

May 2010



# CARE FOR COWS

I N V R I N D A V A N



**CHINESE  
GO SEVAKS**

**COWS PROTECT  
THEIR SERVANTS**

**MORE CALVES**



Care for Cows in Vrindavana  
is inspired by  
**A.C. Bhaktivedanta Swami Prabhupada**  
Founder-Acharya  
International Society for Krishna Consciousness

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**CARE FOR COWS**

**IN VRINDAVANA**

[careforcows.org](http://careforcows.org)

Jaya Sri Guru! Jaya Sri Gopala!  
Jaya Sri Go Mata!

## *Dear Friends,*

Two of Krsna's principal names are Gopal and Govinda. Gopal means "one who protects the cows"; and Govinda means "one who gives pleasure to the cows". These names indicate the Lord's nature and activity.

Devotees desire to please Krsna and since Krsna desires to please the cows, it follows that pleasing cows also pleases Him.

Among all the devotees of Krsna, it is understood that the cowherd men and women of Vrindavan are the most dear to Him. The *gopis* of Vrindavan, who are most dear to Krsna, declare that Govardhana Hill is the best of Krsna's devotees. They reach this conclusion by noticing that Govardhana Hill is most expert in pleasing the cows as He provides them fresh grasses, cool water and shade, succulent herbs, and a most wonderful stage for them to rest and cavort. No one pleases cows as well as Govardhana Hill and thus Krsna declares Himself to be non-different than Him because He manifests the same nature and activity.

To the degree one pleases cows, to that same degree he pleases Krsna. And if one pleases Krsna, there is nothing left to be achieved.

## *The CFC Staff*

Care for Cows in Vrindavan is a Charitable Trust registered in India, USA, Holland and Switzerland.



~ SUBHALAXMI ~





# CHINESE GO

I happened to be by the gate when they started coming in so naturally I thought I'd welcome them. By the time they were all inside I was surprised to see more than twenty-five smiling faces all dressed so colorfully. I must say this is one of the happiest groups that have ever visited Care for Cows.

I recognized Krsna Baladeva, Chandrasekhara and Sankirtana who have been teaching yoga in China for several years. I understood that these famous teachers were now going to teach their friends from Hong Kong and Tai Wan

Report by Ramya, self-appointed ambassador to Hong Kong and Tai Wan. She appears on the cover with Bhaktin Bertha and later in this photo essay with Bhakta Johnson and with Siromani devi dasi.



# SEVAKS

something about Go Seva. Out of curiosity many other cows arrived and began to compete to get attention from the guests. You may not know this but, aside from eating, we cows love to be caressed by people so there was a rush towards the friendly visitors.

Madhumukhi took a liking to Chandrasekhara and extended her neck for him to stroke. He was easy







**Bhakta Frank's expression reflects the melting of his heart.**



**Bhaktin Esther loses all composure while being blessed by Kadamba**



**Madhu gives his mercy to five at a time.**



Bhaktin Ada and Siromani devi dasi groom a calf while oscar swoons in ecstasy

to capture. I think all the photos demonstrate how naturally the Chinese devotees interacted with us. This is the proof that they are advanced in yoga. Most urban dwellers are afraid of us, but not these.

They asked many questions

to the cowherd men and after hearing about the innumerable glories of the abandoned cows of Vrindavan, many of them volunteered to sponsor one of our residents so they could stay connected to Sri Vrindavan.



Those who step in cow dung with bare feet are greatly fortunate



Grabbing a bull by the horns





**Bhakta Johnson glows as I shine  
my mercy lamp on him.**



**Above: Bhaktin Connie fearlessly smiles  
although an inch from Gambhira's horns.**

**Below: Siromani Devi Dasi gives me a hug  
inspiring me to become the ambassador to  
Hong Kong and Tai Wan.**







**Sudevi**



**Priti**



**Mekhala**



**Gopinath**



**Bharata**



**Padmalochana**



**Subala**



**Leela**

**Above are the eight residents sponsored by the Chinese Go Sevaks**

# NEW ADMISSIONS



This young bull came limping to our gate at 11:30 pm demanding to be admitted. He has a few nicks and scratches and his back legs are not working properly. He has a good appetite and we are hoping he will fully recuperate in fifteen days or so.





This female calf was brought to us by a local devotee who had been keeping her in an *ashrama* in Raman Reti. She was born with a defective back leg and though she is able to stand and walk by herself, she is not able to defend herself very well.



# MORE CALVES BORN



After what seemed like a year, Chitra finally gave birth to this healthy bull calf. Radhika welcomes Citra's bull into the herd.

He has been sponsored by Angie MacIntosh from Toronto.



# MORE CALVES BORN



Mekhala's calf

After all the excitement created by the Chinese visitors, Mekhala gave birth to a healthy female calf.



Mekhala'



**Subhadra is the first calf born to Gauri Priya and is sponsored by  
Bhaktivinoda & Sri Radhika from Hong Kong**



**This bull calf is the first born to Sveta and is sponsored by  
Amit Gosvami and Rasesvari Lila**



# MORE CALVES BORN



Above is the second calf born to Rani



Sveta



Rani

# COWS PROTECT THEIR SERVANTS



**Excerpt from *Godhan Magazine* (Year 52. No. 9, September 2009)**

**By Bhakta Ramsharana das Pilkuwa**

Translated from Hindi by Satyadeva Singh

In 1935 the famous saint of India Pujya Swami Sri Udiya Babaji Maharaj (Swami Purnanand Tirtha) arrived at Gadhamukteswar on the bank of the Ganges in North India. In those days a *brahmacari* named Pandit Sri Ramchandra ji used to live nearby in the jungle. He had made five or six huts, two or three

out of hay and the remainder out of tin sheets. His elderly mother was living with him who then was eighty-five years old.

Pujya Sri Udiya Baba would call her *Ma* (mother) and she would call him *beta* (son). Ramchandra and his mother were both great devotees of cows. It was his firm



conviction that by living on the bank of Ganges with his mother performing *go-seva* he would definitely be granted liberation.

So everyday he would get up early in the morning, and with a stick in hand, take cows into the jungle for pasturing, and come back home in the evening. This was his daily routine. His elderly mother who was one step ahead of him, even at eighty-five would fondly bathe the cows, feed them and serve them in every possible way. She had given names to every cow, like Ganagadei, Jamunadei and so on. Whenever she would call them by name, the cows would come running and start liking her.

When for some reason the cows did not return on time, the elderly woman would become restless and run toward the jungle crying out, "Gangadei! Jamunadei!

Somedays when the cows returned early and could not find the elderly mother around, they would begin to wail loudly and would not cease until they were reunited with her.

One day when Ramchandra had taken the cows into the jungle his elderly mother sat alone in the tin hut. At noon on that summer day suddenly a very heavy typhoon came and all four directions became so dark nothing could be seen. The roof of the hut, bed, pots and other household items began shaking due to heavy wind until suddenly the hut collapsed on her. She was pinned down so

firmly that she could not even breathe properly and lost all hope of living. She thought, "Who will come to rescue me in this jungle? Certainly I am going to die now. Alas! Who will take care of my cows after my demise?"

Even in that distressed condition she only worried about her cows.

After two hours the storm desisted and the cows returned home. The cows surveyed the destruction and not finding their elderly protector became very restless and started bellowing loudly in sadness. The elderly woman gathered whatever strength remained in her and cried out, "O Gangadei, I'm under the tin roof and unable to get out! O *beti* (daughter). I can't go on for long!"

When the cows heard her voice all of them raised the tin roof with their horns and held it high enough so the woman could again breathe normally. As she slowly regained her strength she crawled out from under the collapsed roof which the cows held firmly. As soon as she was at a safe distance, the cows dropped the roof and began licking her with tears in their eyes. In this way the cows saved their dear attendant.

When Sri Udiya Baba heard of this incident he exclaimed, "Ma (mother) that supreme goal which is rarely achieved by great *jnanis*, *yogis*, and *tyagis*, will be effortlessly achieved by you by the mercy of mother cow. There is no doubt about it!"

## Got Real Milk?

Recently there was a report in The Wall Street Journal that once again attacked unpasteurized milk.

The FDA has been scaring Americans about this natural food product for decades.

I come from a family of farmers, and milk was a staple of my diet growing up.

When I'd go to my grandma's, she'd pour me a glass straight from the bucket... straight from the cow.

Raw milk from grass-fed cows has been used for disease prevention since the time of Hippocrates. Grass-fed raw milk builds immunity. Any time you build your immunity, you help prevent disease.

When you build your immunity high enough, you set up a protective shield around you that prevents germs and viruses from attacking.

Grass-fed raw milk is a good source of important disease fighters like vitamins and minerals, essential fatty acids, amino acids, and good bacteria to strengthen your immune system. When you pasteurize milk, the heat destroys all of the immune-fighting properties.

Grass-fed raw milk also contains the most important health-building ingredient of all: enzymes.

Enzymes are inflammation fighters and immune builders. But they're destroyed within minutes by heat during pasteurization.

Here is a sample of what's lost:

**Amylase:** Amylase breaks down carbohydrates in food as it's digested.

**Catalase:** Catalase is a strong antioxidant that protects cells.

**Lactase:** This is what's missing when people are lactose intolerant. Lactase makes it easier to absorb other nutrients as well.

**Lipase:** Lipase breaks down fats like triglycerides and improves the way your body uses them.

**Phosphatase:** Phosphatase helps your body absorb and use the calcium and phosphorous in milk.

**Lactoferrin:** Lactoferrin helps protect you from disease. In fact, lactoferrin defends the body against invasion by bacteria, viruses, fungi, and parasites.

Lactoferrin has the same protection-fighting power as mother's breast milk for an infant.

Look for a brand of milk that is pasteurized through a "low-heat process." Many health and natural food stores carry brands that use a lower temperature that does not destroy all the enzymes and nutrients.

Sources:

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2. Ochoa TJ, Cleary TG "Effect of lactoferrin on enteric pathogens." Biochimie. 2009 Jan; 91(1):30-4.





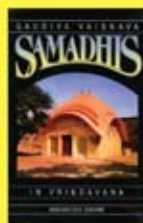
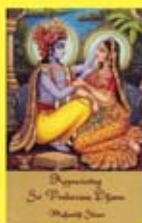
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# Thank You From the Cows



**The cows send their heart-felt thanks to those who assisted during April 2010**

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Yajna Murti Dasa  
Yajnavalkya Dasa

**May cows stay in front of me; may cows stay behind me; may cows stay on both sides of me. May I always reside in the midst of cows. —*Hari Bhakti Vilas* 16.252**