ISKCON

22 Sept — Parshva Ekadasi

Fast until noon for Sri Vamanadeva

23 Sept — Appearance of Srila Jiva Gosvami & Sri Vamanadeva

24 Sept — Appearance Day of Srila Bhaktivinoda Thakura

Fast until noon

25 Sept — Disappearance Day of Srila Haridasa Thakura

26 Sept — Bhadra Purnima

Sri Vishvarupa Mahotsava

Srila Prabhupada's acceptance of sannyasa

Third month of Chaturmasya begins

Shraddha (Pitru Paksha) begins

27 Sept — Month of Ashvin (Padmanabha) begins

2 Oct — Srila Prabhupada's arrival in the USA





The Holy Name in Every Circumstance

Looking at the calendar of special days ahead, there is so much to relish. It is said that in the spiritual world **every word is a song, every step is a dance, and every day is a festival**. This is because the soul is eternal, and its true home is a place of ever-increasing happiness.

Let's look at one of these special days: the disappearance day of **Srila Haridasa Thakura.**

Who Was Haridasa Thakura?

Haridasa Thakura lived over 500 years ago. He became famous for chanting the names of Krishna and is known as the Namacarya, meaning teacher of the holy name.

His life teaches us something very simple: **anyone can chant the Hare Krishna mantra.**

Haridasa was brought up in a different tradition, but became devoted to Krishna and began chanting His holy names. Lord Caitanya taught that anyone, whatever their background, can become a great devotee by sincerely chanting God's holy names.

Some powerful rulers did not like this. Haridasa was arrested and put in prison because he refused to stop chanting.

The prisoners asked him, "How can you keep chanting when you are in prison? Why are you still so happy?"

Haridasa taught them that real happiness comes from remembering Krishna. He taught them the Hare Krishna mantra, and soon the prison was filled with people chanting together. The guards eventually removed him because he was making the prisoners happy instead of miserable!

Later, Haridasa was beaten in 22 different marketplaces because he refused to give up the holy name. He famously said:

"You may cut my body to pieces and my life may leave it, but I will never give up the holy name of Hari." — Caitanya Bhagavata

Haridasa survived and became known for chanting **300,000 names of Krishna every day.**

We are not expected to chant this much. But his life can inspire us to make chanting a regular part of our own lives.

People could hurt Haridasa's body, but they could not stop him chanting and remember Krishna.

Try chanting:

The Hare Krishna maha-mantra is a simple way to begin developing our own connection with Krishna. You don't need to understand everything before you start. Just give it a try.

Hare Krishna Hare Krishna
Krishna Krishna Hare Hare
Hare Rama Hare Rama
Rama Rama Hare Hare

You can chant quietly to yourself or aloud. Devotees often chant on beads, but you don't need beads to begin.

Try chanting for a few minutes and simply listen to the sound. If your mind wanders, gently bring it back to the mantra.

Wherever we are, whatever our circumstances, the holy name is always available to us. Just start.

Explore the Bhagavad-gita With Us

In future newsletters, we'll explore the Bhagavad-gita together, one chapter at a time.

Krishna's conversation with Arjuna explores some of life's biggest questions:

Who am I?

Why do we suffer?

What happens after death?

How can we find lasting peace?

If you don't already have a copy, write to us and we can help you get one.

"There is no hard-and-fast rule for chanting the holy name of God. Anywhere, at anytime, anyone, in any circumstances, he can chant."

— Śrīla Prabhupāda, London, 13 August 1972

Getting Started

If you would like to begin practising Krishna consciousness, write to us to request a **worship pack**, including books and a set of beads. If you already have some items, let us know and we can send you whatever else you need.

You are also welcome to write with any questions about Krishna consciousness, chanting, meditation or anything else in this newsletter. We would be very happy to hear from you and can include useful answers in future newsletters.

For your starter worship pack, please write to:

Mother Amala
Hare Krishna Chaplaincy
ISKCON London Radha-Krishna Temple
10 Soho Street
London, W1D 3DL

What is Ekadasi?

Ekadasi is observed twice a month as an opportunity to focus more on spiritual life. It is a little like the Sabbath: a regular day to simplify our lives and spend more time remembering and connecting with God.

You can begin simply by avoiding meat, fish, eggs, onion, garlic, grains and beans, and eating simple foods such as fruit, potatoes and dairy. Those who are able may choose to fast completely. Fasting is not suitable for everyone, so please consider your health and circumstances.

Most importantly, use the day to spend a little extra time **chanting, reading, or hearing about Krishna.**

The purpose of Ekadasi is not simply to go without food, but to create more time and attention for spiritual life.