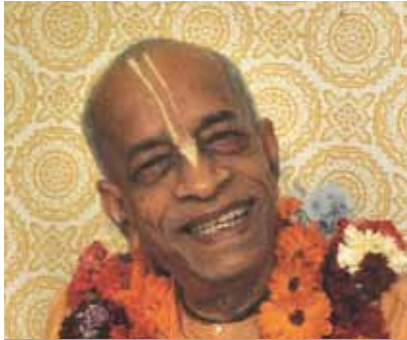




Dedicated to His Divine Grace A.C. Bhaktivedanta Swami Prabhupada, Founder-Acharya of the International Society for Krishna Consciousness



Srila Prabhupada:

Members of the mercantile communities, are especially advised to protect the cows. Cow protection means increasing the milk productions, namely curd and butter. Agriculture and distribution of the foodstuff are the primary duties of the mercantile community backed by education in Vedic knowledge and trained to give in charity.

SB. 1.9.26 purport

Launch of Ahimsa slaughter-free milk

The Ahimsa milk revolution began on *Aksaya Tritiya* (Friday 6th May) at Bhaktivedanta Manor, the most auspicious day for new beginnings in the Vedic calendar.

Leading figures from the organic dairy farming world met at the Manor's New Gokul Farm and signed papers of agreement for the production of Ahimsa slaughter-free milk.

The herd is located in Kent and numbers a dozen cows at present that will produce 50,000 litres of milk a year.

Ahimsa milk is produced to the highest possible Vedic standard which means cows are never slaughtered when they have reached the end of their productive life. Instead, they are retired and given sanctuary. Bulls, which in many modern dairies today are routinely killed just

after birth for veal or even just destroyed, will also be allowed to live and we are exploring innovative ways of engaging them in fruitful work.

A new dedicated non-profit organisation, the Ahimsa Dairy Foundation has been established

by The Lotus Trust to spearhead the project. It will work with the Commonwork Organic Dairy who supply the Organic Milk Suppliers Cooperative - a body which purchases milk from 450 organic farms across Britain.

Ahimsa Milk will be available from June in North West London and parts of Hertfordshire, on a home delivery basis. It can also be delivered to other parts of London if the order is large enough. The milk will cost £2.40 a litre with doorstep delivery on subscription only. Supplies are limited, and new customers need to register early! Visit the Ahimsa website: www.ahimsamilk.org.



Huw Bowles, Head of OMSCo signs papers of agreement with Sita Rama das of the Lotus Trust



Ramanavami Celebrations 2011

Lord Ramachandra, one of the principal incarnations of Krishna, appeared in Ayodhya many millenia ago. Ramanavami is the day of His birth, and therefore, a cause for great celebration. In the unusually pleasant weather, a memorable and enjoyable festival took place at Bhaktivedanta Manor.

The children organised a special spring festival at the Manor which was bustling with activity. Dozens of children could be seen carrying bows and wearing crowns, in tribute to Rama and Sita.

In the adjacent festival tent, a presentation of the Ramayana was performed by the Bhaktivedanta Players, with talented young actors taking the leading roles.

The festivities extended to Watford town where a musical *harinama* procession took place. Together with devotional music and stories of Lord Rama's pastimes, the Ramanavami proved the perfect way to honour the deities, who were welcomed to the Manor in 1981.



*Marking 30 years of worship
Sri Sri Sita-Rama-Laxman-Hanuman*



The departure of Hari Vamsa Prabhu

On Wednesday 9th March, Harivamsa Prabhu passed away after decades of dedicated service in ISKCON. He had undergone heart valve replacement surgery, but his condition deteriorated in hospital and he left his body in the early hours of the morning.

From his early visits to Bhaktivedanta Manor in the late seventies and early eighties, Harivamsa Prabhu's connection to Sri Sri Radha Gokulananda blossomed. He devoted extensive time to a variety of devotional service, above and beyond his family responsibilities.

His hospitality and kindness touched many hundreds of devotees, and he was an unmissable part of the Manor's festivals. He served on the Manor's Patron Council and Festival Committee for many years, and together with his wife Krsnapurna dasi encouraged and mentored thousands of individuals in their Krishna conscious journeys. He could regularly be spotted managing the temple darshan queue and the Sunday car parks.

From its early days, Harivamsa Prabhu taught in the Manor's Sunday School, (which later became Krishna Club) and assisted many devotees with eye care and optician services both in this country and abroad. He offered substantial service for Jagannath's Snana Yatra and Rathayatra festivals. Harivamsa Prabhu's extensive service over the years will not be forgotten.

His funeral took place on Monday 14th March, and was followed by a memorial service in the evening at Bhaktivedanta Manor. Around fifteen hundred devotees attended the vigils and services to celebrate his journey - a testament to the number of lives he touched over the years.



A life dedicated to Krishna



In a rare ceremony, Abhay das, long time resident of Bhaktivedanta Manor received *sannyasa* initiation from His Holiness Radhanath Swami. Born in Yorkshire, Abhay das has been living the life of a monk since 1984 and in recent years has travelled in Europe and Russia.

He accepted the new name 'Dayananda Swami' in a ceremony watched by a full temple room audience as well as 250 viewers online.

The sannyasa order is considered the final stage of the life in the Vedic system. It is traditionally taken by men beyond the age of fifty who wish to dedicate the rest of their lives towards spiritual pursuits in a mood of renunciation.

"I feel a deep sense of commitment and responsibility," explained Dayananda Swami, "I'm fortunate to have been given the opportunity and am grateful to all those devotees who have encouraged me."

Transcendental gardeners

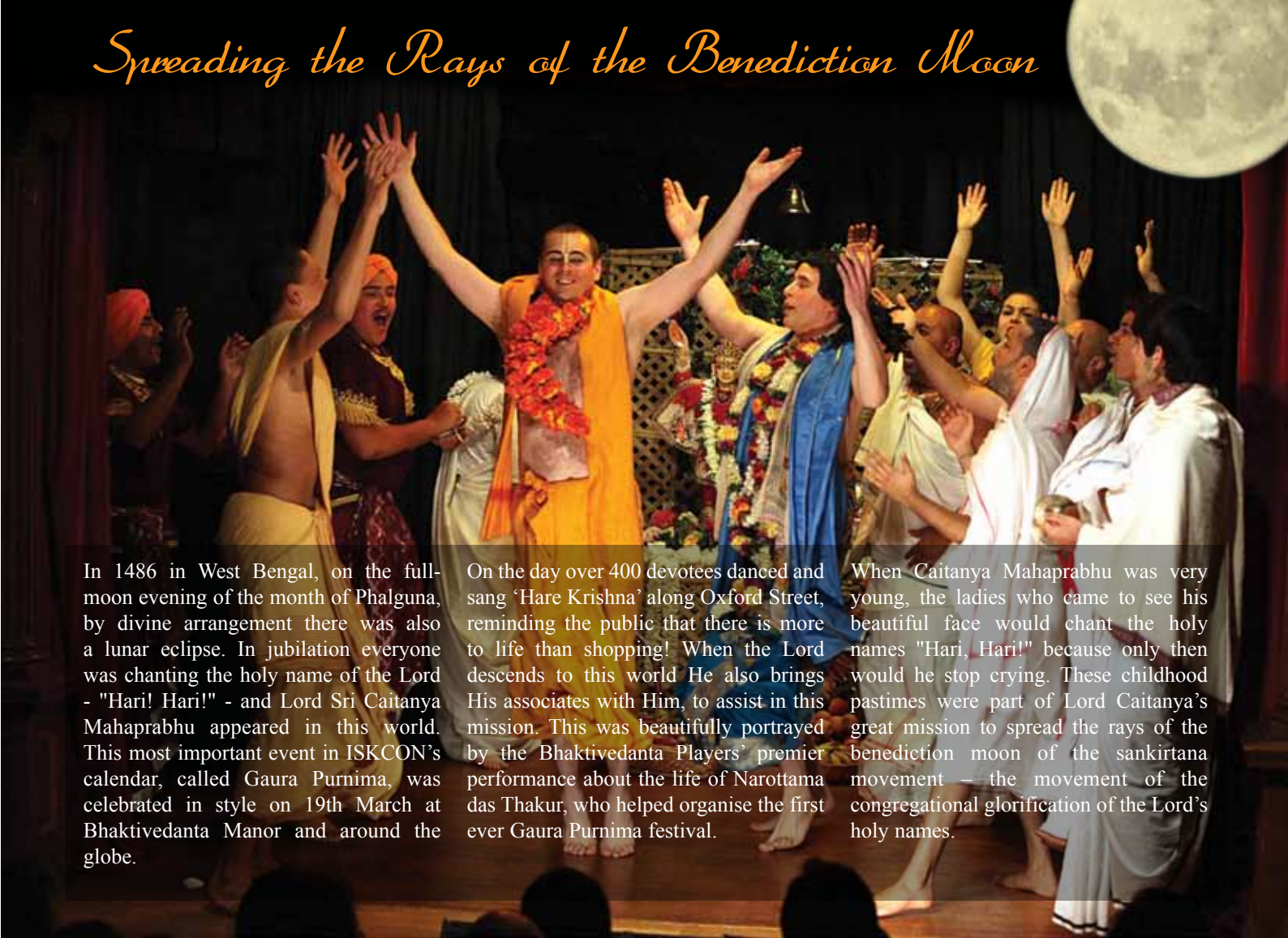
30 volunteers devoted their Easter Sunday to plant pumpkin, courgette, marrow, cucumber, okra, parsnip, beetroot and carrot seeds in the Manor's fields. Potatoes were planted by volunteers two weeks previously.

"I would like to offer tribute to all those who helped," said the Head of Horticulture Krishna Caitanya das. "and that especially applies to all the children."



Visit: www.manorvolunteering.com

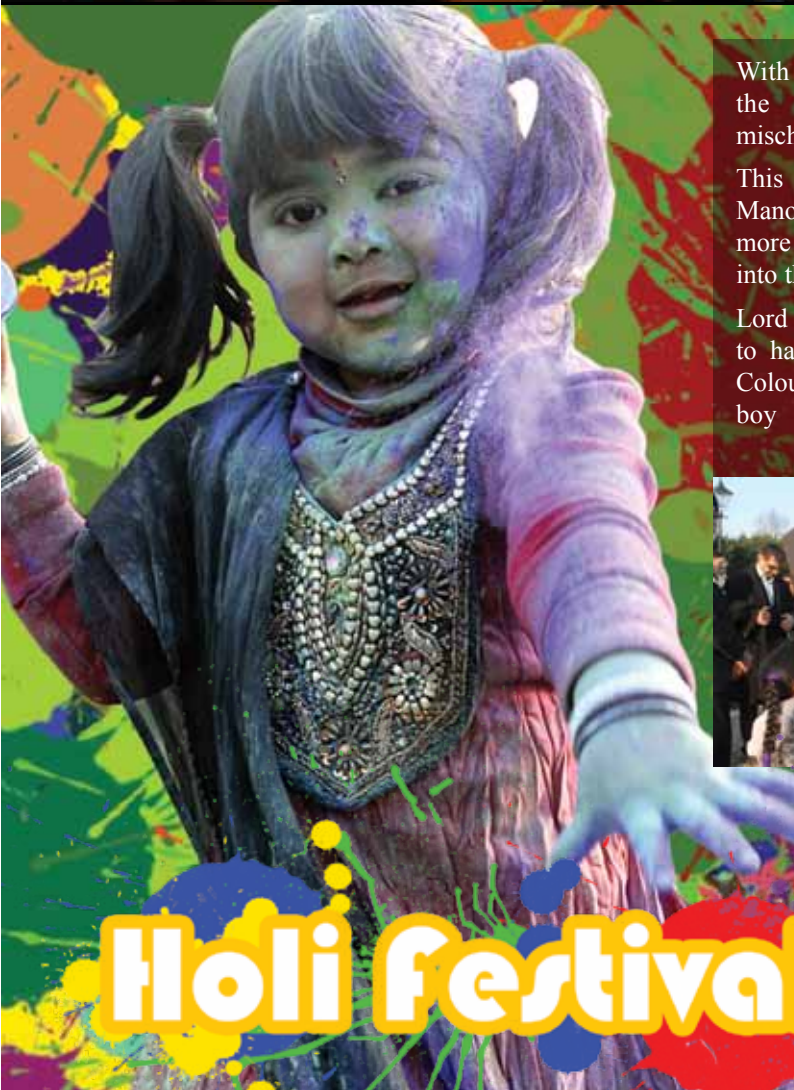
Spreading the Rays of the Benediction Moon



In 1486 in West Bengal, on the full-moon evening of the month of Phalgun, by divine arrangement there was also a lunar eclipse. In jubilation everyone was chanting the holy name of the Lord - "Hari! Hari!" - and Lord Sri Caitanya Mahaprabhu appeared in this world. This most important event in ISKCON's calendar, called Gaura Purnima, was celebrated in style on 19th March at Bhaktivedanta Manor and around the globe.

On the day over 400 devotees danced and sang 'Hare Krishna' along Oxford Street, reminding the public that there is more to life than shopping! When the Lord descends to this world He also brings His associates with Him, to assist in this mission. This was beautifully portrayed by the Bhaktivedanta Players' premier performance about the life of Narottama das Thakur, who helped organise the first ever Gaura Purnima festival.

When Caitanya Mahaprabhu was very young, the ladies who came to see his beautiful face would chant the holy names "Hari, Hari!" because only then would he stop crying. These childhood pastimes were part of Lord Caitanya's great mission to spread the rays of the benediction moon of the sankirtana movement - the movement of the congregational glorification of the Lord's holy names.



With spring in the air, can the festival of colours and mischievousness be far behind?

This year's Holi festival at the Manor was a lively spectacle, with more people than ever entering into the festive mood.

Lord Krishna himself is believed to have initiated the Festival of Colours. When He was a young boy living in Vrindavan, he

wondered about the dark colour of his skin since His eternal consort Radha was quite fair. His mother, Yasoda, humoured Him by saying that if He smeared colour on Her face, He could change Her complexion to any colour He wanted.

In this way, the festival of Holi originated.



Holi Festival of Colours

Experience Krishna Now

The arrival of spring generally evokes a sense of creative growth and upliftment. It is also an opportunity to rejuvenate our Krishna consciousness and improve our contemplation of Krishna. At least, that is what the inner spirit within us calls out for. But alas, most of us have to face up to the reality of 21st Century urban life and ruefully accept that most of us will not be privy to relish the wonderfully bucolic and vibrant nature of the season for such soulful endeavours. For the majority of us urbanites, it will simply be a case of soldiering on relentlessly amidst the stressful chaos, the machine-like cacophony and hustle and bustle of day to day life.

However for a very fortunate group of 120 or so devotees, an opportunity to really utilise this time of the year manifested for a few days in April in the form of the 2011 Volunteers gathering at the magnificent Buckland Hall. The retreat allowed devotees

to take stock of things, think outside the box and spiritually recharge themselves, and importantly to renew old bonds and strike up new heart warming and meaningful friendships with each other. Set against the backdrop of rolling hills, mountains, crystal clear rivers and serene lakes, the grand old mansion provided the perfect opportunity for devotees to go deep into their Krishna consciousness. As well as delighting in, learning from and encouraging each other, devotees were able to enjoy the gorgeous scenery through lovely scenic walks, and relish some of the most mouth watering sumptuous prasadam. The gathering was also graced by the presence of distinguished devotees within the movement, most notably special guest Gaur Gopal das.

He delivered a number of seminars and lectures, explaining how one can immerse oneself in devotional love for Krishna even in a modern day

urban setting. He brought out profound practical lessons from the immortal, historical epic Ramayana and discussed their application in everyday life.

Devotees also had the privilege of attending seminars conducted by Akhandadhi das, entitled "Attitude in Krishna consciousness." Devotional dramas were put on each night for the pleasure of the devotees by some of the young brahmacharis of the Manor. Lastly but not least by any means, there was an array of fantastic, devotional activities set up for the children - most notably a rip roaring Krishna conscious treasure hunt encompassing the spectacular Bucklands estate. The children's activities culminated in an enchanting drama on the final night which had everyone, grown ups and children alike completely captivated. All in all, a truly wonderful way to spend a few valuable days at this precious time of year.



Seminar with Gaur Gopal das



Professor Theodore Rightbrain and Sir Archibald Cranbottom III made a number of appearances

Retreat



Sacred river journey highlights pollution

A team of devotees from across the world joined Parasuram das on a journey across the sacred Yamuna river by raft from Yamunotri to Vrindavan.

Their journey included the industrial area of Noida near Delhi, where unfortunately the Yamuna is highly polluted with dangerous levels of Escherichia coli. It is a long way from the crystal clear Yamuna river in the Himalayas, where it is believed that the cool delicious water can purify anyone of all sins and bestow pure bhakti.

The devotees held press conferences in Delhi resulting in dozens of newspaper articles and much TV coverage. "It is very important to raise awareness of the plight of this most sacred river," explained Parasuram das.



Punk icon and Krishna devotee Poly Styrene passes away



Punk singer Poly Styrene, former singer with the X Ray Specs, has died at the age of 53 after suffering from cancer. X Ray Specs were at the forefront of punk and one of the only bands to feature a woman as lead singer.

After her Punk phase she went on to record a more subtle and subdued solo album, Translucence, in 1980, before moving into Bhaktivedanta Manor where she became known as Maharani dasi.

Since moving to Hastings she recorded many solo records and kept in regular contact with the devotee community, particularly appreciating Brighton Ratha Yatra (chariot festival).

"I know I'll probably be remembered for my [punk] songs" she told BBC 6 Music, "but I'd like to be remembered for something a bit more spiritual."

Attention Focuses on Community Needs

During late February's Public Inquiry at Hertsme Borough Offices, the Temple's appeal against a previous ruling to restrict use of the wedding marquee was rejected. As a result use of the summer wedding marquee will be restricted to a maximum of 28 days per year.

We sincerely apologise to all the families who have suffered as a consequence of this refusal. The result is undoubtedly a disappointment; however meetings continue with the Council Planners to identify and meet the greater needs of the community. An in-depth needs analysis is currently underway.

Who let the cows out?!

Each spring, the Manor's New Gokul farm goes through the "letting out of the cows" ritual, whereby the cows and bulls are overjoyed to be let out again in the fields after being kept sheltered inside for the winter. Everyone laughs and cheers as the herd race across the fields, jumping and mooing in happiness. A truly delightful and entertaining experience for both cows and humans alike!



A Special Servant

Every day since December Vidhura has been working hard in the Manor's gardens. Vidhura, who has special needs, is channelling his nature into a practical activity in a balanced and enthusiastic way, with the support of professional care staff.

"He is a great volunteer and an asset to the Manor," explained Syamala Sakhi dasi from the UK National Nursing Agency. "The Manor leaders have been kind for offering him this service. There is so much for him to do and he really enjoys it. He is finding it therapeutic following three years of hospitalisation for his complex needs. His only motive is to serve so you can imagine the

blessings he is getting from Lord Krishna."

"He is a meticulously hard worker and a welcome part of the team" concluded Head of the Gardens, Uddhava das.



Dance your way to a perfect body

Anyone looking for a get-rich-quick opportunity could do a lot worse than devising a new slimming scheme. It's a boom industry these days. The latest sure fire method of shedding those unwanted pounds is Zumba dancing, the hot new craze from Brazil. Halls up and down the country are packed out as this frantic paced Latin dance routine attracts more and more perspiring followers.

It's hardly surprising that such enterprises are thriving. Recent figures reveal that over 60% of Britons are obese or overweight. The problem is threatening to spiral out of control. Obesity expert Professor Tony Leeds says, "The UK's obesity problem has grown so much now that nearly a million obese Britons may be eligible for weight-reduction surgery." And at over £10,000 an operation that is simply out of the question for the tottering NHS. Perhaps we will start getting prescriptions for Zumba instead.

Obesity is obviously a huge health problem, and for those so afflicted it is also a serious image issue. Not many of us like the chubby look, especially when it's time to slip, or rather squeeze, into the swimming costume. We want to be attractive, particularly to the opposite sex, and in pursuit of that ideal are ready to devote hours of our hard pressed time pounding away in workouts of one type or another.

Like any endeavour we undertake, it is about finding happiness. We want that head turning form because we believe ourselves to be the body and hence we also believe that happiness comes from bodily pleasures, the highest of which is generally found in sex.

Spiritual practitioners (the real ones) take a different view. They aim to abjure this pleasure in favour of finding the superior joy of self-realisation. An aspiring transcendentalist sees the demands of the senses as a problem that needs to be overcome. The fleeting pleasure of sex, which drives so many of man's endeavours—some even say all of them—is a clear case in point. A cool headed analysis of the matter, which is not always easy to achieve, will conclude that sex desire is in fact nothing more than an agitation of the mind and body. We are going along peacefully enough and suddenly, perhaps due to some stimulus thrust upon us by the media,

or a vision of some god or goddess in human form, we are cast into the throes of lust. It is certainly a disturbance, especially when we decide to set about trying to satisfy that urge. So much time, money and effort is generally required, and the results are often not as pleasant as we had hoped. And of course it is a complete distraction from the pursuit of higher spiritual happiness.

Sensual indulgence also reinforces the false ego, the misconception that we are material products. "I will be happy by eating, drinking and having sex" rests upon the assumption that I the person am the body. By remaining fixed in this concept we not only deny ourselves the far greater happiness of spiritual bliss, but we leave ourselves open to all the

miseries that afflict the body. "I am enjoying material pleasure" is one side of a coin which has "I am suffering agony" as its other side. They are inseparable.

Lust is anyway never satisfied. It just goes on demanding more attention and the more we try to sate it the more it increases, like a fire fed with fuel. This is because it has its roots in the unlimited propensity of the soul to love God. The Bhagavad-gita informs us that our desire for sex is in fact a perversion of our original divine love for Krishna. Filtered through the false ego it becomes a hankering for material affection. But when we experience the real ego of knowing ourselves to be the loving servants of Krishna, we hanker only for his affection.

Only that affectionate relationship with Krishna can truly satisfy us. Our tendency to overeat, over-sex and over everything else is a vain attempt to achieve

intense joy that is found when we fully unite with God.

This is what we are all trying to find: eternal love with no trace of selfishness. And our eternal spiritual form is also the perfect body we so much desire, divinely attractive and free of all afflictions (and not an ounce of fat).

So why not expend our energy finding that joy rather than trying to attain the impossible in the shape of perfect material happiness? And if Zumba is your thing you can even dance your way to a spiritual body. There's no charge for the daily sessions at your local temple, and

while you are

absorbed in the ecstasy of dancing for Krishna you will enjoy the side benefit of losing a bit of that excess flab.





Oasis in the City

In this issue, Devarsi das tells us about the weekly Oasis sessions that have been running at ISKCON's central London temple and he has been coordinating. They are for members of university Krishna Consciousness Societies ('KC Socs') and have been running for around eight years.

Oasis differs to KC Soc events on campus because it attracts students from all over London and beyond. When I took over in November last year, I wasn't quite sure what to do. I knew I wanted students to get a real taste of Krishna Consciousness in a relaxed atmosphere, but I wasn't sure how.

As the weeks passed, I kept meeting new and wonderful souls. Each brought with them different ideas, enthusiasm and contributions to complement the service. We started providing cooking demos and getting the best kirtaneers like Jahnavi Harrison and Nadiya Mani. Rangadevi also came to give her famous guided meditations and we cooked lots of delicious prashadam (sanctified vegetarian

food) like pancakes, pastries, pizzas, gulab jamuns and cakes... It's been great fun.

As a result of these efforts, the attendance has grown from two people when I first took over, to 40 people attending the last event.

In the new academic year, I would like to continue to support the amazing devotees that bring the whole thing together. I would also like to focus my efforts on taking care of the people that come along so that their experience is deeper, sweeter and more personal.

Being engaged in this service has reminded me of the value of giving Krishna to others. People come with interest and enthusiasm, with a desire to expand their devotion and share spiritual moments together. As their servant, I find the attempt to facilitate them a deeply enlightening process. It's humbling to see the event gradually blossoming into a very attractive and pleasing offering to Srila Prabhupada and Krishna by the devotion and selfless service that everyone brings with them.

What made you start attending IPS events?

I had been going to Bhaktivedanta Manor for many years and had heard about IPS a few years before I got involved. When I decided to go along to an IPS event (Harrow Jammin), I met such amazing people. They welcomed me just like I was part of the family, with no sense of prejudice. It was a wonderful experience!

What did you initially find appealing about KC?

We always hear devotees saying we are part and parcel of God, but to physically go the temple, feed the beautiful cows, admire the beautiful Deity form of the Lord and to taste the prasadam is a experience that countiues to touch my heart to such an extent, it can't be put into words.

What services are you currently involved in?

I perform Deity worship to the IPS Deities Sri Sri Dayal Nitai Vijaya Gauranga. I dress the Deities during programmes and set up the altar with flowers, insense, gems and pearls. It's a very creative and colourful service - i love it! These Deities have transformed my life.

Interesting fact about yourself

When I was in Year 9, I did a break dancing course for three months, which culminated in a show to 300 people. On the day, the music player broke down while we were performing. To make up for it, the audience clapped to a rhythm, and so we were able to continue with the rest of the presentation. It was an enjoyable performance I will never forget.



LA DOLCE VITA

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For more information contact:

Shiv - 07854 734 331 Amy - 07999 190 544

jammin jammin jammin

Jammin is a fortnightly dynamic youth event organised and facilitated by IPS

Forthcoming Jammins:

- 20/05 - Morals and ethics
- 03/06 - East - Conflict resolution
- 03/06 - Harrow - Spiritual solutions to life
- 17/06 - East - The holy name
- 17/06 - Harrow - Amazing Grace
- 01/07 - East - Srila Prabhupada
- 01/07 - Harrow - The show off

For more details see www.psenasena.com
Subject to change



Radhananth Swami in Canary Wharf

Radhanath Swami was the keynote speaker at the global headquarters of HSBC in Canary Wharf on behalf of the Euro CEO and the Group Manager of the Board to speak on the topic of universal equality. Organised by Sri Radharamana das, over 830 bankers congregated together to hear Radhanath Swami's message. The event also included classical singing, Odissi dance and a vegetarian feast. The Swami received two standing ovations; the first for overwhelming appreciation for his services and the second for his highly inspirational cross-cultural lecture.



Hare Krishna Single enters US Top 10

American billionaire banker turned techno music performer -- Sir Ivan -- released an exciting new single, an electro-pop version of "Hare Krishna" which was a Top 10 hit.

This success in the U.S. followed the almost equally impressive response in the UK where it reached number 15 on the New Music Week Chart and number 14 on both the DMC World House and DMC World UK Club Charts.



The song was released last summer in Ibiza, Spain, both as a single on Sir Ivan's first full-length album "I Am Peaceman," and as a remix package.

Sir Ivan explained: "For as long as I live, I will never forget, as a kid in the sixties, seeing the Hare Krishnas... They seemed truly content just being alive and needed no material possessions to achieve a state of happiness and inner peace. I had no idea what Hare Krishna meant, but hearing them sing the most famous mantra from India I figured it would transition easily into a spiritual trance dance record."

Weekend Sankirtan Festivals

70 devotees including Chandramauli Swami, Dayananda Swami and Srutidharma das joined devotees from the Manor ashram, gurukulis (ISKCON school graduates) and congregation and flooded central Harrow with book distribution, street processions, sanctified food distribution and 'sit down' bhajans during the latest mission of Weekend Warriors.



Calendar dates for your diary

May 2011

Mon	16	App of Lord Nrsimhadev (fasting till twilight)
Tue	17	App of Sri Madhavendra Puri & Sri Srinivasa Acarya
Wed	18	Month of Jyestha
Sat	21	Disapp of Sri Ramananda Raya
Mon	23	National Vegetarian Week begins
Sat	28	Apara Ekadashi
Sun	29	App of Srila Vrindavana Dasa Thakura

June 2011

Sat	11	Disapp of Sri Baladeva Vidyabhusana
Sun	12	App of Srimati GangamataGosvami London Ratha Yatra Bhima Nirjala Ekadashi (total fast, even from water)
Mon	13	Panihati Cida Dahi Utsava (chipped rice festival)
Wed	15	Disapp of Sri Sridhara Pandita
Thur	16	Month of Asadh begins Disapp of Sri Syamananda Prabhu
Sun	19	Father's Day
Mon	20	App of Sri Vakresvara Pandita
Sat	25	Disapp of Sri Srivasa Pandita
Mon	27	Yogini Ekadashi

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