

Volume 4, Issue 10
February 2018

The New Wave

Monthly Newsletter of ISKCON Delhi-NCR

News

1. Bhagavad-Gita Marathon (5th Nov - 5th Jan) (ISKCON Delhi-NCR Temples)

Devotees from all walks of life participated in this transcendental marathon with unprecedented enthusiasm and made all possible efforts to distribute as many books as possible. Delhi-NCR Devotees distributed over 600,000 Bhagavad-gita to commemorate the two-month long Gita Jayanti festival. The message of Bhagavad-Gita is universal and can effectively address all the problems of today's world like stress, hunger, pollution, conflicts, suicides, terrorism, corruption, depression, etc.

2. Discover Your Permanent Happiness (16th Dec - 7th Jan) (ISKCON Dwarka)

A faith booster 7-day session for the newcomers was attended by 65 people. H.G Amal Krishna prabhu conducted the session. Amal Krishna Prabhu is a Professor in JNU and has been twice awarded with Young Scientist award by the Government of India.



3. Live like Prabhupada, Preach like Prabhupada (20th Dec - 12th Jan) (ISKCON, Punjabi Bagh)

This is what H.G. Sarvadrik Prabhu, a disciple of Srila Prabhupada from North Carolina, inspired audience with,

through his various discourses during stay for 3 weeks. Though from America, he would quote dozens of Sanskrit Slokas fluently from the Vedic scriptures in each discourse, while presenting the message of Srimad Bhagavatam with logic, force and urgency.



4. Palki yatra of Sri Sri Radha Parthasarathi (2nd Jan) (ISKCON, East of Kailash)

Sri Sri Radha Parthasarathi were taken out on a palki yatra by the devotees on the occasion of New Year. Accompanied with the chanting of the mahamantra along with devotees dancing to kirtan were a welcome sight. The merciful Lord bestowed grace on the onlookers, while enthusiastic devotees distributed transcendental literature.



5. Srila Gopala Bhatta Goswami appearance (6th Jan) (ISKCON, East of Kailash)

Srila Gopala Bhatta Goswami's appearance was celebrated with pushpanjali, kirtan and feast at the Radha Parthasarathi temple, East of Kailash. Seeking mercy from Gopal Bhatta Goswami, devotees pray for his blessings. Both the appearance and disappearance of acharyas are auspicious. When they appear they become instruments of fulfilling the desires and instructions of the Lord. These instructions help us to progress on the path of bhakti, resolving our doubts and showing us the way. Gopal Bhatta Goswami's contribution to the Vaishnava literature and unearthing of the glorious dhama, were remembered. Devotees felt gratitude and reverence for this great acharya of the disciplic succession.



6. Udgaar festival (6th Jan) (ISKCON, East of Kailash)

ISKCON Youth Forum or IYF celebrated its annual fest at ISKCON auditorium. The program was called as 'Selfie Re-clicked' for this year. A conglomeration of over 2500 youngsters from all over the city gathered under one roof for the most awaited events of IYF. Discourses by dignitaries such as Sri Vijay Goel, a senior member of Bhartiya Janata Party, dance rendition 'Kaliya', drama 'Madman' as well as a rock show, were some of the highlights of this event. The event was graced by the presence and association of H.H. Gopal Krishna Goswami Maharaja. The event aimed at providing spiritual insight to the demographically prominent youth of India today.

7. Die before you Die (9th Jan) (ISKCON, Punjabi Bagh)

A seminar was taken by H.G. Sukhavaha Mataji for temple residents on the topic "Only when we are prepared to die can we live fully in the moment." The audience was encouraged to take a pause and reflect on the various questions like: What does a person leave behind? What scares us? Which relationships are incomplete?, etc. During her week long stay H.G. Sukhavaha Mataji conducted various seminars for the community. She is the author of the book "Revealing your heart: Practice of Compassion".



8. Inauguration of Namahatta Section (9th Jan) (ISKCON Dwarka)

Taking inspiration from ISKCON, East of Kailash, Sri Sri Radha Parthasarathi Temple, a namahatta section was inaugurated



to encourage people to experience the chanting of Hare Krishna mahamantra. Many visitors enrolled for beginning level courses like Discover Your Permanent Happiness. The inauguration was done by ISKCON Dwarka Temple President, H.G. Pradyumna Priya Prabhu.

9. Exam Stress Buster Session (11th Jan) (ISKCON Dwarka)

A 20 minutes interactive examination stress buster session for Abhinav Global School students was conducted in the school premises with participation of both the students and the teachers. This session was conducted for the welfare of the school students and to increase their performing ability in exams. The students and teachers greatly benefited from this session.

10. Participation of Annamrita in the food festival (12th Jan) (ISKCON, East of Kailash)



National Street Food festival and Food Safety and Standards Authority of India organised a food festival in Jawaharlal Nehru Stadium New Delhi. ISKCON Delhi, 'Food For Life' and Annamrita also

participated in the Food festival. Shri Raj Singh, Legal Head of FSSAI, was met by H.G. Vrajendranandan Prabhu, Director, ISKCON communication. The festival was aimed at promoting temple foods from all across the country. The age-old tradition of temple foods was accepted as the foundation of the understanding of good food which not only nourishes the body but also feeds the soul.

11. Seminar on Discover Your Permanent Happiness (DYPH) (13th -14th, 20th -21st Jan) (ISKCON, Gurugram)

A systematic and scientific presentation on Discover Your Permanent Happiness (DYPH) was organized. This life changing seminar presents the current scenario and missing link in modern society and how to fill that gap to achieve the real and permanent happiness.

12. Free Medical Camp (14th, 21st, 28th Jan) (ISKCON, Gurugram)

The free medical camp provided free tests for health check-up, diabetes, blood pressure and offered counselling &



treatment by a team of trained Doctors and specialists headed by Dr. Suresh, Dr. Vahini and Dr. Rajani & Dr. D.D. Gera. Many visitors took consultation and treatment from doctors at the camp.

13. Meeting with Ashwini Kumar Choubey, Minister Lok Sabha (15th Jan) (ISKCON, East of Kailash)

ISKCON communication Director, H.G. Vrajendranandan Prabhu met Sh. Ashwini Kumar Choubey, Minister of State for Health and Family Welfare and a member of the 16th Lok Sabha. He is an Indian politician belonging to the Bharatiya Janata Party. He was gifted a laminated photograph of the Lord along with prasadam.



14. Brahmachari Yatra (16th - 24th Jan) (ISKCON, Punjabi Bagh)



A 9-day yatra was organized for 40 Brahmacharis to the sacred spots of Sri Jagannatha Puri, Alarnath, Nila Madhava, Jajpur, Bhadrak, Remuna & Bhubaneswar. It was a much awaited retreat after a two month marathon of Bhagavad-Gita distribution. The trip was lead by H.H. Bhakti Ashraya Vaishnava Swami Maharaja and H.G. Rukmini Krishna Prabhu. The trip included dramas, discourses, sankirtans and preaching programs.

15. Yatra to Jagannatha Puri (19th Jan - 21st Jan) (ISKCON Delhi-NCR Temples)

The disciples of His Holiness Gopal Krishna Goswami Maharaja, went on a three-day dhama yatra with him to the holy dhama of Jagannatha Puri. In the association of their spiritual master, the devotees sought to absorb as much as possible in order to charge their spiritual batteries. The days would typically begin with the Guru Puja and kirtan in the pandal. Spiritual discourses, lively discussions and question answer sessions were an integral part of the



three-day retreat. Hearing from His Holiness Gopal Krishna Goswami Maharaja, devotees were reminded how material desires can be reduced by attentive chanting. Maharaja also reinforced how association is the key to spiritual progress. These were interspersed with drama based on the life of Sarvabhauma Bhattacharya. The attendees also benefitted from the association of His Holiness Prabodhananda Maharaja and His Holiness Bhakti Vaishnava Ashraya Maharaja. Both of them glorified Puridhama and narrated the tales of the wonderful pastimes of Lord Jagannatha. Devotees also soaked in the glory of Lord Jagannatha by taking darshan, sumptuous prasadam and visiting the nearby holy places like Tota Gopinath and Siddha Bakul. A grand samudraarati with sankirtan culminated in the devotees taking a holy dip in the maha-tirtha, which was sanctified when Mahaprabhu bathed Haridas Thakura's body after he disappeared from this world. Devotees offered their humble prayers at the Samadhi of Haridasa Thakura begging for taste and attachment to the holy name. The condensed mercy of nectarean devotional mood was relished by all.

16. Srila Raghunatha Dasa Goswami appearance (22nd Jan) (ISKCON, East of Kailash)

Acharyas appear to guide, instruct and establish tenets of pure devotional service. Srila Raghunatha Dasa Goswami, one such acharya in the Gaudiya Vaishnava tradition, who lived an exemplary life. He dedicated himself to Chaitanya Mahaprabhu's mission. Following principles of devotional life, he exhibited extreme attachment to Mahaprabhu's words and instructions. His appearance was celebrated with pushpanjali, kirtan and feast.



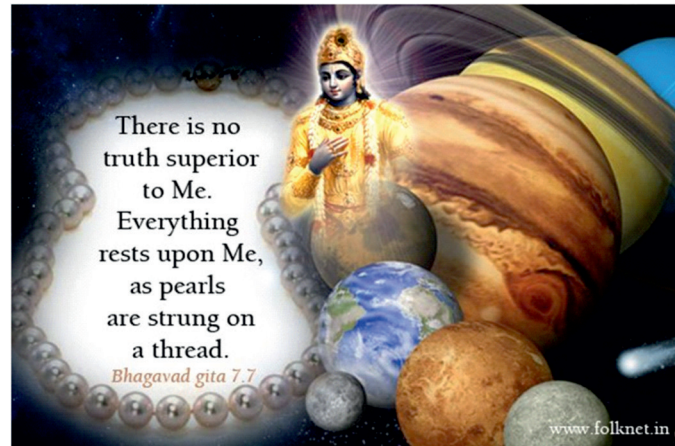
17. Srila Advaita Acarya appearance (24th Jan) (ISKCON Delhi-NCR Temples)

The Lord appears when His devotees pray for His association. In the dark age of Kaliyuga, the Lord appeared as Chaitanya Mahaprabhu, as an answer to the call of His pure devotee Sri Advaita Acarya. From the sacred precincts of his home

LESSONS FROM THE BHAGAVAD GITA

What does the Bhagavad-Gita say about attachment, detachment, and rupture in relationships? What lessons does it give about behaviour at the time of death of a loved one? The Bhagavad-Gita talks about relationships in two contexts. Our current existence is multilevel. We are eternal souls but are residing in material bodies. So we have relationships at the material, bodily level with others and, while we are in the body, those relationships are important. The idea is that all relationships come with obligations and duties.

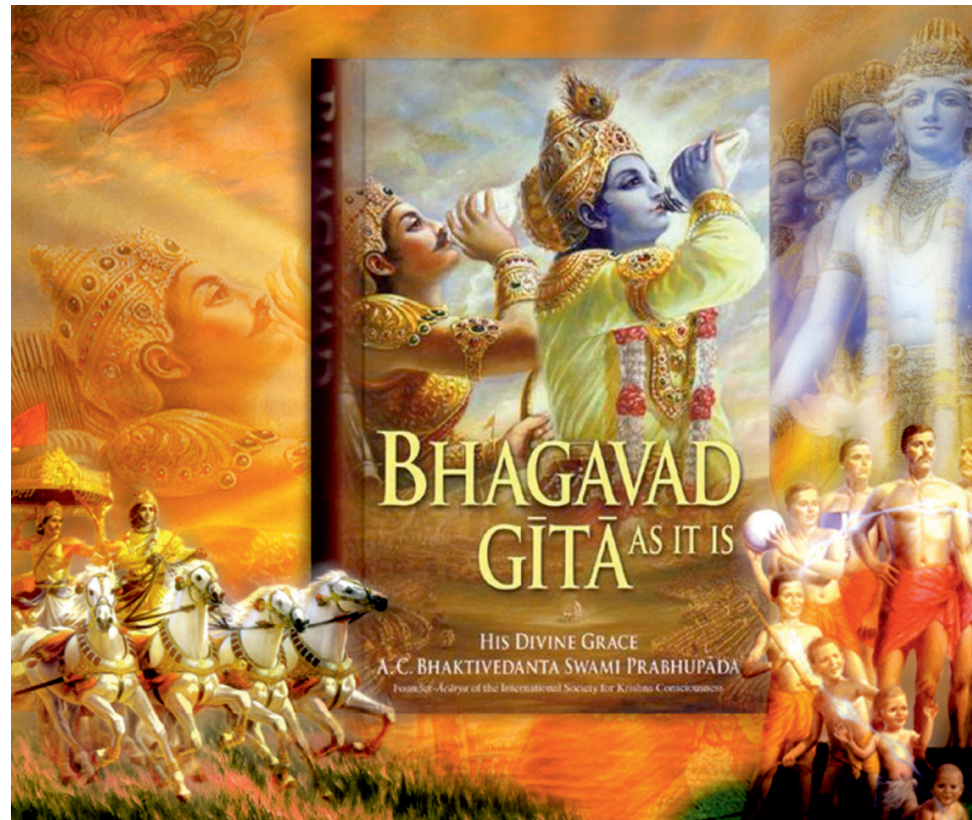
The horizontal relationships are with people around us, they are at the level of the body. And there's a vertical relationship with God. The ideal human society is where the horizontal and the vertical relationships are symbiotic. This means that, because of a relationship with God vertically, we have inner calmness, strength and maturity, by which, whatever ups and downs come in our horizontal relationships we remain undaunted and unperturbed. In case our only sense of satisfaction, self-worth and self-identity are coming from one horizontal relationship, if there's disappointment in that relationship, not only are we disappointed with that person, we become disappointed with ourselves also.



When we have the security of a vertical relationship, then these setbacks in the horizontal relationships are not so damaging. A vertical relationship stabilizes our horizontal relationships. If those with whom we are relating are also devoted to God, they are also spiritually minded, then sometimes when we feel uninspired in our devotion to God, that relationship with them helps us to move forward. An ideal situation is where the vertical and the horizontal relationships are symbiotic. Even if all our relationships do not become symbiotic like that, and only some possess this feature, we will find our life much more fulfilling. The relationships can be harmonized in this way, that's what the Bhagavad-Gita primarily tells us.

Detachment is level headedness not hard heartedness

The popular belief is that detachment means hard-heartedness, we don't feel any emotions towards anything. However, detachment is actually level-headedness. Level-headedness is the ability to be able to view relationships objectively. Bhagavad Gita propagates that God must be the centre of all our relationships. This enables to establish the equilibrium of symbiosis which is liberating and empowering. So the detachment which is talked about in the Bhagavad-Gita is not meant for hard-heartedness in relationships. It is for level-headedness and choosing and nourishing relationships properly.



Affection liberates, attachment binds

Attachment and affection are two different things. When there's attachment to someone then we let ourselves be manipulated by that person because of a blind sense of emotional dependence on that person. Attachment makes us weak and susceptible to manipulation. Affection means there's a healthy emotional give and take between the two people in a relationship. Affection is a natural part of human existence. And not only human existence but even spiritual existence. The Bhagavad-Gita explains that the soul is a part of God: mamaivamsojiva-lokejiva-bhutahsanatanah - Krishna says all living beings are my part and the part is meant to harmonize with the whole. So, we have a natural loving relationship with God and at the same time, God is not alone. That also means we have natural loving relationships with others - affection is natural and desirable. But attachment is not. Detachment enables us to direct our affection properly.

Spiritual worldview helps cope with loss due to death

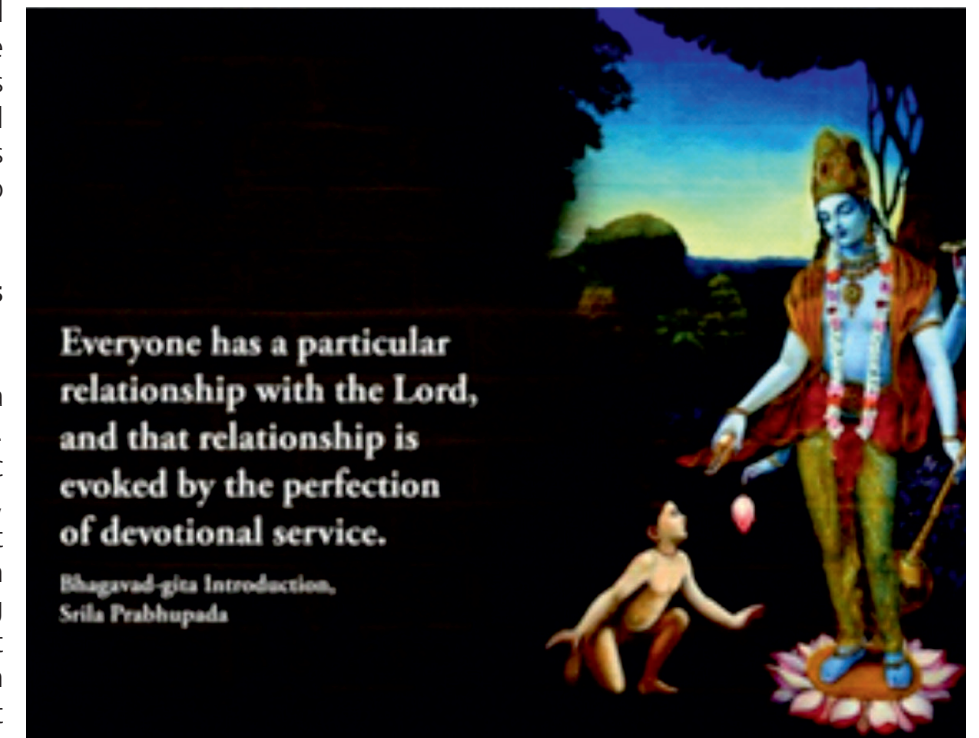
It is natural to grieve the loss of a loved one especially due to death. However, within a materialistic worldview, when someone dies, that is the end of it all, we cannot do anything except cry. But, when we have a spiritual understanding of life, there are lessons that we are all souls and the person whom we love, although doesn't

exist anymore, he continues to exist at another level of existence. And, although a material connection will not be possible anymore, a spiritual connection is still possible. So, if we pray for that person, if we offer our well-wishes and prayers through acts of worship, through act of devotion, then, through the spiritual connection with God, we can still benefit others.

The sense of helplessness that comes when a relationship is ruptured by death, comes when there's a materialistic world view.

Bhakti protects us from the devastating effects of ruptured relationships.

And with respect to loss because of, let's say, rupture of relationship or misunderstanding or heartbreak or just incompatibility, if we are too invested in one relationship alone, then a break in the relationship causes too many problems. This damage is avoided when we have a strong vertical relationship with God. His love for us is unconditional, unfailing and unflinching. He's always there for us. If we practice bhakti, the process by which we gain experience of God, we are so fulfilled that we are no longer dependent on other things. It's not that we reject other things, but we are no longer dependent on other things for our sense of self-worth, our sense of self-identity.





in Shantipur, he called out for the Lord to light up the darkness of ignorance with the spark of the holy name. Mankind is indebted to him for it was only because of his purity that the shelter of the holy name became accessible to one and all. An incarnation of Mahavishnu and Sadashiva combined, Sri Advaita Acharya's appearance was celebrated by observing full day fasting from grains.

18. Katha Series on Lord Nityananda Rama (27th -28th Jan) (ISKCON, Gurugram)

A special pre-event katha series on Lord Nityananda Rama by H.G.Amogh Lila Prabhu created a favorable atmosphere in the hearts of the devotees to attract more mercy from the Lordship on His appearance day.

19. Nityananda Trayodashi (29th Jan) (ISKCON Delhi-NCR Temples)

Srimad Bhagavatam mentions that self-realisation cannot be achieved without the mercy of Lord Balarama. As the first expansion of the Lord, Balarama creates, manages and infuses the universe with devotional service. He is the repository of perfect service attitude leading to achieving of the highest goal of life. In all His incarnations Lord Balarama accompanies Him, to serve and increase His transcendental pleasure. In the Gaura-lila, He takes it upon Himself to deliver fallen souls like Jagai and Madhai, offering hope to all the inhabitants of Kaliyuga. By His mercy one can perfect the practice of bhakti and attain pure devotional service. Lord Nityananda, the eternal spiritual master teaches and instructs how to attain the favour of the Lord. His uncontaminated service is the goal of all spiritualists. Devotees seek His favour in order to attain the loving glance of Mahaprabhu, who gave away the holy name freely to all.



His appearance was celebrated with a discourse on His glories, abhishek, kirtan, transcendental chanting of the holy name and sumptuous feast. Devotees thronged to the temple to attain darshan of the Lord in flower and dry fruit dress which is an annual feature. These dresses are prepared by devotees, they meticulously work with love and devotion to adorn the Lord in these beautiful creations. More chanting, more service and prayers, marked this occasion of securing mercy and grace.

Upcoming events:

1. Appearance day of Srila Bhaktisiddhanta Sarasvati Thakura (5th Feb) (ISKCON Delhi-NCR Temples)

Srila Bhaktisiddhanta Sarasvati Thakura, the guru of Srila A.C. Bhaktivedanta Swami Prabhupada, appeared in Sri Ksetra Dhama (Jagannatha Puri) on 6th February 1874 as the son of Srila Bhaktivinoda Thakura. In his childhood he quickly mastered the Vedas, memorized the Bhagavad-gita, and relished his father's philosophical works. He became known as "The Living Encyclopedia" for his vast knowledge.



He preached convincingly against casteism and philosophical deviations from Gaudiya Vaishnavism. He tried to unite the four Vaishnava sampradayas by publishing their teachings. Srila Bhaktisiddhanta Sarasvati Thakura earned the title 'Simha Guru' for his fearless and powerful delivery of the Vaishnava siddhanta. Mayavadis would cross the street to avoid confronting the "lion guru." Besides being a courageous preacher, he was ornamented with all divine qualities and full of ecstatic love of God. He established 64 Gaudiya Math temples in India and centers in Burma, England, Germany. It was by his order and instruction that Srila Prabhupada travelled to America to start the Krishna consciousness movement. His appearance day will be celebrated with pushpanjali, kirtan and feast.

2. Disappearance day of Srila Jagannatha Dasa Babaji Maharaja (16th February) (ISKCON Delhi-NCR Temples)

Srila Jagannatha Dasa Babaji Maharaja was called the "commander in chief of devotees" by Srila Bhaktivinoda Thakura. He moved from Vrindavan to Navadvipa, inspired by Thakura Bhaktivinoda's passion for preaching. He was an exalted Vaishnava who practised bhakti yoga to perfection. He confirmed the site of the appearance of Mahaprabhu through his spiritual vision. His disappearance day will be celebrated with kirtan and feast.

3. Navadvipa Mandala Parikrama (18th Feb - 25th Feb) (ISKCON Delhi-NCR Temples)

"Wandering in Navadvipa is the best of all opulences, the best of all religious principles, the best of all kinds of worship, the best of all perfections, the best of all glories, and the best of all oceans of sweetness."

The annual Navadvipa Mandal parikrama will commence from 18th February. Devotees from Delhi NCR visit the holy land of Navadvipa in large numbers. Some will participate in the ecstatic Kirtan Mela from 13th to 17th. Kirtanias from all around the world will throng to Mayapur, to make their offerings to the Panch Tattva and Sri Sri Radha Madhava.



While visiting all the sacred places of Gauralila, devotees will take part in katha, kirtan and drama based on Mahaprabhu's life. Association with exalted devotees, mercy of the holy dhama and benefit of loving devotional service to Vaishnavas are some of the many opportunities provided by this parikrama.

PREACHING CENTRES AROUND DELHI NCR

ISKCON, EAST OF KAILASH

Chirag Delhi-168, Sejwal Chowpal, Near Subzi Mandi
Chirag Delhi, New Delhi-110017
Contact at: 9911717110, 9910381818, 9810484885
Program: Every Saturday, Evening 7 PM to 9 PM

Okhla- Chhuria Muhalla Chowpal, Tehkhand Village Okhla, Phase - I, New Delhi-110020
Contact at: 8588991778, 9810016516, 9911613165, 9971755934
Program: Every Tuesday, Evening 7 PM to 9 PM

Kotla Mubarakpur- Shri Omkareshwar Shiv Mandir (Panghat wala), Gurudwara Road Opp. Sher Singh Bazar, Kotla Mubarakpur, New Delhi-110003
Contact at: 9350941626, 9818767673, 9311510999
Program: Every Saturday, Evening 7 PM to 9 PM

Khanpur- B-192-B, Jawahar Park, Devli Road (Near Cambridge School), Khanpur, New Delhi-110062
Contact at: 9818700589, 9810203181, 9910636160
Program: Every Saturday, Evening 7 PM to 9 PM

Hari Nagar, Ashram- 217, Saini Chaupal, Ashram Or 119, VIIT Computer Institute (Basement)
Hari Nagar, Ashram, New Delhi-110014
Contact at: 9811281521, 011-26348371
Program: Every Saturday, Evening 7 PM to 9 PM

East Vinod Nagar-E - 322, Gali No. 8, East Vinod Nagar, Delhi-110091
Contact at: 9810114041, 9958680942
Program: Every Saturday, Evening 6.30 PM to 8.30 PM

Sriniwas Puri-Sanatan Dharam Durga Mandir 1st Floor, J J Colony near to Gurudwara Sriniwas Puri, New Delhi-110065
Contact at: 9711120128, 9654537632
Program: Every Wednesday, Evening 7.30 PM to 9 PM

Sangam Vihar- E-6/102, Near Mahavir Vatika Sangam Vihar, New Delhi-110080
Contact at: 9212495394, 9810438870
Program: Every Sunday: Evening 5 PM to 8 PM (Kirtan & Bhagwat Katha)
Every Morning: 5 AM to 7 AM (Mantra Meditation)
Every Evening: 7 PM to 9 PM (Aarti)

ISKCON, PUNJABI BAGH

Kirti Nagar- Shemrock heights Play School- E-77, opp. Kotak Mahindra Bank. Centre Coordinator- Krishna MurariPrabhuj- 9868387810

Paschim Vihar- 344, Pragati Apartments, club road Punjabi bagh, Centre Co-ordinator- Jahanvi Mataji 9250637080, Parulprabhuj- 9971493379

Rani Bagh- OM Public School, Furniture Market, Rishi Nagar. Centre Co-ordinator- Vikas Singhal- 9654690503, Sadhyavilasini Mataji - 9212400126

Vishal Enclave- Kidz Liliput- B33 Vishal Enclave, Rajouri Garden, Centre Coordinator- Kavita Gulati Mataji -8447487375

Shastri Nagar WZ-38, opposite Mother Dairy, Centre Coordinator- Vaibhav Gupta Prabhuj- 9868036006, 9213432666, Sadhya Krishan Prabhuj- 9999840554

ISKCON, GURUGRAM

RADHA KRISHNA MADIR

New Colony, Gurugram
Every Saturday-6:30 to 8:30PM
Melodious Kirtan, Discourse on wisdom of Bhagvad Gita and Krishna Prasadam

Rail Vihar Community Center

Sec 47, Gurugram
Every Wednesday 7:00 to 9:30PM
Melodious Kirtan, Discourse on wisdom of Bhagvad Gita and Krishna Prasadam

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Nitya Seva

Nitya Seva-Niswartha Seva is a selfless monthly donation program for serving the Lord. It's purely voluntary, based on the desire, inclination and capability of the donor. The mode of donation could be through cash, cheque or ECS. One can choose to donate any amount as Lord Krishna sees our intent behind that donation. A formal receipt will be provided for each donation. For more details,

- For ISKCON, East of Kailash, Please contact HG Baladeva Sakha Prabhu @ 9312069623
- For ISKCON, Punjabi Bagh, Please contact HG Premanjana Prabhu @ 9999197259.
- For ISKCON, Dwarka, Please contact HG Archit Prabhu @ 9891240059.
- For ISKCON, Gurugram, Please contact HG Rameshwar Giridhari Prabhu @ 9899651230 / Ritesh Rampal @ 9654230342.
- For ISKCON, Faridabad, Please contact HG Ravi Shravan Prabhu @ 9999020059

Vaishnava Calendar

February - 2018

Feb 5 - Appearance of Srila Bhaktisiddhanta Sarasvati Thakura (Fasting till noon)

Feb 11 - Vijaya Ekadasi (Fasting from grains and beans)
Break fast time next day between 0.7.02-10.44 am

Feb 16 - Disappearance day of Srila Jagannatha Das Babaji Maharaja

Feb 26 - Amalaki-vrata Ekadasi (Fasting from grains and beans)
Break fast time next day between 06.48-10.38 am

Temple Schedule

Program	Time
Mangala Arati	4:30 AM
Japa Meditation	5:15 AM
Darshan Arati	7:15 AM
Guru Puja	7:30 AM
Srimad Bhagavatam Discourse	8:00 AM
Raj Bhog Arati	12:30 PM
Jsthapana Arati	4:15 PM
Sandhya Arati	7:00 PM
Bhagavad Gita Discourse	8:00 PM
Shyana Arati	8:30 PM
Temple Closes	8:45 PM

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Founder Acharya - HDG A.C. Bhaktivedanta Swami Prabhupada

ISKCON, East of Kailash - Hare Krishna Hill, East of Kailash, New Delhi-110065 |

Web: www.iskcondelhi.com | Live Darshan: live.iskcondelhi.com

Facebook: www.facebook.com/iskcondelhi

Contact: 011-41625804, 26235133

ISKCON, Punjabi Bagh - 41/77, Srila Prabhupada marg, West Punjabi Bagh, Delhi-26

Contact Person: HG Premanjana Prabhu (8802212763)

ISKCON, Dwarka - Plot No.-4, Sector-13, Dwarka, New Delhi-110075

Web: iskcondwarka.org, Facebook: www.facebook.com/iskcon.dwarka/

Contact: 9891240059, 8800223226

ISKCON, Gurugram - Sudarshan Dham, Main Sohna Road, Badshahpur, Gurugram

Contact Person: HG Rameshwar Giridhari Prabhu (9899651230) /

Ritesh Rampal Prabhu (9654230342)

ISKCON, Faridabad - Sri Sri Radha Govind Mandir, Gita Bhawan, C-Block, Ashoka Enclave-II, Sector-37, Faridabad, Phone : 0129-4145231

Email : gopisvardas@gmail.com