

# Radha ashraya

Newsletter of Sri Sri Radha Mohan und Sri Sri Radha Patit Pavan



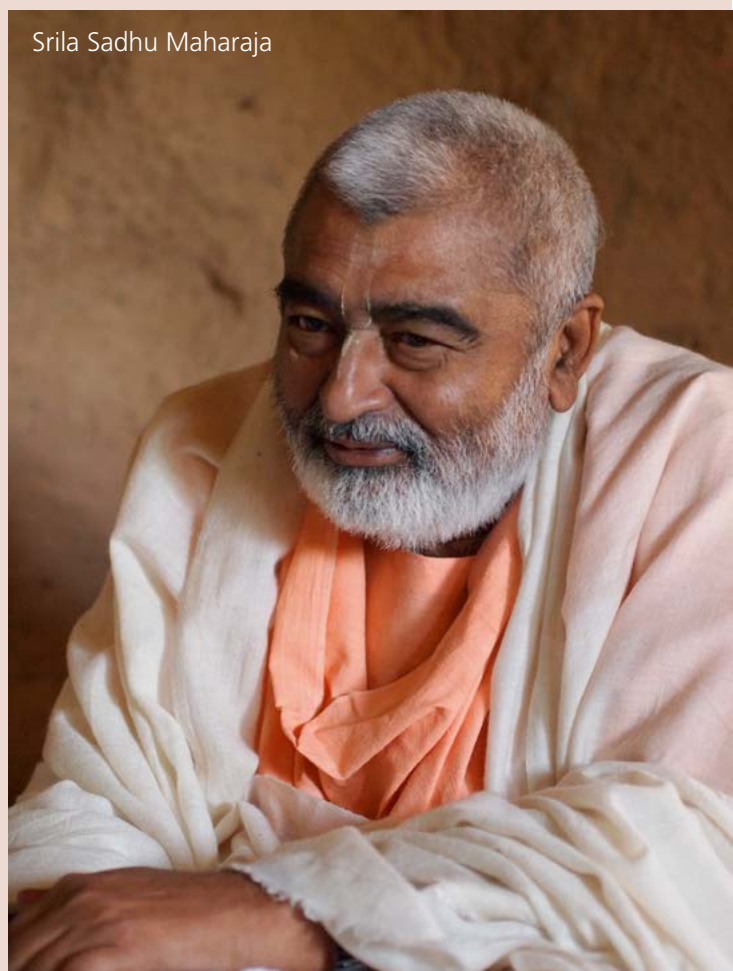
Srila Sadhu Maharaja

„We all are spiritually brothers and sisters with the goal to increase our consciousness. And to be together to increase our real identity with loving feelings and service. I request that we have to come forward to show our feeling and to coordinate together, with your advice and your service. We have to relate to each other. Relation is important. To share your feelings, that is family.“  
(Srila Sadhu Maharaja)

*Dear Devotees,*

*We are happy to share the first newsletter of Sri Sri Radha Mohan and Sri Sri Radha Patit Pavan with you!*

July 2013





# Sadhu Maharaja

## »the mind and bhajan sadhana«

***Radhe Radhe!***

***Dear brothers and sisters!***

I want to share with all devotees on how to improve our spiritual life, and on what are the hindrances and how to remove them. As by advice of the Mahajanas such as Srila Rupa and Raganatha dasa Goswami, I request to understand this important topic.

The main helper in bhajan sadhana is the mind, the Lord of the senses. The mind of a materialistic person is by nature restless and attached to the sense-objects. In the Bhagavad Gita (6.34) Arjuna tells Krishna, the Lord: "O Krsna! The mind is restless, disturbing the senses, powerful and tenacious, and to control him seems to be as difficult as to control the wind (in our bodies, by means of kubhaka and recaka- exercises)" The Lord agreed with this and said: "O Might-armed One! Undoubtedly it is very difficult to subdue the naturally restless mind, but it can be accomplished through exercise and detachment."

By understanding how difficult and hard it is to subdue the mind, the sadhaka will slowly walk the path of auspiciousness. Any stream of thoughts that emanates from our mind keeps a samskara (culture, conditioning) within our (sub)consciousness, and the aggregate of these samskaras form our svabhava (nature). Just as our present nature is the result of previous samskaras, our future nature will be the result of our present customs.

By giving up our mundane samskaras and developing a spiritual samskara we can gradually control the mind and walk on the path of bhajan. There is no other way than this.

Srila Raganatha das Goswami very tenderly addresses his mind, saying: "O Mind, my brother! I hold your feet and I pray to you with flattering words, please listen! First of all, always give up dambha or pride".



False Ego, deceitfulness and crookedness are all understood to be dambha. For innumerable births our samskara has been identified with our material bodies and everything related to it. This consciousness is a great obstacle to progress in devotional practise.

Srila Narottama Das Thakur sings (qtd. in Prema Bhakti Chandrika): "The proud non-devotees are the lowest people in the world. Their endless thoughts are all in vain". In order to destroy this false pride the devotee should develop humility, which is considered to be the life-force of devotion. Deceitfulness and crookedness (hypocrisy) are other great obstacles to devotional advancement. The Lord will never want to bestow His mercy on a crooked person. Therefore Srila Raghunata dasa says: " O mind! Always give up dumbha, or vanity, which is a powerful obstacle to bhajan, and instead become very attached to some other objects!"

***My blessings and well wishes to all,  
Your Sadhu Maharaja***

## Vrindavan News



*Munger Mandir, Vrindavan*

Dear brothers and sisters, dear friends,

Each time I arrive in Vrindavan, standing in front of the gate of Munger Mandir, I feel as if somehow a gate to a different world is opening. Already the first sight through the garden in direction to the temple building is breathtaking. A loving and calm atmosphere emanates from there, inviting one to remain and merge into Krishna's holy name.

These days our beloved Gurudev, Srila Sadhu Maharaja, is touring in Europe, inspiring many souls to come to Vrindavan. It is therefore a pleasure to share some latest developments with you regarding the temple. More than 30 rooms have gotten new mosquito doors; in almost all rooms new fans have been installed.

Noteworthy to mention is also that the area of room 32 to 38 has been completely renovated. A beautiful residence site with 5 double bed rooms, all with new

bathrooms and A/C now welcomes devotees. The walls in the office and Srila Sadhu Maharaja's rooms have been renovated and decorated with flower designs. The tulasi garden outside the gate has been fenced to protect it from monkeys. A bamboo hut was constructed to store the fodder and grass for the cows.

In June some major construction of the sewage system was completed.

Thanks to all the devotees and friends, who have contributed with their service to realize all these nice developments.

We are eagerly waiting to welcome you all. Please make your reservation to stay in Munger Mandir well in advance! Thank you.

Jay Shri Radha Mohan!  
Gaurachandra Das, Vrindavan, India



*Ratha Yatra celebration, Radha Mohan Temple, Vrindavan*

On 10th July wonderful Ratha Yatra festivals were celebrated in Munger Mandir and Jamdhaha. On both places delicious Jaganath prasadam was prepared and distributed to everybody inside and outside the temples. Shri Jagannath, Shri Baladeva and Shri Subadhra also distributed joyfully fresh mangos to all.

### **Are you going to Vrindavan or Jamdaha this year?**

If you are planning to stay at Munger Mandir, you can find information here: <http://sadhumaraja.net/contact/accommodation-and-arrival/>

For any information, room reservation and arrival, please send an email to: [radhamohanmandir@gmail.com](mailto:radhamohanmandir@gmail.com)

If you are planning to visit Jamdaha, please contact: [info@premseva.net](mailto:info@premseva.net)

Adresses:  
Radha Mohan temple, Munger Raj Mandir , Mathura Road (near R.K. Mission) , Vrindavan, Uttar Pradesh , 281121, INDIA  
Radha Patita Pavana temple, Jamdaha, District Banka, Bihar, 813102, INDIA



## Life in Jamdaha

There is one important thing that most of us in the Western world have lost: to live peacefully in a simple way.

Jamdaha is a place where one can experience to live peacefully, rediscovering our capacities to live simple, being in contact with nature. This is the beauty of this place. It is very important for all to have such a wonderful place, where it is possible to make seva for Radha and Krishna in peace, without any pressure.



*Sridhar and Tribhanga in Jamdaha*

I would like to share with you about the realization I had during the time spent in Jamdaha. I feel that one important condition in order to have a peaceful mind and spirit is to be in contact with nature, and to live with the rhythm of nature. Waking up in the early morning hours, when the sun arises to greet us, and to take rest a little after sunset, after sometime I started to feel a sensation of well-being inside of me. Also the food in Jamdaha was giving me a lot of energy. The Prasadam of Radha Patit Pavana in Jamdaha is so pure and nutritious. Most of the food comes straight from Patit Pavana's fields and garden. To eat healthy food without many processes of preparation is very important for the body and the mind. There is nothing better than Prasadam that comes directly from nature; healthy, pure, virtuous and tasteful! Cooking in Jamdaha also is done with natural resources. There is one solar panel on the roof of the temple where it is possible to cook in a big pot easily, so fast in a warm day, and all that we are using is just the beautiful power of the sun! It is possible to cook also by making a fire with woods in a proper place on the backside of the temple. When we cook like that we can understand how much beauty there is, to cook using just what Krishna give to us through the nature.

The air is another important thing for the well-being of our body. We have become contaminated from the date of our birth, by the toxic gas of thousands of factories and cars. In the village and nearby are no factories, just a few jeeps and motorcycles, so it is possible to take rest

for the lungs, and to breath fresh and clean air; after sometime we can feel this benefit in our mind also. There is always some seva to do for Radha Patit Pavana in Jamdaha, and in a peaceful and loving way, without pressure or anxiety.

The atmosphere is simple, harmonious and wonderful; the people in Jamdaha are very simple and we can learn many things from them; everybody is always smiling, and everybody love what he or she does. There are a lot of enthusiastic children filled with the joy of living, it is very nice to stay with them, teaching some English lesson or some other subject.

Jamdaha is a very beautiful place to make spiritual life, doing seva for Patit Pavana. I think that this is a place for all who want to live a natural life, without many material things, and rediscover their own capacities to live in a simple way, a point that we have lost by using many useless technological things.

I invite all to come to Jamdaha to do seva for Radha Patita Pavana and enjoy the fantastic beauty of this place!

Radhe Radhe,  
Sridhar, Terni, Italy

## Radha Patit Pavan News

This spring, by the grace of Sri Sri Radha Patit Pavan, the first Bhagavad saptam (7 days speaking of Srimad Bhagavatam) was held in Jamdaha. Thousands of people from the village and nearby attended the beautiful program!

In July, new floor tiles have been put in the temple room and the entire guesthouse area, so that devotees and visitors can have a nice stay for bhajan and seva.



*New tiles in Jamdaha!*