping us to help others who are in a situation similar to your own.

By helping us in this way you have an opportunity to joining us on the preaching side of our mission, and opportunity to join hands with us as we form a human life that can save a lost and wondering soul.

Please join us. Please help us – help others.

We hope to hear from you soon.

Vaishnava Calendar & Fasting on Ekadasi

The Gaudiya Vaishnava tradition celebrates many festival days throughout the year, following the Vedic lunar calendar, and as such the dates on which the festivals fall will differ each year. Listed below are the dates on which we fast (Ekadasi and others, indicated in italics) and the break fast times spanning three months for five US time-zones (EST, CST, MST, PST, HST). Also included are several other significant festival dates, including the birthdays and disappearance days (when a saint leaves their body) of prominent saints, and the birthdays of Kṛṣṇa's incarnations (also known as appearance days).

The Vedas describe several reasons for fasting on Ekadasi (the 11th day after the full or new moon). Shрила Bhaktivinoda Thakura's song, *Shuddha-Bhakata*, describes the day of Ekadasi as "mother of devotion". By fasting from grains and beans, consuming only what we need for our sustenance and making the focus of the day our devotional practice, we are directly serving Krishna. By offering all of our actions to Kṛṣṇa and honouring the rituals of the day we will come to know Him. As such we also fast in the style of Ekadasi on His appearance days.

Rules of Following Ekadasi

The essence is to eat simply, once or twice, so that one can spend as much time as possible hearing, chanting and remembering Shri Shri Radha-Krishna. Never eat meat, fish, eggs, onions, garlic, carrots, red lentils, green flat lentils, mushrooms or products thereof.

Restricted foods on Ekadasi:

- ~ Tomatoes, eggplants, cauliflower, broccoli, bell peppers, beets, bitter melon, ladies' fingers and banana flowers
- ~ Peas, chickpeas and all types of beans, including products made from beans (e.g., papadams, tofu, tempeh)
- ~ All leafy vegetables (e.g., spinach, salads, cabbages) and leafy herbs like parsley, coriander leaves, celery and curry leaves
- ~ Grains (e.g., millet, barley, farina, pasta, rice, corn) and all types of flour made from grains and beans (e.g., rice flour, chickpea flour, urad dahl flour)
- ~ Starches from corn or grains, and products made from or mixed with these starches like baking soda, baking powder, certain soft drinks with corn syrup, custard, certain yogurts and puddings, certain varieties of cream and cottage cheese, certain sweets and candies, and tapioca balls
- ~ Oils made from grains (e.g., corn oil, mustard oil, sesame oil) and products fried in these oils (e.g., fried nuts, potato chips and other fried snack foods)
- ~ Honey, and sweets made with starches

Spices used on Ekadasi: black pepper, fresh ginger, pure salt and fresh turmeric, all taken from a new and clean package

Spices not used on Ekadasi: hing (asofetida), sesame seeds, cumin, fenugreek, mustard, tamarind, fennel, cardamom and nutmeg

Foods that can be taken all days of the year, including Ekadasi

- ~ All fruits (fresh and dried), all nuts and all oils made from nuts
- ~ Potatoes, pumpkin, cucumber, radish, squash, lemon, avocado, olives, coconut, buckwheat, all sugar
- ~ All pure milk products

Festival Days, Fasting Dates and Break Fast Times

(Daylight-savings time not considered)

September 2014

Monday 1st Appearance day (birthday) of Shri Lalita-devi (Shrimati Radharani's friend)

Tuesday 2nd Radhastami – Srimati Radharani's appearance day (birthday) – **no fasting**

Friday 5th Ekadasi

Saturday 6th break fast 06:03-07:38 [EST], 06:01-06:38 [CST], 05:43-09:57 [MST], 05:34-09:40 [PST], 06:17-10:14 [HST]

Saturday 6th Appearance day (birthday) of Lord Vamanadeva (Krishna's incarnation as a dwarf) – **no fasting**

Appearance day (birthday) of Shrila Jiva Gosvami (associate of Shri Chaitanya Mahaprabhu)

Sunday 7th Disappearance day of Haridasa Thakura (associate of ShriChaitanya Mahaprabhu)

Appearance day (birthday) of Shrila Saccidanada Bhaktivinoda Thakura (great Vaishnava author and father of Shrila Bhaktisiddhanta Sarasvati Thakura)

Monday 8th Fasting for third month of Chaturmasya begins today – fast from milk for one month and continue fasting from eggplants, tomatoes (if possible) and honey for two months

Tuesday 16th Vedic anniversary of Shrila Bhaktivedanta Swami Prabhupada's arrival in the USA

Friday 19th Ekadasi

Saturday 20th break fast 06:09-09:46 [EST], 06:09-09:41 [CST], 05:46-09:51 [MST], 05:53-09:39 [PST], 06:20-10:12 [HST]

Saturday 27th Appearance day (birthday) of Shri Shrimad Pramoda Puri gosvami Maharaja (god-brother of Swami Prabhupada)

October 2014

Saturday 4th *Ekadasi*

Sunday 5th break fast 06:15-09:48 [EST], 06:17-09:43 [CST], 06:05-09:34 [MST], 06:14-09:39 [PST], 06:24-09:30 [HST]

Disappearance days of Shrila Raghunatha dasa Gosvami, Shrila Radhuanatha Bhatta Gosvami and Shrila Krishnadasa Kaviraja Gosvami (all associates of Shri Chaitanya Mahaprabhu)

Monday 6th Holy month of Kartika begins

Disappearance day of Shri Shrimad Bhakti Prajnana Keshava Gosvami Maharaja (Shrila Narayana Maharaja's guru)

Fasting for final month of Chaturmasya begins – fast for one month from sesame seeds & oil, mustards seeds & oil, eggplants, tomatoes and honey

Wednesday 15th Appearance day (birthday) of Shri Radha-kunda (the holiest of lakes, in Govardhan, India)

Thursday 16th Disappearance day of Shri Shrimad Bhakti Raksaka Shridhar Maharaja (god-brother of Swami Prabhupada)

Sunday 19th *Ekadasi*

Monday 20th break fast 06:22-09:51 [EST], 06:26-09:47 [CST], 06:17-09:56 [MST], 06:35-09:41 [PST], 06:30-07:54 [HST]

Thursday 23rd Dipa-dana (also known as Diwali) – festival of lights

Friday 24th Govardhana-puja, Go-puja and Go-krida (workship of Govardhan Hill, and worship and decorating of cows)

Sunday 26th Disappearance days of Shri Shrimad Bhaktivedanta Vamana Gosvami Maharaja and Shri Shrimad Bhaktivedanta Trivikrama Gosvami Maharaja (both god-brothers of Srila Narayana Maharaja)

November 2014

Sunday 2nd *Ekadasi*

Disappearance day of Shrila Gaura Kishor Das Babaji Maharaj (Shrila Bhaktisiddhanta Sarasvati Thakur's Guru)

Monday 3rd break fast 07:13-09:55 [EST], 06:36-09:52 [CST], 06:32-10:00 [MST], 06:56-09:54 [PST], 06:36-10:10 [HST]

Wednesday 5th Disappearance Day of Shrila Bhakti Pramode Puri Gosvami Maharaja (Disciple of Shrila Bhaktisiddhanta Sarasvati Thakur)

Thursday 6th End of Chaturmasya fasting

Monday 17th *Ekadasi* [CST], [MST], [PST] and [HST] only

Tuesday 18th *Ekadasi* [EST only] break fast soon after 11:41 [CST], soon after 10:41 [MST] 09:41-09:49 [PST], 07:41-10:14 [HST]

Wednesday 19th break fast 06:47-07:39 [EST only]

Radha-Vallabha Radha-Vinoda

*radha-vallabha radha-vinoda
radha-madhava radha-pramoda*

Shri Krishna is the beloved of Radha and the delight of Radha. He is controlled by Radha and He is the merriment of Radha.

*radha-ramana, radha-natha, radha-varanamoda
radha-rasika, radha-kanta, radha-milana-moda*

He revels with Radha, He is the Lord of Radha, and he basks in the radiance of Radha. He is the relisher of Radha, the lover of Radha, and He thrills in uniting with Radha.



Above: Vasanti dasi offering IPBYS Prison Program's Journey to Prema course to Shri Gurudev