



ISKCON
NAIROBI

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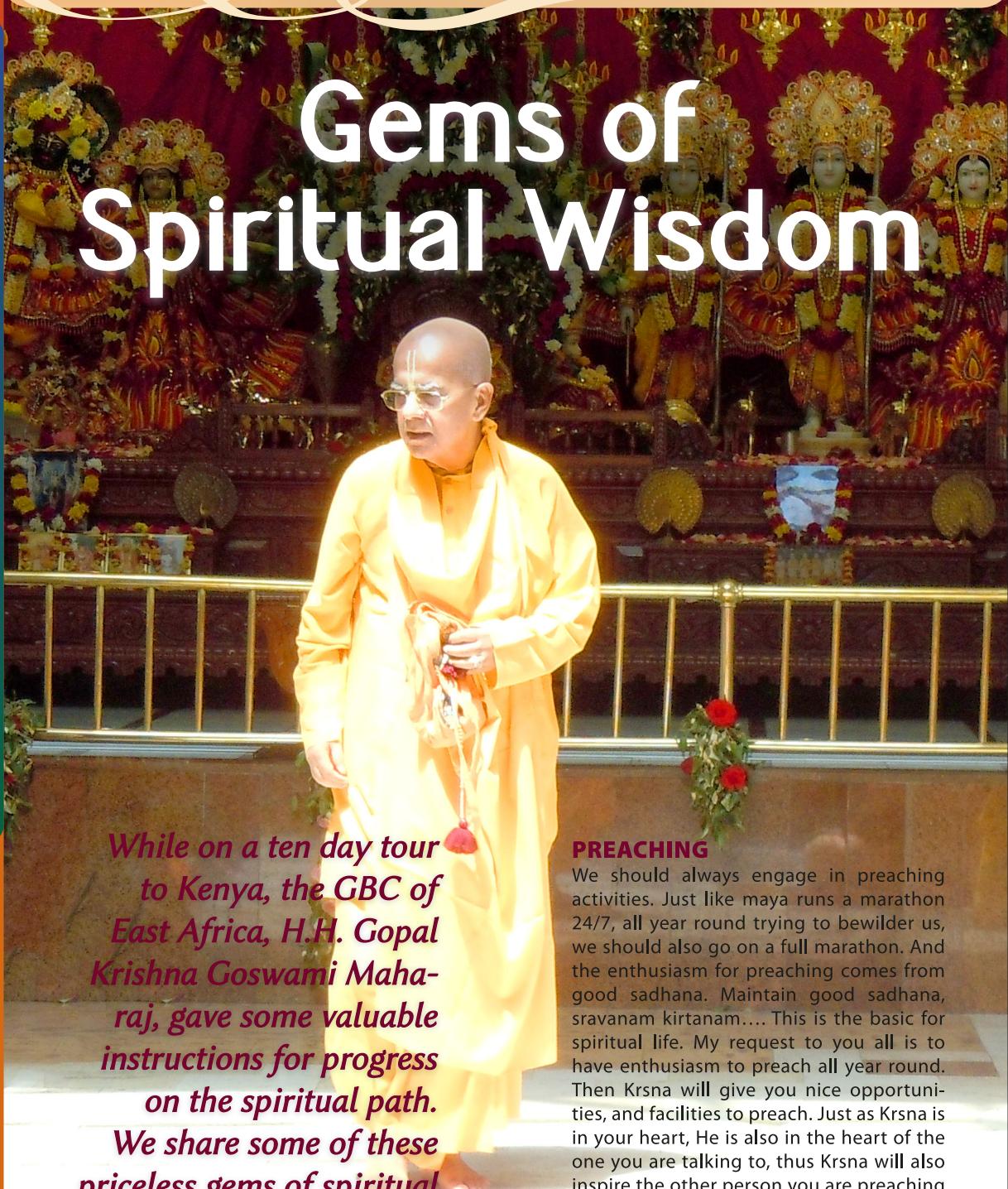
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'The devotee should engage 24 hours in service. Our mood should be that even if one moment is misused, that we cannot bring it back with the world's whole wealth.'

H.H. Gopal Krishna Goswami Maharaj

Bankebihari NEWSLETTER

Gems of Spiritual Wisdom



While on a ten day tour to Kenya, the GBC of East Africa, H.H. Gopal Krishna Goswami Maharaj, gave some valuable instructions for progress on the spiritual path.

We share some of these priceless gems of spiritual wisdom with our readers.

PREACHING

We should always engage in preaching activities. Just like maya runs a marathon 24/7, all year round trying to bewilder us, we should also go on a full marathon. And the enthusiasm for preaching comes from good sadhana. Maintain good sadhana, sravanam kirtanam.... This is the basic for spiritual life. My request to you all is to have enthusiasm to preach all year round. Then Krsna will give you nice opportunities, and facilities to preach. Just as Krsna is in your heart, He is also in the heart of the one you are talking to, thus Krsna will also inspire the other person you are preaching to. Most essential activity is to preach and Krsna will give you the intelligence to know what to say. We should take part in these preaching activities.

COMPASSION

We should have faith in the words of the Lord. When we take part in preaching activities, we develop the mood of compassion. Just like a mother develops attachment to her baby, by taking care of the baby, we should also take part in preaching activities and maintain good sadhana.

GURU

If you make your guru happy, you will become happy. And how do you make guru happy? By chanting your rounds nicely, reading Srila Prabhupada's books, and taking part in devotional service. You do not have to worry about giving your guru money. And when you engage in spiritual activities, blessings from the parampara also follows.

MAINTENANCE

In 1976, Srila Prabhupada woke me up in the middle of the night and told me to put an advert in the newspaper: Srila Prabhupada "I invite all India to come and live with us; I will feed them, no problem". "Come and live with us, like us". We are ready to feed the whole country if they are ready to live a civilized life like us, with us.

KEY TO SPIRITUAL SUCCESS

The key factor that helps us to remember the Lord is sravam kirtanam If we chant our rounds attentively, there is a very good chance that we can remember the Lord. Attentive chanting of the holy names of the Lord, enables one to meditate on Krishna and His pastimes. Whatever your occupational duty is, use the result for serving the Lord. If you go to a job, earn some money, use the results for the service of the Lord. In this way you escape the reactions.

SPECIAL ADVICE

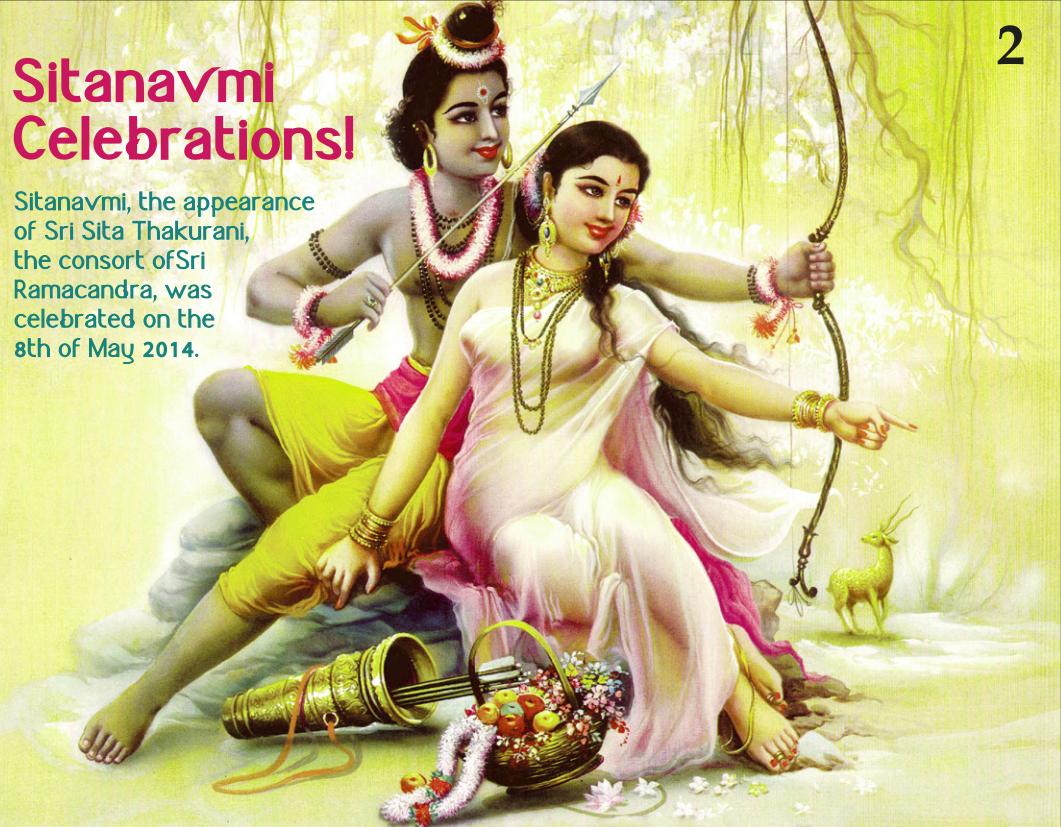
Chant your rounds every morning and read Srila Prabhupada's books. Eat Krishna Prasadam every day and PREACH. **WE WANT ALL THE AFRICANS IN KENYA TO BE HAPPY!**

Students hearing a lecture from H.H. Gopal Krishna Goswami Maharaj



Sitanavmi Celebrations!

Sitanavmi, the appearance of Sri Sita Thakurani, the consort of Sri Rama, was celebrated on the 8th of May 2014.



Sri Sri Srimati Sita Devi wearing the flower dress

Sita Devi represents chastity, service attitude, commitment, humility, forgiveness, gratitude, spiritual strength and unlimited beauty.

She is addressed by different names such as **Janaki** - the daughter of King Janak, **Maithili** - the princess of Mithila, **Rama** - the wife of Lord Rama. The meaning of Sita is a furrow, She was named this as She was found by King Janak in a furrow, while he was ploughing the land. On this most auspicious day, the devotees presented Their Lordships with beautiful flower dresses. These dresses were made by the devotees the previous day. The devotees engaged themselves in this wonderful service with great enthusiasm. Each flower for the dress was meticulously

picked in order to ensure that the dress would look great, and of course the dress was breathtakingly beautiful, due to the hard labor of love that the devotees put in. In the evening, devotees celebrated the occasion through heart touching kirtan, dancing and a beautiful abhishek ceremony. After the abhishek ceremony, H.G. Umapati Prabhu, gave a lecture on the glories of Sri Sita Thakurani. All the devotees then enjoyed a sumptuous feast! On the most auspicious day of Sita Maharanis appearance day, devotees pray to Her for sincere devotional service and unto the lotus feet of Her dear Husband Sri Rama.



Matajis selecting the best flowers for the dresses



Devotees working on the flower dresses



Flower dresses

Birmingham 24 Hour Kirtan

Local Talent Goes International

Bhaktin Bindiya Rathod, with the help of the Nairobi Youth, created colourful artistic banners for the Birmingham 24 Hour Kirtan.



Bhaktin Bindiya Rathod (left) and Hari Das Prabhu (right) painting banners



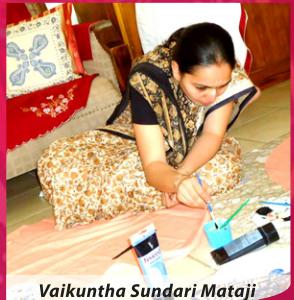
Bhaktin Hinal Fatania



Bhakta Trushen Patel



Bhaktin Ridhi Patel (left) and Bhaktin Bijal Patel (right)



Vaikuntha Sundari Mataji

Two of Our Best Kirtaneers

At the same time 2 talented brothers, Bhakta Balaram and Bhakta Krishna, were invited by Birmingham devotees to take part for the same event.



Bhakta Krishna playing Mridanga (left) and Bhakta Balaram leading the kirtan (right)



Again, Bhakta Balaram leading kirtan (left) and Bhakta Krishna playing mridanga (right)



Bhakta Krishna playing estatic mridanga

Narasimha Caturdashi



Lord Narasimhadeva and Sri Prahlada Maharaj on Narasimha Caturdashi

Narasimha Caturdashi (the appearance day of Lord Narasimhadeva) is a special day for all the devotees around the world.

In order to keep the words of His devotee, Lord Narasimhadeva specially appeared to protect and save His sincere devotee Prahlada Maharaj from the atrocities of his demonic father, Hiranyakasipu. On this wonderful day, ISKCON Nairobi celebrated the event with amazing kirtan, class, variety program, and sumptuous ekadashi prasadam. Unlike the usual Narasimha Caturdashi, this year we had a very beautiful deity of Lord Narasimhadeva at our temple. He was almost 7 feet tall with his beautiful fearful form, which was more pleasing than the blazing sunset. For His pleasure, a group of both young and older devotees performed a drama, to depict His appearance Lila. This play was performed so well, that when the character of Lord Narasimhadeva appeared on the stage, many children started crying out of fear.

We would like to share a true story of Ugra Narasimhadeva, ISKCON Mayapur Temple

The Curer of Cancer Resides In Mayapur

The Miracle that shocked German Doctors

By Nanda Kishore Dasa

On 18th March 2008, Sri Maheshbhai Dhokia, a congregation member from London, called (Mayapur) to inform that his wife Srimati Jayshree Dhokia who was suffering from acute uterine cancer was being flown from London to Frankfurt to be operated upon for the final time. Maheshbhai asked me if devotees in Sri Mayapur could offer prayers to the Lord for his wife. Doctors in London had given up hope and had claimed that she would probably not last more than 3 months as the cancer had spread to most parts of her lower body in the region of her abdomen and pelvis. The following morning, I explained the whole situation to HG Pankajanghri prabhu and humbly requested him to offer prayers and perform a puja to Lord Narasimhadeva. We were both in the pujari room near the altar of Sri Sri Radha Madhava. I was dressing Sri Caitanya Mahaprabhu at that time of the year and HG Pankajanghri Prabhu was making final preparations for the abhiseka of Lord Narasimhadeva. He asked for the name of the mataji. I gave it to him on a piece of paper. In Germany, during the same time a surgery was in progress to save Srimati Jayshree mataji. After she regained her consciousness she told her husband that she had dreamt of Lord Narasimhadeva of Sri Mayapur. Bhakta Prahlad Maharaj was there too to tell her the glories of Lord Narasimhadeva. She also told her husband that she felt completely like a new person and something evil had left her body. After returning to London, she was taken back to the doctors for a checkup. During the PET scan, the Radiologists were shocked to discover that there was no sign of cancer at all in her body. They called up the hospital in Germany to confirm the medical details of the patient. The German surgeons who operated on her could not believe what they had heard from the radiologists in London. They were shocked that there was no sign of cancer at all. The German research medical unit is currently studying the entire case deeply. Little do these doctors know about Lord Narasimhadeva who protects His devotees. When Maheshbhai and his good wife Srimati Jayshreeben came back to Sri Mayapur to understand what had really happened, Srimati Jayshreeben just cried and cried in front of Lord Narasimhadeva. HG Jananivas Prabhu blessed the couple and summed up the whole transcendental episode with these wonderful words "Lord Narasimhadeva performs operations with His transcendental nails and the devotees just feel blissful" Jayshreeben now chants 16 good rounds starting a new life in Krishna Consciousness; she thanks all the devotees of ISKCON and feels very proud to join the spiritual family of Srila Prabhupada. She has vowed to come to Mayapur every year and be near Lord Narasimhadeva.



A wonderful drama performed by devotees, including Bhakta Amit Gandhi acting as Narasimhadeva (left), Rasika Gopinath Prabhu acting as Hiranyakasipu (lying on his back), and Bhakta Tilak acting as Prahlada Maharaj (right)

Initiation Ceremony

'Only by some great fortune a living entity attains the shelter of a spiritual master. Following the instructions of spiritual master is the only way to cultivate Krsna Consciousness and become eligible for eternal shelter at Krsna's lotus feet'

H.H. Gopal Krishna Goswami Maharaj



'Just by taking initiation, one's anarthas do not disappear and good qualities do not manifest. One should keep endeavoring to improve.'

**H.H. Gopal
Krishna
Goswami
Maharaj**

On 18th May 2014, Diksha (initiation) ceremony was held at the temple hall in front of Their Lordships, Sri Sri Radha Bankebihari, Sri Sri Sita Rama Laxmana Hanuman, and Gaura Nitai. 25 devotees took Harinama diksha (1st initiation) and 15 devotees took Brahmana diksha (2nd initiation), from H.H. Gopal Krishna Goswami Maharaj.

During the ceremony, H.H. Gopal Krishna Goswami Maharaj explained the 3 different types of birth. First is the material birth, when one is born from the womb of a mother. However, the real birth, real spiritual life, begins when one accepts a spiritual master (Harinama diksha) and renders service unto him, and finally the third birth is when one takes the Brahmana diksha.



Shivananda Caitanya Prabhu taking his vows in front of his spiritual master



Hari Katha Mataji gets her beads



Sri Gauranga Prabhu performing Yagna



From left to right:
Front row: Kamalapati Prabhu, Madhavi Radhika Mataji,
Kanana Priya Prabhu, and Ambika Gopi Mataji



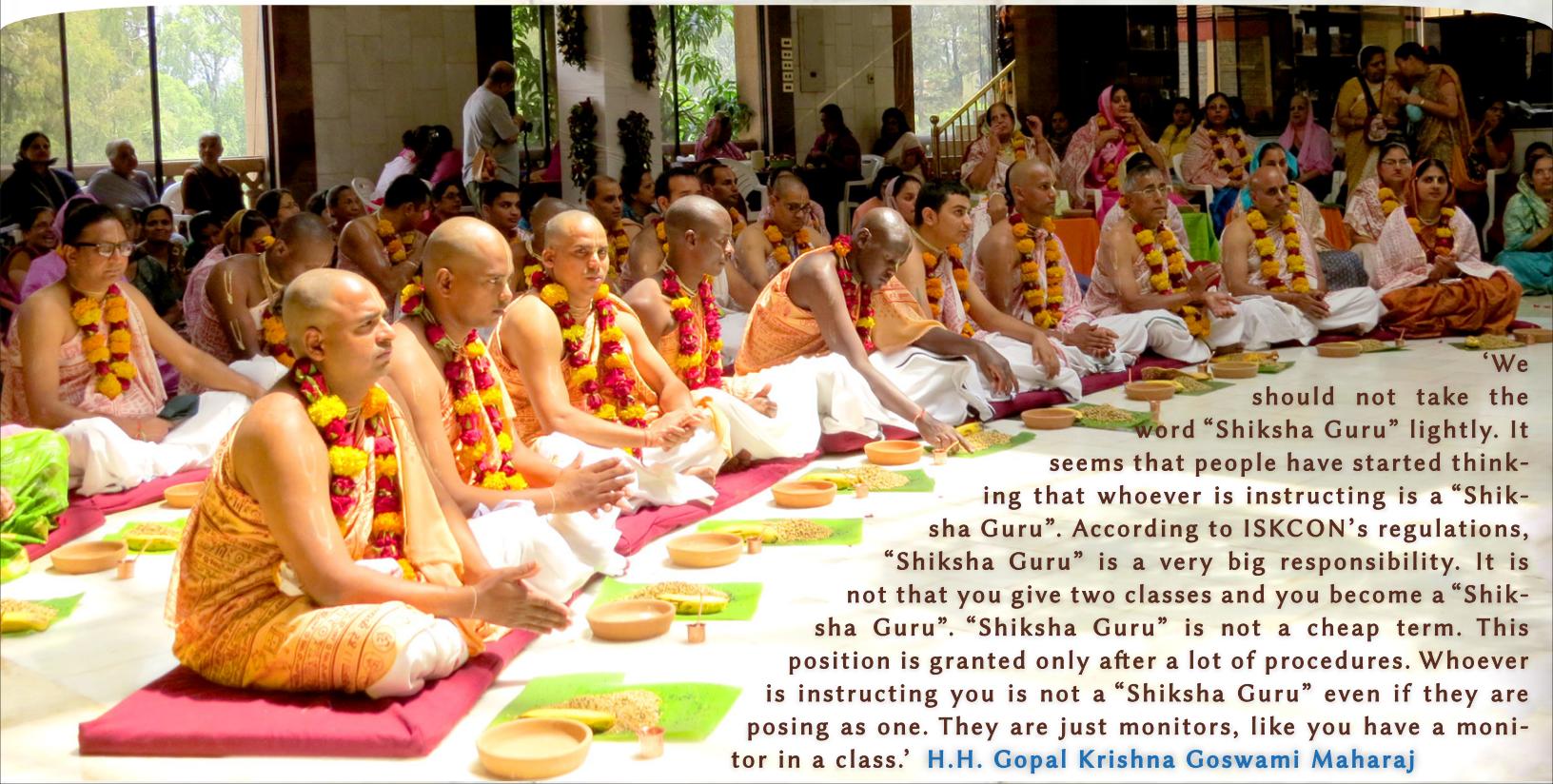
Back Row: Sri Sitarani Mataji, Ramabadr
Priya Mataji and Hari Katha Mataji



Jagat Kirti Lila Mataji (left) with her daughter Bhaktin Janki Pandya (right)

‘The spiritual master and Krsna are two parallel lines. The train, on two tracks, moves forward. The spiritual master and Krsna are like these two tracks. They must be served simultaneously. Krsna helps one to find a bonafide spiritual master and a bona fide spiritual master helps one to understand krsna. If one does not get a bona fide spiritual master, then how can he ever understand Krsna? You cannot serve Krsna without a spiritual master, or serve just spiritual master without serving Krsna. They must be served simultaneously’

A.C. Bhaktivedanta Swami Srila Prabhupada



‘We should not take the word “Shiksha Guru” lightly. It seems that people have started thinking that whoever is instructing is a “Shiksha Guru”. According to ISKCON’s regulations, “Shiksha Guru” is a very big responsibility. It is not that you give two classes and you become a “Shiksha Guru”. “Shiksha Guru” is not a cheap term. This position is granted only after a lot of procedures. Whoever is instructing you is not a “Shiksha Guru” even if they are posing as one. They are just monitors, like you have a monitor in a class.’ **H.H. Gopal Krishna Goswami Maharaj**

jagannatha

Gives Darshan to All in Ngara, Nairobi
Mini Rathayatra

Right at the beginning of the monsoon season in India, the Lord of Puri goes to his garden palace, Gundica, for his summer annual vacation. Originally, the festival has its foundation in the residents of Vrindavan bringing back their Lords; Krsna, Balarama and Subhadra, from Kurukshtetra. Thousands of people flock to see, and to pull the grand chariots from one temple to the other. For over 5000 years the Rathayatra festival has been celebrated in India by millions of pilgrims. This transcendental festival was brought from India to the west in 1967, by the founder of the ISKCON movement: His Divine Grace A.C. Bhaktivedanta Swami Prabhupada.

The Rathayatra festival is now celebrated in over 200 cities around the world. The first time that the festival was celebrated, Srila Prabhupada instructed his devotee, Shyamasundar Dasa, to "make the Deities so beautiful that everyone will be attracted to them". Under this direct order, Shyamasundar Dasa carved the Deities of Jagannatha Baladeva and Subhadra. These Deities are still worshipped in London today, and once a year they come out of the temple to ride from London to Trafalgar Square. This festival was Srila Prabhupada's triumphant moment, looking out at thousands of people chanting the Holy name in Trafalgar Square. One of the most awaited festivals of the year in Nairobi was not the same this time round. It was not the usual massive festival, with hundreds of people pulling Lord Jagannatha's majestic cart through the city. It was a much smaller crowd, with a mini Rathayatra cart that took Lord

Jagannatha out on a smaller parameter. This year's Rathayatra festival was blessed by the presence of H.H. Gopal Krishna Goswami Maharaj. Although it was a small chariot, it dazzled elegantly on a bright morning, decorated beautifully, awaiting to be taken around. Devotees gathered at the gates of the temple, all in a festive mood, dancing and chanting on the Holy names of the Lord. The procession kicked off at approximately 10:30 a.m, with amazing and ecstatic kirtan led by H.G. Nitai Priya Prabhu. As the chariot glided through the residential area of Ngara, devotees and some of the locals who joined along in the procession, danced to their hearts' content. They all danced in unison. Kirtan filled the air. Instruments vibrated all over. Everyone was singing with full joy. Everyone was dancing for the Lord, who in turn was so merciful to be giving his darshan to all. It was a great moment. The Lord was taken around the parameter and then brought back to the temple where the ecstatic kirtan continued. The energy was still there and all devotees continued dancing in ecstasy. After the procession, the Rathayatra celebration continued at the temple, where Mr. Collins with his group, Parikshit Prabhu and Bhakta Robert, performed for the delighted crowd, who had gathered in the refurbished hall downstairs. The energy and liveliness that the team danced with had the crowd go wild with applause and cheer. It was a great performance. And finally, the festival ended with a great feast for all! It was a wonderful festival.



ISKCON Nairobi Gets Upgraded

We would like to share some pictures of our new and upgraded facilities at the temple.

For more information on the opening of the upgraded facilities please visit:

<http://iskconnews.org/iskcon-nairobi-temple-gets-upgraded-facilities,4433/>



New en suite bedroom



Attached bathroom



New prasad serving counter



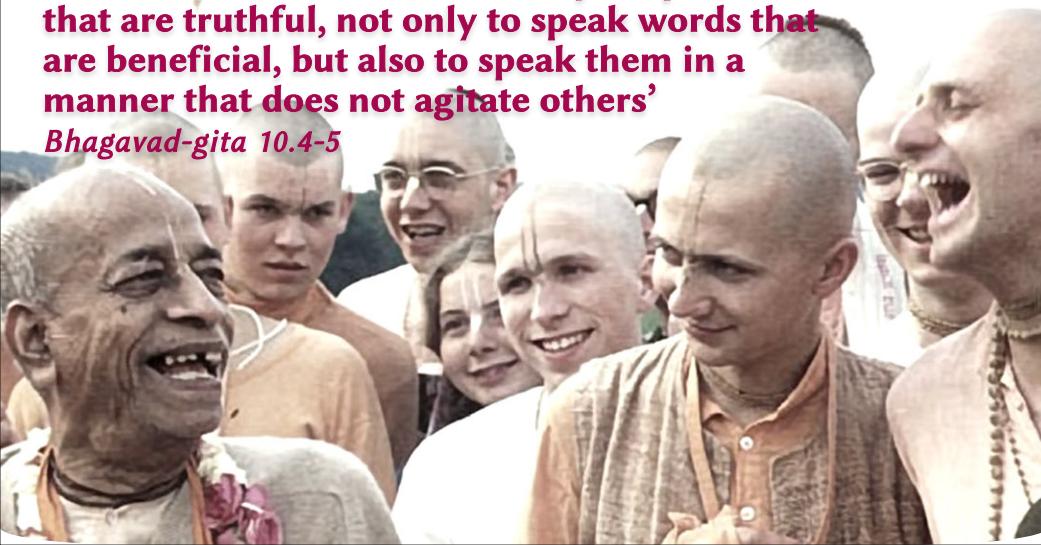
New kitchen



The refurbished prasadam hall

'If you want to have good Vaisnava relationship, our endeavor should be not only to speak words that are truthful, not only to speak words that are beneficial, but also to speak them in a manner that does not agitate others'

Bhagavad-gita 10.4-5



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