

# Brijbasi



# Spirit

Weekly Journal of the New Vrindaban Community

All the News of New Vrindaban

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## STAFF

Kirtanananda Swami - Siksaguru

Damodara Pandit das - editor

Parambrahma das - chief reporter

...all other contributing writers.

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DEAR GODBROTHERS,

Please accept our humble obeisances  
at your feet. All Glories to Srila  
Prabhupada!

This issue we have another bliss-  
ful transcription of one of Srila  
Prabhupada's Srimad Bhagavatam class-  
es when he graced our community with

his presence two weeks ago. Also, a  
lot of thanks goes to Mother Jaya-  
radhe who did the transcribing and  
to Hiranyagarbho das, who we consult-  
ed on the Sanskrit.

A lot has been happening in dif-  
ferent areas, new projects being star-  
ted and old ones being carried on  
through. Janmastami is coming up real  
soon and all the Brijbasis are excit-  
ed about this most auspicious appear-  
ance day of Lord Sri Krsna.

And for the first time, we have a  
transcendental crossword puzzle in  
the Spirit! Hopefully, we will be a-  
ble to have one in every issue. They  
will be on specific books or parts  
thereof of Srila Prabhupada's. This  
week the crossword puzzle is on Krsna  
Book by courtesy of Ganendra das.

We sincerely hope that all of you  
have been able to glean some nectar  
from the pages of this humble public-  
ation. We are constantly striving to  
become perfect in our service.

-- the staff

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## VAISNAVA CALENDAR

Hrsikesa 8, August 11, Sunday --  
Sri Sri Krsna-janmastami

\* \* \*



# OCEAN OF NECTAR

The following tape transcription is from a Srimad Bhagavatam class lecture by His Divine Grace A.C. Bhaktivedanta Swami Prabhupada at New Vrindaban, Sunday, July 21, 1974.

tada rajas tamo-bhavan  
kama-lobhadayas ca ye  
ceta etair anavidham  
sthitam sattve prasidati

"At the time loving service is established in the heart, the modes of passion (rajas) and ignorance (tamas) and lust and desire (kama) disappear from the heart. Then the devotee is established in goodness and he becomes happy."

Everyone wants happiness, peace of mind. How is it possible? That is explained here. Ceta etair anavidham. Everything is within the heart, so we are being pierced by the rajas tamo gunas. Rajas means passion, desire for material enjoyment, and tamas means ignorance, neither enjoyment nor knowledge, just like animals. Animals have no material enjoyment, neither in knowledge. Similarly, persons who are infected by the tamo guna, they do not know what is the meaning of life, neither any material enjoyment. People are becoming infected by this tamo guna. Therefore even in this western country they are turning to be hippies. No material enjoyment, no spiritual knowledge, simply in darkness. So if we develop Krishna Consciousness, just the process of hearing, srnvatam sva katha-krsna. If we simply practice the process, hearing about Krsna, then gradually the darkness of ignorance and passion will disappear. Ceto-darpano marjanam bhava-mahadavagni-nirvapanam. We are suffering in this material life on account of these 3 modes of material nature, especially the modes of passion and ignorance. So here is the process how to get out of these modes of passion and ignorance especially. Also material goodness. Sometimes material goodness is also a cause of bondage. A person falsely thinks that now, I have become a brahmana, and I have got a sacred thread, therefore my business is finished. Now I can do anything, it doesn't matter. That is also another bondage. You still have to advance. Even if you are a brahmana. Actually, a brahmana does not think like that, that because I have got this sacred thread, my business is finished. We offer the sacred thread but don't make your business finished there. There is further progressive life. After becoming brahmana one has to become a Vaisnava. This process of Krishna Consciousness, we initiate several disciples, the first initiation and the 2nd initiation. The first initiation is to give chance of chanting Hare Krsna. The beads are there and the initiated members will be advised to refrain from sinful activities, and in pure heart chant Hare Krsna. Not in pure heart; heart is already pure; but offenseless. There are 10 kinds of offences. That will be explained. The first offense is guru-svayna sruti shastra nindanan. There are 10 kinds of offenses.

Some of our disciples are going to be initiated. They should always remember how to avoid the offenses. Of course, in the beginning, the offenses are there, but if you try to avoid them, then there will be namaparadha. namaparadha means almost pure chanting of the holy name. Namaparadha. And if you attain this stage of namaparadha you'll become immediately liberated. And then when you can chant the holy name pure, uncontaminated by the material modes of nature, then you'll develop your love of Krsna.



So here it is stated, rajas tamo-bhava. We are afflicted with three kinds of modes of nature, so out of these three, two are very dangerous. What are they? Rajas tamo, passion and ignorance. The whole material world is going on, on the basis of these two qualities, passion and ignorance. What are the symptoms of passion? Kamo lobhadayas ca ye. Too much attraction for sense gratification. This is called passion. And not satisfied.

Now we are coming from a cottage, very nice cottage. Self-sufficient, also. Growing vegetables, nice cottage, very warm, there is no need of air conditioning. We can live very simple life anywhere, any part of the world. There are so many jungles. You can cut one or two trees, and with the logs you can make a little cottage, and after the trees have been cut the land becomes open, so you can utilize the land for growing food grains, for pasturing grounds. If you have got cows, food grains, vegetables, and a cottage, then where is your economic problem? Live peacefully in the open air, take sufficient milk, all vitamins, and vegetables full of vitamins, A, B, C, D, E, F to Z, all of them (devotees laugh). You get nice life and save time for chanting Hare Krsna. This is life. We are trying to introduce in this New Vrndavana colony the simple life, but kamo lobhadayas ca ye. We can live very simple life, but because we are infected with the rajas guna and tamo guna, we require unnecessarily. Unnecessarily, why?

Your time is so valuable that you cannot get back your life by spending millions of dollars. What is the date, Apr. 20? 21st, now the 20th July 1974 which is past of our life, it can not return, even if you try to bribe material nature millions of dollars. It is not possible. What is gone is gone. Therefore Canaka Pandit says very good moral instruction. Even a moment of time you cannot get back by payment of millions of gold coins. If such time you simply waste then just calculate what is your loss. Practically, from money standpoint. One moment of your life cannot be returned by millions of dollars. Therefore our Rupa Goswami also teaches avyarthakalam. A Krishna Conscious devotee should see whether my time has become wasted, whether I am utilizing my time, the sole duration of my life, properly. All Krishna Conscious persons should be vigilant and see that their time is not wasted.

Sri Caitanya Mahaprabhu therefore advises trinad api sunicena taror api sahisnuna/amanina manadena/kirtaniyah sada haiyh. We are therefore introducing chanting Hare Krsna 24 hours. I am glad to see all the devotees they are carrying the beads. That is nice practice. It must be. Chant Hare Krsna, Hare Krsna, 24 hours, while walking, even in sleeping. If you practice, in sleep also you'll chant Hare Krsna. That is possible, it is not impossible, it is fact. So the human life if you want actually peace and prosperity, as it is stated, ceta atair anavidham sthitam sattve prasidati, you have to keep yourself always on the sattva guna, the mode of goodness, brahminical platform. Samo damas tapah saucam keantir arjavam eva ca jnana vijnanam astikyam brahma karma svabhava jam. So those who are going to be initiated brahamana, they must have goodness qualities, otherwise what is the use of their taking sacred thread. No, don't think by simply by having a sacred thread, their business is finished. No. They should be practicing how to keep yourself on the platform of sattva guna. That platform of sattva guna can be maintained when you are engaged in devotional service. Here it is said, sthitam sattve prasidati. Simply by being situated on the platform of goodness, he'll be happy. Prasidati. He'll feel happiness, because there will be knowledge.

But this bhakti process is so transcendental that by discharge of devotional service you'll be far above the sattva guna. Sattva guna, that is material. Good quality. But this material quality can be contaminated sometimes, because the material nature is very powerful. daivi hy esa gunamayi mano maya duratyaya. Very very powerful. Therefore, sometimes we see that those who are not sticking to the principles, they fall down. Immediately. That material nature will



cry out, Please come here. But if you remain fixed up in devotional service, then you will go above the sattva guna. That is also stated in the Bhagavad-gita.

mam'ca yo vyabhicarana  
bhakti-yogena sevate  
sa gunan samatityaitan  
brahma-bhuyaya kalpate

So we are introducing this process to become directly a pure devotee. Pure devotee. Devotee pure and impure? Yes. Impure means those who are still contaminated by these 3 qualities, sattva guna, raja guna, tamo guna, and pure means above; no contamination. So take directly. Because in this age it is very difficult to go step by step. Life is very short. You do not know, at any moment. The material world is full of dangers, especially in this age.

prayena payusah sabhya  
kalav asmin yuge janani  
mandah sumanda-matayo  
manda bhagya hy upadrutah

This is the position. Almost everyone of us, we have got short life, short duration of life. Although in this age the standard of life should be 100 years, but we are going to live, it is reducing. On account of sinful activities the duration of age is reducing, memory is reducing. Therefore the clearest policy to make our life successful, as Caitanya Mahaprabhu has introduced and instructed that param vijayanta Sri krsna samkirtan ceto darpana marjanam bhava mahadavagni nirvapanam sreyah kairava candrikairtaram vidya-vadhu-jivanam anandam-budhi-vardhamam pratipadam purnamrtasvadanam sarvatma snapanam-param. Sri Krsna Samkirtan will give you life. For those who are going to be initiated they must try to avoid, not try, they must, the 10 kinds of offenses, then, the pure name will be manifest; then you'll try to chant more and more. That is the effect.

So naturally, we want peace and prosperity, because we are part and parcel of Krsna. Krsna is full of prosperity. And why should we be not in prosperity? It is the material contamination. So kamo lobhadayas ca ye. The material contamination means unnecessarily. Lust. Unnecessarily. But if you practice, our, this unnecessary desire for sense gratification will be reduced.

Bhava maladavagni nirvaganam. Bhakti, devotional life, is so nice. And as you advance in devotional life, you will become disinterested, practically no interest, in material activities. That is the test. That is the test. Srila Yamunacarya says:

yadavadhi mama ceta krsna-padaravinde  
nava-nava-rasa-dhamanudyata rantum asit  
atadavadhi bata nari-sangame smaryamane  
bhavati mukha-vikarah sustu nisthivanam ca

Here in the material world the highest pleasure is sex. Everyone--not only human society--dog society, cat society, bird society--they are all after sex. Grhamedhi. The most abominable happiness, that is the first class happiness in the material world. If you engage your mind in Krsna, yadavadhi mamam cetah krsna padaravinde. Yamunacarya, he was a king. So he says from his practical experience that since I have engaged my mind on the lotus feet of Krsna, nava-nava-rasa-dhamanudyata rantum asit, and increasing every moment, transcendental mellow, new add new, from that time bata nari-sangame smaryamane. When I think of sex life with a woman, I spit on it. This is the test.



The more you advance in Krsna Consciousness you forget this topmost pleasure of material life, sex life. That is a fact. So the sex life is passion. Raja. Kama. So here is the test. Tada rajas tamo bhava. The result of passion is sex. Kama and lobha. No satisfaction. So, spiritual life means, above all these things. You cannot say that you have all the qualities of rajas tamo bhava, lusty desires, and still you are advancing. That is illusion. That is not spiritual life. Kama lobhadayas ca ye. Simply you should be situated in sattva guna. Ceta etair anaviddham. Just like you have seen the Cupid picture. He has got an arrow, pierce, therefore this word is used, ceta etair anaviddham. Without being pierced. Viddham. Anaviddham. As soon as you are pierced by an arrow the painful condition begins immediately. So we are always painful because the heart is pierced by the arrow of the Cupid. So if you remain on the sattva guna goodness, then your heart will not be pierced by the arrow of Cupid. This is the fact. Then you'll find happiness. Thank you very much.

\* \* \*

## KRSNA BOL

*His schedule is cancelled till next week. Special Krsna Bol game will be played in preparation for Janmastami!!*

Monday:	Chapter 24 - Worshipping Govardhana Hill
Tuesday:	Chapter 25 - Devastating Rainfall in Vrndavana and Chapter 26 - Wonderful Krsna
Wednesday:	Chapter 27 - Prayers by Indra, the King of Heaven and Chapter 28 - Releasing Nanda Maharaja from the Clutches of Varuna
Thursday:	Chapter 29 - The Rasa Dance: Introduction
Friday:	Chapter 30 - Krsna's Hiding from the Gopis
Saturday:	Chapter 31 - Songs by the Gopis
Sunday:	Chapter 32 - Description of the Rasa Dance

Remember, there will be International Krsna Bol competition this next Janmastami weekend, so we should be thinking about who will represent New Vrindaban and we should certainly be studying Krsna Book very seriously. Hari Bol!

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## JANMASTAMI

At last 10 temples are coming for Janmastami. There will be about 200 devotees and probably around 100 guests. Devotees are getting the Pavilion ready, making showers and the stoolhouses are being completed.

Sudanu das is in charge of preparing the feasts, of which there will be at least 3 major ones. All the milk used for the preps will be from New Vrindaban cows. Most of the preparations will be cooked up at the pavilion site and all the necessary wood has already been stacked up there.

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## ANNOUNCEMENTS

Item: There has been another switch in "office brahmacaris" at Bahulaban. Parambrahma das is acting general manager of Bahulaban. Gopinath das is taking over duties as treasurer. And both Gopinath and Damodara Pandit das are sharing the work of managing Sri Sri Radha Vrndavana Candra's General Store.

Item: Srila Prabhupada's books are coming! Shortly, we will be getting the new Caitanya Caritamritas, and also Srimad Bhagavatams Canto 3, 2nd volume and Canto 4, 1st volume.

\* \* \*



## MILK KITCHEN

There is no more chaw being produced because of the high price of sugar. Yoghurt is still being made for the devotees.

To replace chaw as a marketable item we are now making cheese. For us it is still in the experimental stages but Garga Rsi Prabhu is studying very diligently on the subject matter.

Right now we are making very simple cheese that resembles American cheddar. We made 2 batches so far. The 1st batch was too dry for it was made without marzyn, an enzyme microbial coagulant which is a substitute for rennet. The 2nd batch came out very nice. For a culture we use cultured buttermilk. We can purchase different culture strains to get different textures and flavors to our cheese. We have ordered assorted yoghurt, buttermilk and cheese cultures from a laboratory.

Here are the basic steps in cheese-making.

First, the milk must be pasteurized (done at different temperatures for different cheeses). We use skim milk and let it cool to 85 - 90 degrees F., then add the culture (this is called setting the milk). After a short time of about 30 minutes the marzyn coagulator is added and the curd forms and sets up. Upon being all set up the curd is cut  $\frac{3}{8}$ " thick and broken up to get a uniform cooking of the curds. The curds are cooked at 100 degrees F. which helps speed the removal of whey and develops the cheese texture. The whey is drained and the curd taken and salted to take out the bitterness and cure it (ratio of 1 c salt to 10 lbs. curd). The salt also preserves moisture and adds flavoring. The curd is then put into a hoop (a mold) to get a certain shape. The curd is pressed at 20 lbs. for 24 hrs. It is put into storage at 60 F. with good ventilation for 10 days. It is turned over once a day for the first few days to form a rind. The cheese is wrapped

in paraffin and stored in a cool place until sold. The longer it is kept the sharper the flavor.

When we have a steady product it will be sold to other temples and to karmis. We are finding out the processes of making different cheeses & will do our best to become expert in the art of cheese making.

\* \* \*

### NEW BARN PROGRESS

Tin roofing with translucent plastic inserts for side lighting has been completed on the road side of the barn. Sudanu das, heading up the barn construction project, says the whole roof will be done by Janmastami. Also on the road side of the barn all the room structures have been put up and the sideboard and insulation has been installed for the spiritual sky offices. Windows on the road side have also been installed and Bhakta Alfred has built wind braces.

The crew is cleaning up the second level floor and the end walls will be up by Janmastami for safety reasons. A clean-up program has been instituted after the end of every work day. The new barn construction crew is Sudanu das, Jagat-trata das, and Bhakta Alfred.

### BLACKSMITHING

A new worker is in the forge shop--Nityanath das. He fixed the red wagon and Krpacarya das fixed the tractor plow. Also a new hitch was put on the hayloader - wagon. Some punches and chisels were made including a hardy (a chisel that you put in the anvil and it acts as a third hand).

Krypacarya put in a row of sweet corn in front of the forge and mulched an area for tomatoes. The zinnias and marigolds are doing fine.



## STATUS

Last Sunday I attended the festival at Bahulaban and as usual I was hoping for the opportunity to either do some preaching or be preached to. Due to the rainy weather prasadam was distributed indoors and because I don't particularly have a taste for sitting closely gathered in a room full of women and children I went upstairs to take with the brahmacaris. Upon entering the room I was so nicely greeted by Srīman Hiranyagarbho das Adhikari who after offering his obeisances, expressed some welcome words. I was hoping that I would be allowed to come in and was feeling a little hesitant but after meeting Hiranyagarbho I felt comfortable and eager to exchange some Kṛṣṇa katha with one of Prabhupada's devotees. Prasadam was just about to be served when one of the brahmacaris sitting across from me insinuated that I didn't fit in, because I wasn't wearing saffron.

At first it came as a shock and I made comment that brahmacari is not simply based on outer appearance and activities otherwise the animals in the zoo would be the best brahmacaris. Rather brahmacari is what is felt in the heart. I said that "A man is not judged by whether he is brahmacari but what he has to say." So then I asked him what is brahmacari. He replied one who strictly disassociates with women. And I said, "Yes, and also those who are too much addicted to women. However Lord Caitanya embraced both brahmacari and householder. He accepted both in His camp but what He didn't like was hypocrites."

So this point must be understood thoroughly. Lord Caitanya was repulsed at this caste distinction, because it destroys spiritual morality. Of course, the formal distinctions of society must be recognized for organization but a Kṛṣṇa Conscious householder devotee man is neither a woman nor is he addicted to women. Those who are considered addicted are engaged in illicit activities either directly or by thinking or planning

for sex without restriction. But if Kṛṣṇa Conscious householder men are considered addicted or in any way contaminated then what is the value of Lord Caitanya's advice when He Himself took instructions from Ramananda Ray who happened to be a householder. Lord Caitanya was a sannyasi and Ray Ramananda was a householder but yet Lord Caitanya put him on the level of spiritual master simply based on what he had to say. Lord Caitanya would associate with, take rest with and talk and take prasadam with individuals based on their spiritual realization and not their material designation.

Actually brahmacari life is meant for the purpose of developing spiritual vision. No doubt it is better if one can remain celibate to achieve such a goal but to remain celibate alone is not enough. One must practice by seeing through the eyes of scripture otherwise his celibacy and his saffron robe merely expose him as soon as he opens his mouth. So it is not that actually I deserve any respect but it is disgusting that such attitudes exist in our movement because it is the very nature of such attitudes that cause displeasure to Srīla Prabhupada. He stated that this movement is not perfect because the devotees bicker and quarrel. This quarreling is due to sectarian concept also known as kanista adhikary or third class devotee. I actually heard Prabhupada deliver a lecture once when he said that at one time he was involved in a debate amongst his godbrothers as to whether householder life was better for preaching than sannyasi. As a matter of fact he claimed he was on the side of the grihastras. So in order to settle the argument they took the issue to Srīla Bhaktisiddhanta Sarasvati Maharaja & he replied that actually family life is better but we should understand that we have no real business with partial mundane family affairs, however we must acknowledge ourselves



as members of Krishna's family. This is one of the six symptoms of surrender to identify oneself with Krsna's devotees or to feel oneself a part of Krsna's family.

So consideration should be given to the brahmacaris so that they can disassociate with women and children as much as possible but that does not mean that a householder man who is seeking brahmacari companionship should be insulted or refused. If a brahmacari thinks himself to be superior (which is unbona fide according to shastra even on a mundane concept) then better he takes the opportunity to preach Bhagavad-gita or Srimad Bhagavatam. Bhaktivinode Thakur, Prahlada Maharaja, Caitanya Mahaprabhu and so many others who preached this bhakti cult were householders. Should they be made uncomfortable upon entering a group of brahmacaris. If not then why anyone else who is trying to represent them.

A word to the wise. From my own observations I thought it my obligation to inform the brahmacaris that in Srila Bhaktisiddhanta's commentary on Upadisamrita he mentioned that there is a "straight line from the tongue to the belly to the genital." So when one either overeats or eats too much rich foods then he can be considered paving his way towards householder life at which time his saffron colored robe will not save him.

-- Madhukara das

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### STOOLHOUSE

The wallboard and tiles have been put up on the walls, with some tiling yet to be completed by Janmastami time. Jitavrata das put in blissful marble floors. Drains are being installed and there will be running water.

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## INSTALLATION

Kirtanananda Maharaja performed the installation last Thursday of Cleveland temple's full size marble Radha-Krsna Deities. Radharani was real white and Krsna was blue. Both of them looked very slender and wore green and pink silk outfits. Along with Maharaja went Parambrahma das, Sudanu das, Gatravan das and Mana Buhti das payed a guest visit and drove the party there and back to New Vrindaban. Kirtanananda Swami was very well received. They had a room fixed up for him to stay a couple days but he declined.

Kirtanananda Swami bathed the Deities in milk, yoghurt and water, dressed them and upon their being placed on the altar, performed the fire sacrifice. Afterwards he performed arotrika and the devotees showered buckets and buckets of fresh flower petals on the altar, prasadam & Deities.

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### PRABHUPADA'S BANANA WALNUT CAKE

Dry

ingredients: 8 cups white flour  
8 cups whole wheat flour  
8 cups granulated sugar  
4 cups walnuts, chopped  
A little nutmeg & cinnamon

Wet

ingredients: 2 cups sweet butter, melted  
4 cups mashed bananas  
4 cups yoghurt  
water as needed to make a thick batter

Procedure: Thoroughly mix dry ingredients, then thoroughly mix wet ingredients. Add  $\frac{1}{2}$  wet ingredients on top of the dry ingredients. Stir in, slowly adding the other half of the wet ingredients.

Bake at 350 degrees F. for about 45 to 50 minutes.

This cake weighing 60 lbs. was offered to Srila Prabhupada 2 years ago at Vyasa Puja here in New Vrindaban. Srila Prabhupada asked for it every day he was here.



# HERBS

## AS MEDICINAL FOODSTUFFS (Part I)

The purpose of writing this two part article on medicinal herbs is simply to generate awareness about the bounty of therapeutic plants Krsna is providing us with. Where to find them? When and how to gather them? How to dry herbs? How to store them safely? How to use them correctly?

All these questions form the technical body of information necessary to become self-sufficient, like so many clues on an overgrown path. But unless we cultivate a spiritual attitude towards health, i.e. depending on Krsna as our compass, we will aimlessly wander. Without a preventative approach, without actually coming to grips with the cause of sickness, what value are all these plants?

Just as it is a great offense to commit sin on the strength of chanting the Holy Name, so it is great foolishness to stockpile medicinal herbs thinking, "What does it matter that I stuff myself with prasadam. I'll just drink some red clover blossom tea and be OK."

His Holiness Kirtanananda Maharaja was asked to speak by some brahmacaris at Vrindaban farm about health. Many devotees have experienced macrobiotics, raw food diets, complementary protein diets, mucusless diets, etc. Maharaja simply explained that an unregulated life style is the breeding grounds for ill health. The uncontrollable tongue, just plain eating too much seems to be the topmost enemy. "Simply eat less," Maharaja said. "It is better to eat too little than too much."

Our menu of offerable foodstuff is what is practically available, and what adheres to Srila Prabhupada's instructions. Prabhupada states in Bhagavad-gita, ch. 10, text 8-10, "The purpose of food is to increase the duration of life, purify the mind and aid bodily strength. This is the only purpose." So, in that light

herbs may be viewed as medicinal foodstuffs growing in a natural wild state. The degree to which we use our intelligence to cure our real disease, sense gratification, is the point at which these plants will help conquer the tongue and thus the mind, stomach, bowels and genitals will follow. If we minimize our dependency on Kali Yuga drugs and karmi doctors by maximizing our dependency on Krsna's herbs, then the term self-sufficiency has real backbone.

As for plant identification, there is no point describing what this or that plant looks like. Use Krsna's library at Bahulaban. First class identification books are available. Better yet ask a member of the garden crew especially in regards to red clover blossoms and Yarrow. Twice we have conducted maha herb expeditions to find these two. In fact, red clover and yarrow grow so profusely in New Vrindaban that it would be a great endeavor to avoid finding them! Every household family can easily collect and dry a suitable winter supply of these fine medicines.

Here is a partial list of local herbs. Nettle, mullein, mint, sumac, St. John's wort, Motherwort, plantain, boneset, coltsfoot, spicebush, sassafras, ginger root, mandrake root (also May apple), and burdock.

How does one know when an herb is ready for picking? That's easily understood. If the desired plant yields its virtue above ground either in the flowers or leaves, like mint or yarrow then wait until the plant is in its perfectional stage, just as coming into bloom. One need not fret about missing the entire harvest on account of not being there on the exact day. By Krsna's arrangement, one patch of yarrow may be peaking for two weeks in July, and another meadow with a northern exposure won't blossom fully until August. Ideally pick out a patch in late spring and observe its aging process.



Roots and barks are another twist entirely. By bark I mean the inner bark of most trees; oak, ash, hickory, willow, elm, etc. Roots and barks must be gathered in early spring before the leaf buds open, or late fall when the leaf growth subsides to prepare for winter survival. Digging up sas-afrass in August with the tree in full bloom is like sending a sankirtan party to a shopping mall on Christmas Eve.

So, roots and barks in spring and fall and leaves and flowering herbs as the particular species matures to its perfectional stage, i.e. blooming.

Do I pull the whole plant up or just pick the leaves and flowers off? Are certain plants found characteristic to a particular landscape? Is drying done in the sun or shade? How should they be stored to preserve their quality? Are herbal teas boiled or steeped? All bona fide questions but they will have to wait until next issue. Stay tuned, engaged, and conscious of our spiritual masters' instructions to become self-sufficient. Jaya Prabhupada!

Your fallen servant,  
Bhakta Terry

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#### KSATRIYA DEPT.

Thanks to the assistance Bhakta Walker has been giving in training the STRATEGIC TOUGH READY AROUND THE CLOCK FORCE, they've been getting more expert training in karate. Soon there may be a trip to Ft. Bragg, N.C. to see about uniforming the trainees and also getting boots for the New Vrindaban residents. Combat boots are just about the best you can get and jump boots are even better. The team spirit of the STRAC Sq. is already excellent. This is enhanced by uniforms and drill and ceremony (marching, etc.). That is part of the reason why the armies of the world spend billions of dollars and lots of time and energy doing it.

-- Urdhareta das, Cpt.

#### MEDICAL DEPT.

There has been considerable success in the War on Infection (see Brijbasi Spirit, July 28th). There are a few more pointers that would help in this area.

- so far as eating goes, be a yogi. Overeating weakens your body and leads to illness.
- Sleep head-to-foot. Sleeping with your head to the East is all good and well, but when this crowded, breathing in each other's faces, even from a distance, is unhealthy.
- sleep with proper air circulation.
- Let fresh air and sunlight get to your blankets and sleeping bags, hair brushes and toothbrushes.
- Report all health hazards to me.

-- Urdhareta das

#### WOMEN DEPT.

It is in the air about making a Brahmacarini Ashrama. It is the natural position of a woman to be married. In Vedic culture brahmacarinis did not exist. Srila Prabhupada had to pioneer the institution to suit the peculiar needs of the West. He even coined the word 'brahmacarini'. Kirtanananda Swami mentioned that the other side of Govardhana Hill might be suitable. This presents a security problem for the guards, but may be worth it all. We foresee expansion in all areas and the present brahmacarini ashrama is not large enough.

-- Urdhareta das

\* \* \*

#### SEWING AND JEWELRY

The girls are working diligently on Sri Sri Radha Vrindavana Candra's Janmastami outfit. 10 girls put in 8 hrs. a day. The outfit includes 90 yards of completely jeweled material.

On Monday work will be started on the Deities' Radhastami outfit.

\* \* \*



## CANNING

It is the peak season for blackberries and the peak will last another week. Krsnasravana das brings in about 6 quarts of blackberries at night. The brahmacarinis have gone out twice and brought in 5 quarts each time. Devotees could go out and pick berries in their spare time--there are more than we can pick.

Mother Gomata then cans these berries fresh; we do not make jam from them. She uses  $\frac{1}{4}$  cup sugar per quart (they are canned in glass quart jars). The sugar prevents spoilage and makes them offerable to the Deities. Gomata dasi is using two different Processes.

Process 1. Pack the whole berries into sterilized jars, pour hot sugar-water solution over them, then with a clean damp cloth wipe clean the rims of the jars and seal them. Submerge the whole jars into boiling water for 20 minutes (this kills bacteria), then store in a cool place.

Process 2. Same as above, but instead of pouring sugar water solution, just stir sugar into the berries and preserve them in their own juice.

\* \* \*

### BRICKMAKING

A new devotee who has recently come here to New Vrindaban, Rathangapani das, is making bricks. They are made out of dirt and cement. Production started last Wednesday and only a few bricks have been made for the process is still in the experimental stage. Rathangapani stated that he will try for a production goal of 200 bricks a day. The cost of making our own bricks is substantially cheaper and they will be used for building the school house at Madhuban, Prabhu-pada houses and when the technique is perfected for use in building our temples.

Once made, the bricks must cure for a month before they can be used.

\* \* \*

This week was really big. We got our first real ox team together. I've been trying for months to get my own team together for the wood dept. Krsna provided verily nicely with Bhima and Gnesh. We pulled an old logging wagon out of tall grass at Madavan and the ox brought it to Bahulavan. That's a trick, to get oxen to work in tall grass. We cut a months kitchen wood with the buck saw at Badavan. It was all pulled in from the woods with oxen.

We're going to cut a road for Paramananda at Madavan and start gathering winter wood this week. It seems that we have 5 acres of oats up there but no road to get the equipment thru the forest to the field. The old road isn't on our property.

Here's the statistics on winter use for 180 days.

Bahulaban - 70 cords -  $\frac{1}{2}$  cord per day.  
Madavan - 52 cords -  $\frac{3}{10}$  cord per day.  
Vrindaban - 65 cords -  $\frac{2}{5}$  cord a day.  
total: 187 cords per 6 months winter.

One cord is equal to 200 gallons of fuel oil. Going price outside per cord is \$35.00. Winter fuel cost \$6,545.00 (Free to us), \$25.00 Mat. cost on equipment.

All Glories to Kirtanananda Maharaja. Your servants in the woods.

--Bhavishat das, Bhima, Gnesh, Romhar-san das.

\* \* \*

### FIELDS AND HORSES

Wet weather kept the horses out of the fields for a good part of the wk. and left us free to haul supplies to Vrindaban (sand, gravel, lumber and grain), haul rocks to repair the Vrindaban road, bring in firewood, spread manure, take sand and other supplies to Adi Pati's place, bring in logs for the new garage and take equipment to the pavilion. On the dry days we cut 2 fields of hay and 1



# TALES FROM THE GARDEN

Tomatoes started to ripen this past week, with about a dozen a day coming in on sunny days. The vines are full of green ones but it always seems they just hang there for the longest time without ripening until when you are just about at the point of exasperation they start to come so fast it's hard to pick them fast enough. A weeks sunny weather and there should be a few for Janmastami.

We let the zucchini get a little too big and that slowed down production. It seems best not to let them get more than about 8" long for maximum yield. The summer squash started pumping out the fruit this week. Only about half of what was planted came up so there won't be nearly as much as hoped for but probably enough so a few find their way into the dahl. Compost was spread and worked in to make seedbeds for more winter greens and late beans and peas. The peas were planted from seed saved from the spring plantings. This coming week turnips and black radishes will be planted, as well as a few beets, which, if they don't form storable roots can be used as greens.

As usual weed control occupied a large part of energy. Most of Mother Bhumi's volunteers are being graciously refused but some, like all the squash and pumpkins that came up by themselves, are welcomed and in a lot of cases are doing better than what was planted intentionally.

A little experimental work was done in drying surplus vegetables for winter storage. Beans, peppers, swiss chard and zucchini have all been tried so far with encouraging results. Once proper facility has been set up and a practiced procedure worked out, drying of surplus vegetables and fruits, which could be purchased cheaply in season, could furnish a large part of New Vrindaban's winter bhoga. The advantages of drying are that less space is required and dried produce can be stored above or below the freezing point. Some vegetables will also be canned but these have to be stored about the freezing point. Good circulation of air and 100 degrees F  $\pm$  10 are optimum conditions for drying. The item to be dried is usually hung up or laid on a screen tray. The faster they are dried the better the product, as slow drying gives the decomposition triggering enzymes a better chance to get started. Higher temperatures dry it faster but the high heat destroys a lot of

the nutritional value.

Next week Tales from the Garden will be written by Bhakta Terry, who has now taken over the garden department. The present writer has been transferred to the fields and crops department and will be losing touch with what goes on in the garden. Thanks to the Brijbasis for the opportunity to have served in such a blissful capacity as gardener and I hope to be able to be of some small use in my new position.

-- Madhava Gosha dasa

\* \* \*

SKP

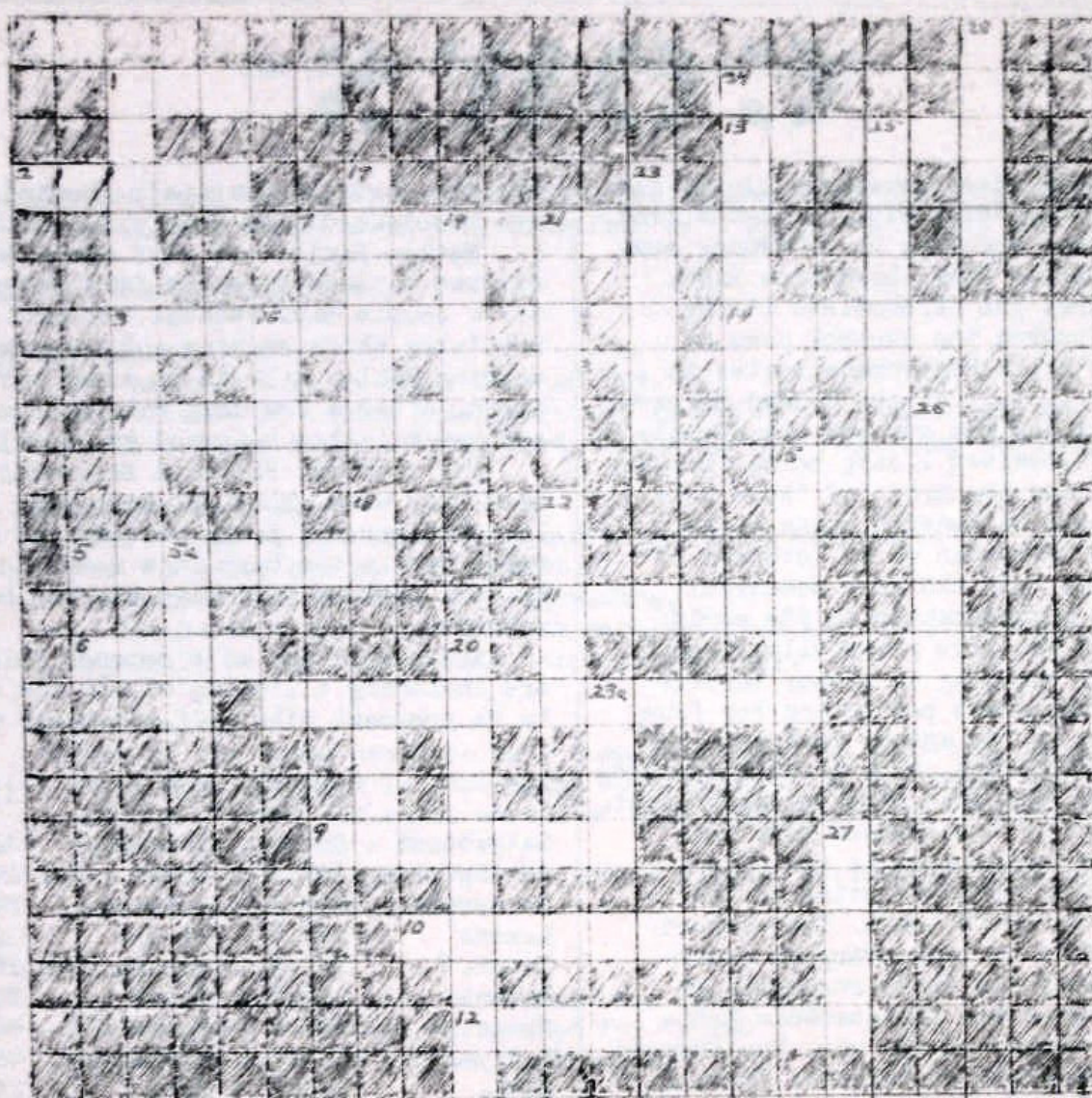
In our efforts to distribute Srila Prabhupada's books and to collect laksmi to be used in Radha Vrindavana Candra's service we were arrested in Columbus last week which proved to be a first class opportunity to preach and distribute prasadam to prisoners, public defenders and policemen. It looks as if they will throw the case out of court as they are still undecided what the charge should be called. One pious policeman who stood up for the arrested girls made great advancement by having bail dropped so the girls wouldn't have to stay in jail. He also turned 3 of his buddies on to some nice burfi, sandesh and pera. That evening, the "so called cultured" followers of Joni Mitchell were benedicted with New Vrindaban pamphlets and BTG's. The next day we boldly went to the central distribution of Fort Knox and in one hour distributed 23 Hard Krsna Books until the security men ran us off the base. We have been sent detailed info on upcoming rock concerts and fairs so distribution should increase considerably, esp. with the addition of Mothers Lata & Suksarupini add we should be able to save more lost souls. All Glories to Sri Sri Radha Vrindavana Candra Samkirtana! --Dharmatma das

\* \* \*

FIELDS & HORSES (Continued)--

field of Trudan; we brought the hay in but the Trudan hasn't dried yet. At Nanda Gram the horses worked in conjunction with the tractor & bailer to rake & bring in the hay. Nityanath das is doing great in the maintenance dept. and Saibya was bred with Prince as she apparently didn't take the first time.



Across

1. Supreme Lord
2. Scriptures written by Vyasadeva
3. Muni who cursed Garuda
4. Forest of Dhenukasura
5. Realized knowledge
6. External energy
7. Mountain Krsna lifted
8. Krsna's instructions to Arjuna
9. Ceremony of offering first grains to the Supreme Lord
10. Purifies the mind
11. Siddhi by which one can expand ones body
12. Whirlwind demon
13. teacher by example
14. Krsna's elder brother
15. old history

Down

1. Another name for Kaliya
- 5a. Victory
16. Appeared like golden rod before Krsna
17. Krsna is called Madana-
18. Said three worlds vacant without Krsna
19. Siddhi where one can become small
20. Krsna was garlanded with this necklace
21. Asura
22. Evil King of Bhaja dynasty
23. By this riverbank Krsna extinguished the forest fire
- 23a. Devotee
24. round yellow flower found in Vrndavana
25. By practicing this as described in Vedas one cannot get bhakti
26. Father of Krsna
27. Krsna's eternal consort
28. One who controls the senses



# COWS

All Glories to the offenseless living beings who so kindly dwell with us in the land of New Vrindaban, enabling us to render some pleasing service to Their Lordships Radha Vrndavana Candra. The offenseless living beings are of course the surabhi cows of New Vrindaban. Srila Prabhupada states in his purport to 1.17.13 of the Srimad Bhagavatam, "the bull and the cow are the symbols of the most offenseless living beings because even the stool and the urine of these animals are utilized to benefit human society." So here at New Vrindaban we as devotees of Srila Prabhupada have the most wonderful opportunity of demonstrating to the world how all society can live peacefully, Krsna Consciously, by engaging in proper service to the cows. This means protecting her from all the attacks of the age of Kali most importantly--slaughtering. Also present are some lesser offenses. One such offense was brought to the attention of the cowherd boys this week, which was a statement to the effect that although the stool and urine of the cow are pure, her mouth isn't. The cowherd boys, in an effort to help everyone understand more clearly the above statement of Srimad Bhagavatam asked Kirtanananda Maharaja about the purity of the cow. Two answers were given by Maharaja as follows: "Thru & thru" and "front end and backend." As we continue in our activities of Krsna Consciousness here at New Vrindavana we will be able to see more and more just how offenseless the cow is, and hopefully we can present these realizations purely to everyone thru the Brijbasi Spirit.

The Bahulaban Goshalla is full with cows up to the last stall again as Goloka, Pritha and Kalindi were brought from Nandagram this week. Pritha, a holstein, is due to freshen in a couple of days while Goloka, a Jersey, is due in 10 days. Kalindi is a holstein heifer who was brought here so we could administer properly to an infection in her right rear leg. Surabhi and Basya were wormed this week. Basya went to Nandagram to rest before her calving. Dvarapa was given a 5 day series of penicillin this week to counter attack an infection in her uterus which has been present since her calf aborted, over 1 year ago. All the cows are presently being vaccinated against an illness called "Lepto" which most probably

was the cause of Dvarapa's aborted calf. They are vaccinated once yearly for this.

Mother Rati's new calf named Rasa was not allowed to suck directly from her mother after a couple days because the calf bumped Rati's tag while sucking a little too hard causing Rati's milk to be mixed with red blood. After a few days Rati's injury healed and her milk has returned to normal.

Dvarakadham, Bhadra & Sarasvati all were bred this week. They all have been bred earlier but haven't taken yet. We had our monthly weigh day in the barn this week and hopefully by next week we will have the new butterfat records.

Along with our milk records this week we are including a listing of all the cows known to be pregnant with calf and their due dates.

<u>cow</u>	<u>amount</u>	<u>cow</u>	<u>amount</u>
Satyabhama	528.5	Dvaraka	281.2
Ambika	317.3	Sati	248.7
Sarasvati	297.3	Rukmini	292.4
Laxsmi	297.8	Bhadra	385.1
Yasoda 8	267.9	Rocana	265.8
Rabbri	214.2	Isani	201.4
Syama	161.9	Parvati	465.8
Kaliya	214.3	Cintamani	466.1
Sukla	269.9	Rati	258.7

The weekly totals are as follows:

July 27 - 768.1/July 28 - 767.9/July 29 - 774.2/July 30 - 762.9/July 31 - 794.0/  
August 1 - 787.1/August 2 - 766.2.

A total of 5420.4 lbs. of milk was milked this week. 774.3 was the average daily for the herd and the average daily per cow was 43 lbs.

Here are the pregnant cows and their due dates.

Pritha:	8-6-74
Iravati:	8-13-74
Goloka:	8-16-74
Basya:	10-23-74
Surabhi:	11-22-74
Sita:	12-14-74
Janamastami:	1-16-75
Sati:	1-16-75
Mallika:	1-17-75
Kamadhuk:	2-3-75
Tretya:	2-14-75
Ambika:	3-7-75

-- Amburish das



## NEW VRINDABAN BOARD OF DIRECTORS MEETING

Minutes for 8/4/74

ATTENDANCE: Kirtanananda Maharaja, Devakinandana das, Parambrahma das, Bhagavatananda das, Daivata das, Paramananda das, Urdhareta das; Tardy - Adi Pati das

TREASURY REPORT: Read and approved.

DEPARTMENTS Paramananda das

- 400 bales put in at Nanda Gram of hay.
- Three loads of trudan grass were put in the silo, & loose hay was put in the barn.
- Madhava Gosha spent a large part of the week in repairing the bailer.

Bhagavatananda das

- Made a trip to New York for a conference with engineers.
- The outhouses are nearly completed.
- The palace construction is progressing.
- 33 blocks were made in the block machine! They are for Prabhupada houses-- hopefully we will soon build one house per day.

Urdhareta das

- Some of the women devotees have complained that if they miss Mangala arotrika their Maha prasadam is taken away so they miss the Spiritual Benifit so they will be allowed one small morsel of Maha prasadam which is Absolute so a little is just as good as a lot.
- Gas tanks will be sandbagged to insure against accidental ignition which could cause a damaging explosion.

Devakinandana das

- All the calves have been vaccinated for Black leg.
- All the cows have been vaccinated for "Lepto".
- Kalindi is here for further treatments.

Daivata das - Madhuban

- There was a big feast for Madhuban's Deities for Lord Balarama's Appearance Day--30 preps!
- Repairs are needed on Candrarakika's Prabhupada house; it was built wrong.
- A guard system is needed for Friday & Saturday nights. Krpacarya will be trained daily with the guard squad.
- Lord Balarama now gets a littlecup of honey every offering every day.

Parambrahma das - Vrindaban

- The Vrindaban clean-up is doing nicely with great improvements in the kitchen and prasadam rooms.
- The old goat shed is now completely torn down and disposed of.
- The brahmacarīs won Kṛṣṇa Bol again and are anxious to host Kirtanananda Swami twice in the coming week!

Adi Pati das

- The gardens are looking good and the harvest should be first class.
- There is a lot of canning and drying of vegetables being done.
- Honey is going to be produced for Lord Balarama and currently we need 2 more queen bees.

Note: Devotees, if the water system is malfunctioning, please report it to Bhagavatananda, Urdhareta or Parambrahma das immediately.



NEW VRINDABAN BOARD OF DIRECTORS MEETING (Continued)--

OLD BUSINESS

--All devotees should get permission from Romharsan das before cutting any trees or taking any posts, lumber, firewood, etc.

Janmastami: At the Pavilion the altar needs repair.

--Urdhareta das will be getting together parking and traffic flow signs and will be in charge of security.

Orientation Leaflet--Parambrahma and Urdhareta are to write it, and it will include: living, bathing, parking, stooling, water, property boundaries, etc.

Sudanu das will be charge of the cooking and he and Mangalananda das are to get the kitchen together.

Mahendra das, president of Pittsburgh temple, will get the program together.

NEW BUSINESS

--Madhukara das is to begin working  $\frac{1}{2}$  day at Gurukula with the brahmacaris.

--Bill Jones has been requested to lease to us 4 acres of land at Guruban.

--Daivata das & Kirinasa das are to go to Gurukula to pick up the children of New Vrindaban devotees and bring them here for Janmastami.

Meeting adjourned.

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