



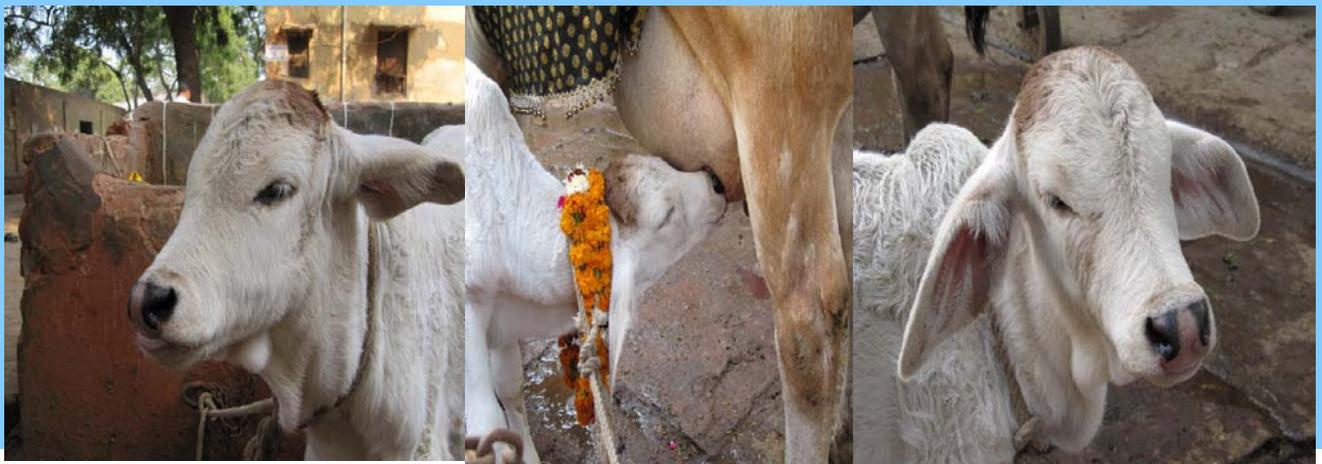
# VOICE OF COWS NEWSLETTER



The Founder-Acharya of International Society For Krishna Consciousness His Divine Grace A.C. Bhaktivedanta Swami Prabhupada

## Transcendental Goshala

## Newsletter Spotlight June 2011 Issue 9





## FROM MOTHER YASODA'S KITCHEN



Krishna loves yogurt, butter, ghee and milk and Mother Yasoda loves preparing wonderful dishes with these ingredients from very special cows fed with the sweetest of grasses. There are unlimited sweets and savories; here we share some *recipes* with you.

### Lemon Cream Cheese Fudge (Nimbu Sandesh)



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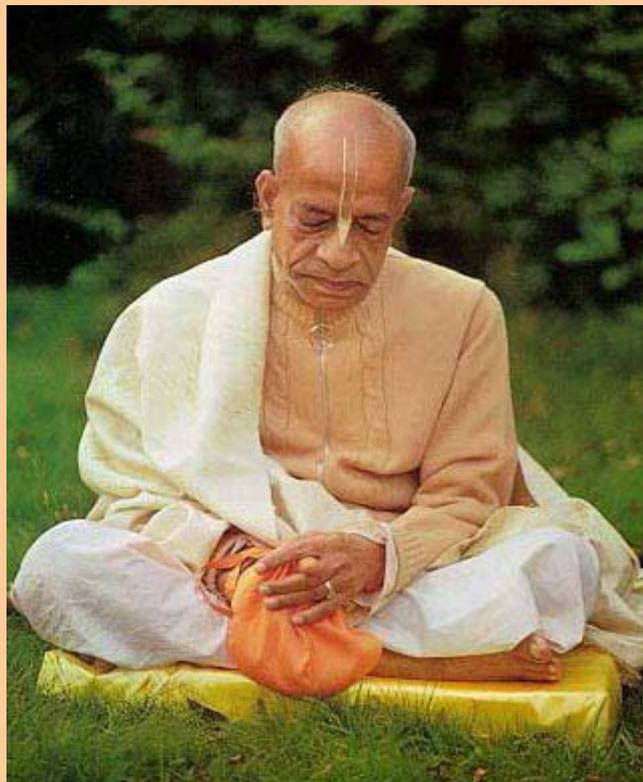
One of Krishna's favorite; Sandesh, is prepared from only two ingredients: [paneer \(homemade curd cheese\)](#) and sugar. Use one-quarter part sugar to the volume of kneaded cheese curd.

Sandesh is very simple to make, provided you prepare the curd cheese properly. You should also knead your cheese to the correct silky-smooth, neither-wet-nor-dry texture. Sandesh must be cooked in a

scrupulously clean pan over very low heat. This sandesh derives its lemon flavour from the lemon oil contained in lemon rind, which is added during, and removed after, cooking.

Paneer (fresh homemade curd cheese) from 10 cups (2.5 litres) whole milk  
at least 1/2 cup (125 ml) caster sugar or icing sugar  
one 7.5 cm (3-inch) strip of lemon rind

- ◆ Knead and bray the [paneer \(curd cheese\)](#) on a clean surface until it is silky smooth and creamy. Gather into one lump and calculate its volume with measuring cups. Measure one-quarter that volume of sugar. Combine the cheese, sugar, and lemon rind and again briefly knead and bray the cheese.
- ◆ Place a heavy-bottomed pan on the lowest possible heat and, constantly stirring with a wooden spoon cook the cheese for 10 to 15 minutes or until its surface becomes glossy and its texture slightly thickens.
- ◆ Scrape the sandesh from the pan and remove the lemon rind. Press the sandesh onto a lightly buttered tray into a flat 1.25cm (1/2 inch) squares. Cool to room temperature. Cut the cake into 2.5 cm (1-inch) squares. When completely cool, store in an airtight container in a single layer. The sandesh can be refrigerated for up to 4 days.



• Mahatma Gandhi:

"The central fact of Hinduism is cow protection. Cow protection to me is one of the most wonderful phenomena in human evolution. It takes the human being beyond this species. The cow means the entire sub-human world. Man through the cow is enjoined to realize his identity with all that lives. Why the cow was selected for apotheosis is obvious to me. The cow was in India the best companion. She was the giver of plenty. Not only did she give milk, but she also made agriculture possible.

• "Cow protection is the gift of Hinduism to the world. And Hinduism will live so long as there are Hindus to protect the cow. Hindus will be judged not by their *tilaks*, not by the correct chanting of mantras, not by their pilgrimages, not by their most punctilious observances of caste rules, but their ability to protect the cow.

• I worship it and I shall defend its worship against the whole world. (YI, 1-1-1925, p. 8)

• I would not kill a human being for protection a cow, as I will not kill a cow for saving a human life, be it ever so precious. (YI, 18-5-1921, p. 156)

• Cow slaughter can never be stopped by law. Knowledge, education, and the spirit of kindness towards her alone can put an end to it. It will not be possible to save those animals that are a burden on the land or, perhaps, even man if he is a burden. (H, 15-9-1946, p. 310)

• The cow is the purest type of sub-human life. She pleads before us on behalf of the whole of the sub-human species for justice to it at the hands of man, the first among all that lives. She seems to speak to us through her eyes: 'you are not appointed over us to kill us and eat our flesh or otherwise ill-treat us, but to be our friend and guardian'. (YI, 26-6-1924, p. 214)

• THE COW is a poem of pity. One reads pity in the gentle animal. She is the mother to millions of Indian mankind. Protection of the cow means protection of the whole dumb creation of God. The ancient seer, whoever he was, began with the cow. The appeal of the lower order of creation is all the more forcible because it is speechless. (YI, 6-10-1921, p. 36) Excerpts from *The Mind Of Mahatma Gandhi*, compiled by R. K. Prabhu & U. R. Rao.

- "Vegetarian food leaves a deep impression on our nature. If the whole world adopts vegetarianism, it can change the destiny of humankind."

*Albert Einstein*

- "There is just no reason why animals should be slaughtered to serve as human diet when there are so many substitutes. Man can live without meat."

*The Dalai Lama*

- "If man wants freedom why keep birds and animals in cages? Truly man is the king of beasts, for his brutality exceeds them. We live by the death of others. We are burial places! I have since an early age abjured the use of meat."

*Leonardo-da-Vinci*

- "I do feel that spiritual progress does demand at some stage that we should cease to kill our fellow creatures for the satisfaction of our bodily wants."

*Gandhi*

- "Flesh eating is unprovoked murder."

*Benjamin Franklin*

- "Behold, a virgin shall conceive and bear a son, and shall call his name Immanuel. He shall eat butter and honey, so that he may know the evil from the good."

*Isaiah 7:14-15*

- "The eating of meat extinguishes the seed of great compassion"

*Mahaparinirvana (Mahayana Version)*

The 13th Century Zen Master Doyen, while visiting China, asked this question: "What must the mental attitude and daily activities of a student be when he is engaged in Buddhist meditation and practice? *Ju- Ching* answered that one of the things he should avoid is eating meat.



**BELOW WE HIGHLIGHT THE IMPORTANCE OF COW-DUNG. THIS IS IN A SERIES OF SIX ARTICLES WRITTEN BY THE LATE SRI VENISHANKAR M.VASU**

## **COWDUNG IS GOLD**

*by Shri Venishankar M. Vasu*



### **PREFACE**

One of the few nectars of this world is water, another is milk and the third one is cattle dung. With onset of what we call "modern civilization", we have been despising a few things and one of these is cattle dung. This is so because we have forgotten that the basis of our progress as a race depends on the optimal use of our resources, an important resource base being bovine dung. If a choice before mankind were put in crystal clear terms as to whether it chooses cattle dung or desertification of the earth, it would have definitely shed its despise for cattle dung and chosen it between the two.

Shri Venishankar M. Vasu has brought out in simple language but with hard facts, figures and proofs the consequences of government policy of slaughtering animals which are either not yielding milk or are useless as draught animals. The government has forgotten the third most important service rendered by animals i.e. providing dung which has been at the root of well laid out social and economic systems adopted by the Aryan population of this great nation since time immemorial.

The policies of state patronized, encouraged and rewarded violence have engulfed all living beings. This has happened due to the destruction of the concept of dung utility and espise for cattle dung.

The purpose of this essay is to highlight the unique and essential role of bovines and bovine dung in our economy and lifestyles and to stop the slaughter of our precious animals.

### **THE ONLY SOLUTION TO PROBLEMS OF SHORTAGE OF FOOD GRAINS, WATER, FUEL, SHELTER, GOOD HEALTH, NUTRITION, ERADICATION OF POVERTY, AND UNEMPLOYMENT - DUNG, DUNG AND ONLY DUNG !!**

What is despised of today by giving it the name of "dung-economy" is in fact the nucleus of prosperity of the Indian people. And that is why our ancient economists have described dung as the abode of wealth and prosperity and thereby impressed upon the unique utility of dung in relation to the Indian economy.

If we accept the concept that dung is the nucleus of our prosperity and has no

substitute, the following will follow:

- Fertilizer will be cheaply available to us.
- Food grains can be produced and made available at reasonable rates.
- Our soil will retain its fertility.
- Cheap fuel will be available to the masses.
- Cheap housing can be provided in the rural areas.
- Our ancient system of medicine i.e. Ayurved cannot subsist in the absence of dung and the absence of dung has put in peril the health in particular of our women.

I bow in reverence to such obliging ruminants on behalf of humankind!  
With growing age, an animal may become useless for milk production, fieldwork or for breeding. However, its age is never a detriment to its service of providing dung.

**WE WILL CONTINUE WITH “COWDUNG IS GOLD” IN THE NEXT ISSUE!**



## **VARNASHRAMA COLLEGE BEGINS AT GOSHALA**

*" So therefore this varnasrama college is very essential. ... So in our India, in a place like Vrndavana, Naimisaranya, like that, many people will come, if varnasrama college is established." — Bhaktivedanta Swami Prabhupada, Conversation with Governor of Vrndavana, April 20th, 1975.*

Srila Prabhupada's order is now close to getting fulfilled almost 33 years later! Amidst the rat race in Vrindavan to turn the peaceful holy dham into a concrete jungle, ISKCON Vrindavan takes a bold step to fulfill Srila Prabhupada's mission of "Simple Living - High Thinking".

varṇāśramācāra-vatā  
puruṣeṇa paraḥ pumān  
viṣṇur ārādhyate panthā  
nānyat tat-toṣa-kāraṇam

“The Supreme Personality of Godhead, Lord Viṣṇu, is worshiped by the proper execution of prescribed duties in the system of varṇa and āśrama. There is no other way to satisfy the Supreme Personality of Godhead. One must be situated in the institution of the four varṇas and āśramas.”

[Cc. Madhya 8.58] (Viṣṇu Purāṇa 3.8.9)

Set in the ideal setting of ISKCON Krishna Balaram Goshala, the course will be run in association with ISKCON Daiva Varnasrama Ministry -India.

The first course of the VARNASRAMA COLLEGE is titled: "PANCHAGAVYA MEDICINES". The course will begin on April 25th, 2011 and goes till May 31st.

We get a glimpse of how urgent it is to establish Varnasrama colleges by hearing Srila Prabhupada's repeated statements in lectures, conversations and morning walks. This urgency expressed by Srila Prabhupada is evident when he said:

*"The varnasrama college has to be established immediately. Everywhere, wherever we have got our center, a varnasrama college should be established to train four divisions..."* - Morning Walk, Vrindavana, March 12th, 1974

The Panchagavya Medicines, popularly known as “Gomata Products” course will teach not only a range of 18 products such as toothpowder, go-ark, massage oil, dhoop, etc., but Ox training, goshala design and maintenance and medical treatment for cows will also be covered.

The manufacturing of "gomata products" began 5 years ago at the goshala. Its trademark statement - "Ancient rejuvenation therapy" has become a pioneer in its field. Dr. Mukesh Dhoni, who is a qualified ayurvedic and panchagavya doctor, is training the students on different panchagavya medicines, their usage and the preparation of them, using different herbs, pure cow ghee, and cow-dung and cow urine.

On Sundays he is consulting the community of devotees for free at the Krishna Balaram temple.

The course aims at spreading the message of self-sufficiency to every town and village. These products promote cow protection and students after taking up this course are expected to start making these products for the benefit of their own village communities.

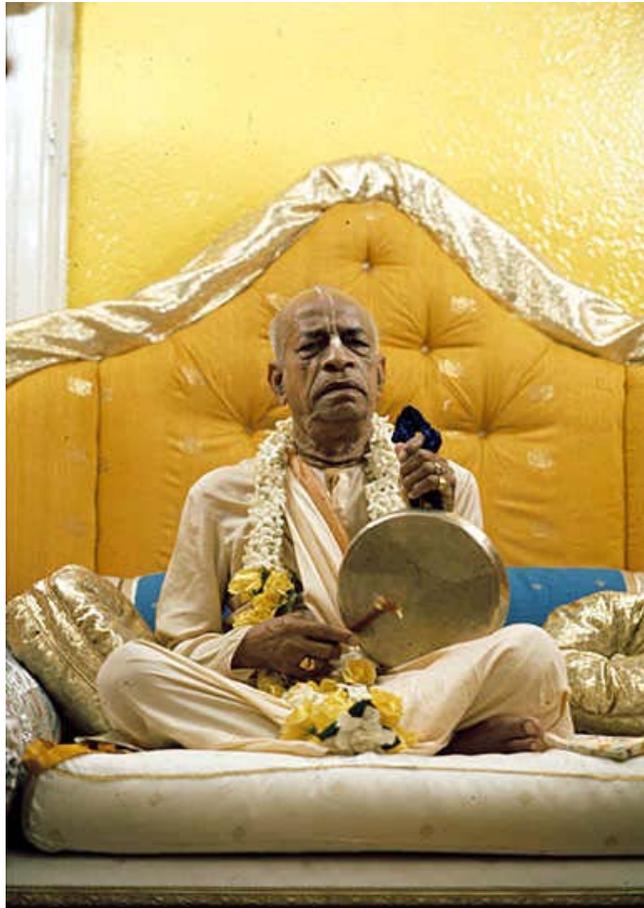
Gradually, over phases, more courses will be introduced. Srila Prabhupada's blessings and support is behind the team working to make this happen.

*"Krishna says, `I have made this varnasrama for the benefit of the whole human society, although I don't belong to any varna, asrama.` Krishna has nothing to do, but to maintain the human society very peaceful, advancing in spiritual knowledge, this varnasrama is required. Therefore sometimes I become very eager to start a varnasrama college. We have nothing to do with varnashrama, we Krsna..., But we want to see that the whole human society is peaceful. That is our mission. Sarve sukhino bhavantu" —Srila Prabhupada, Srimad Bhagavatam 6.1.12 Lecture*

**\*\*\* WE WILL KEEP YOU UPDATED ON THE COLLEGE IN THE NEXT ISSUE\*\*\***



# Back to Vrindavan Village



All Vedic knowledge is infallible, and Hindus accept Vedic knowledge to be complete and infallible. For example, cow dung is the stool of an animal, and according to smṛti, or Vedic injunction, if one touches the stool of an animal he has to take a bath to purify himself. But in the Vedic scriptures cow dung is considered to be a purifying agent. One might consider this to be contradictory, but it is accepted because it is Vedic injunction, and indeed by accepting this, one will not commit a mistake; subsequently it has been proved by modern science that cow dung contains all antiseptic properties. So Vedic knowledge is complete because it is above all doubts and mistakes, and Bhagavad-Gita is the essence of all Vedic knowledge.

## **Bhagavad Gita Introduction**

Let us serve the cows of Sri Sri Krishna- Balarama