

Sept. 2013



# CARE FOR COWS

INTERNATIONAL

**KRSNA'S COWS GRAZE  
BELOW MT. WARNING**

**COW CUDDLING  
EPIDEMIC**

**THE STORY OF SURABHI**

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

### **Eulogy of the Cow**

by Malcom R. Patterson,  
former governor of Tennessee, USA 1907-1911

*"Blind Homer sang of Trojan wars and heroes, Virgil of men and arms, Horace of love... and Milton of paradise.*

*"But had I the genius of all these old masters combined, a harp with a thousand strings, and the world for an audience, I would sing with all my heart and soul of a cow, proclaim her virtues and perpetuate her name to the remotest generations.*

*"If I were a sculptor, and I had the power to chisel my thoughts in marble, I would search the quarries of the earth for the purest, whitest stone; and somewhere in an enchanted wood, where the skies are the bluest, and the water purest, and the birds sing sweetest, far into the soft and mellow moonlit nights, there I would begin a work of love and duty.*

*"I would bid the cold marble speak for me as I plied the chisel to its sides, until the rough hard surface took the shape I wished, and at last a Cow stood revealed, wide and kind eyes, in a posture of patient waiting, to give the rich comforts of her swelling udder, and bless the receivers with joy, health and strength.*

*"The Cow is an uncrowned queen without a septr, and her kingdom is all the land between the seas. Her motto is service and she always gives more than she receives.*

*"If all the Cows in the world should die or dry up tomorrow, it would bring untold calamity upon mankind. We could get along better without railroads, banks, or the cotton crop; but without the Cow the race would sicken, decay and finally perish. May we honour and praise her as she deserves. I hope that as we advance in knowledge, when we cease to be cruel and selfish, we will quit murdering and eating Cows that have given us strength and comfort, and saved our babies lives."*



Care for Cows International  
is inspired by His Divine Grace

**A.C. Bhaktivedanta Swami Prabhupada**  
Founder-Acharya  
International Society for Krishna Consciousness

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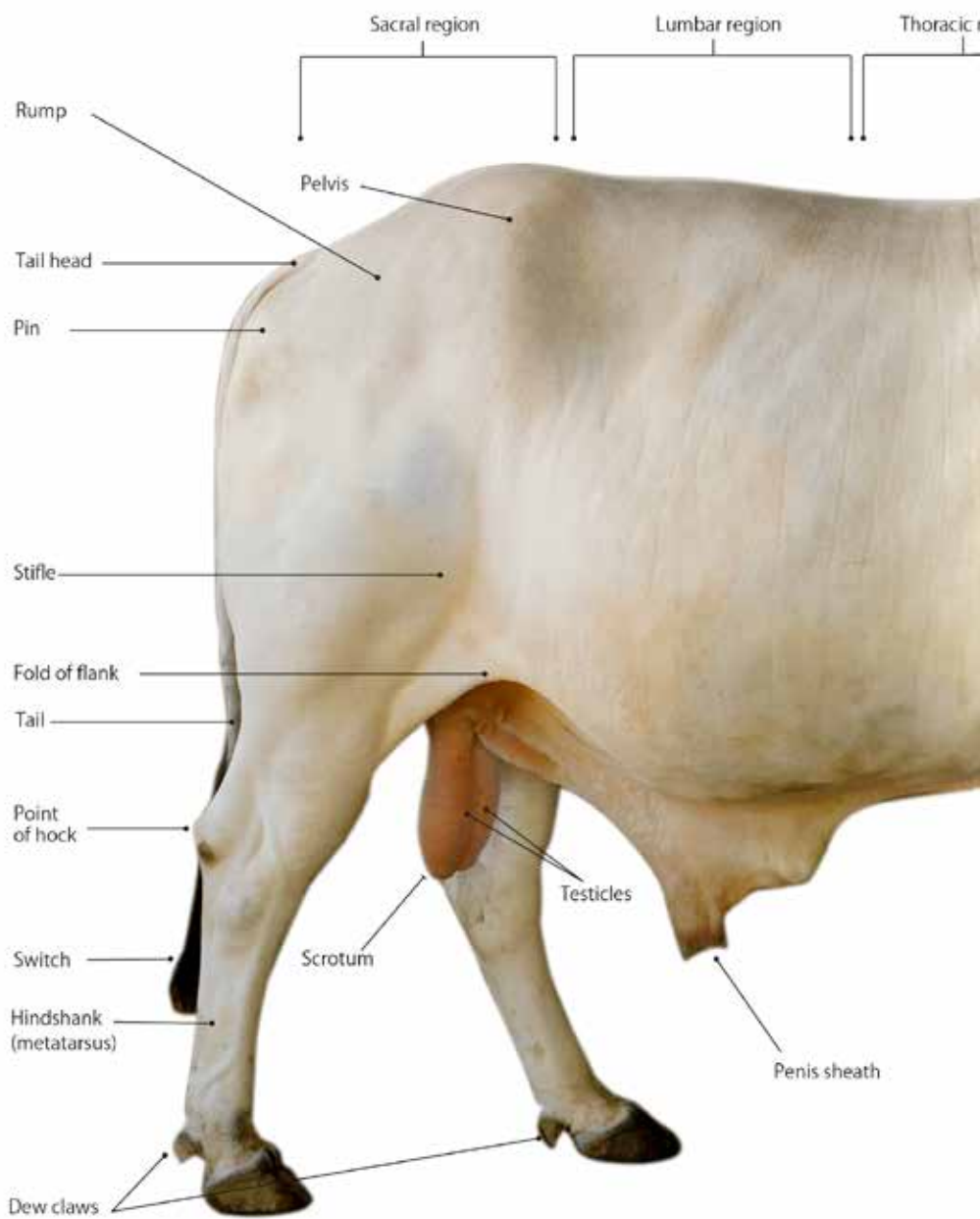
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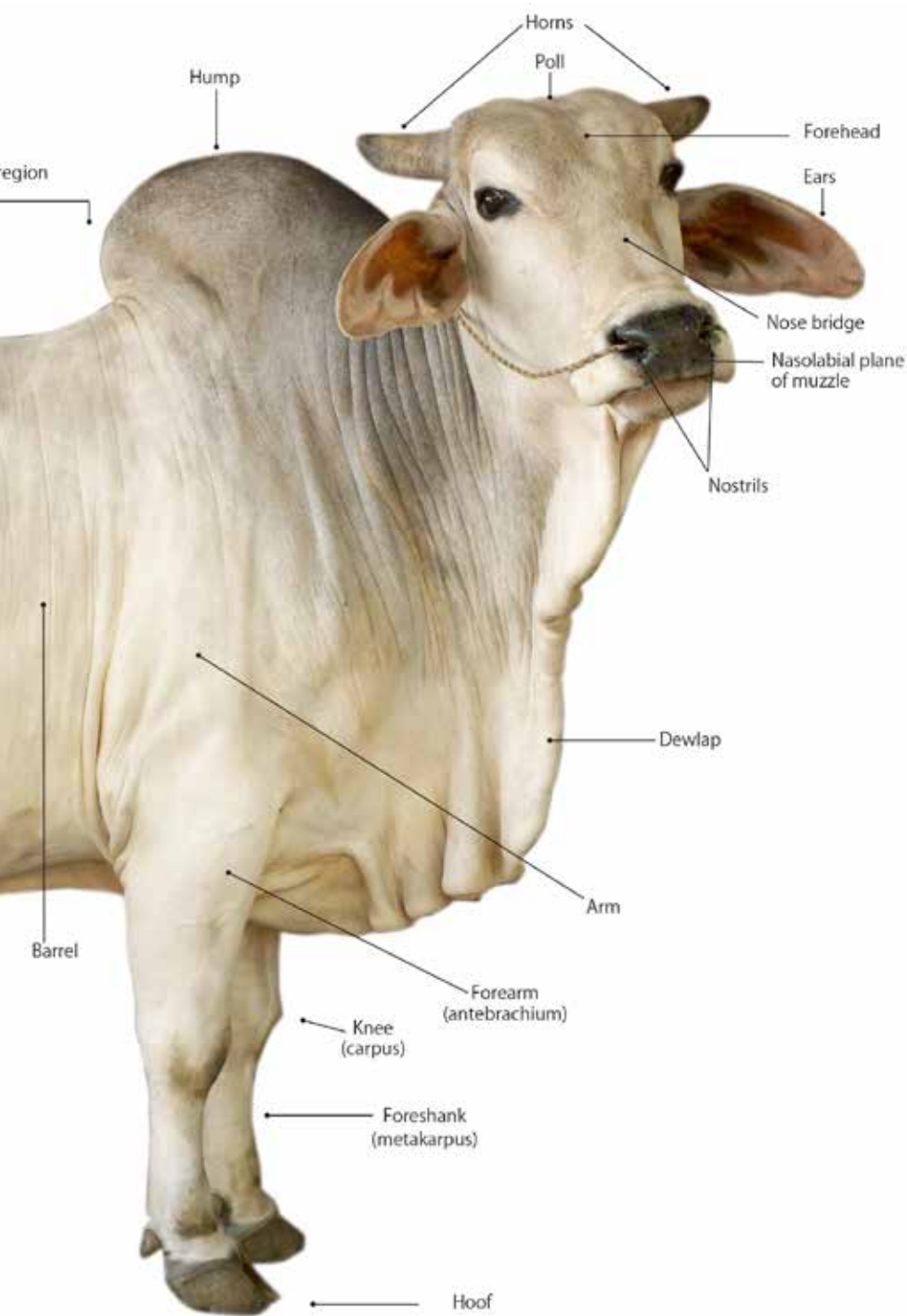
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PARTS OF THE BULL





## Krsna's Cows Graze Below Mt. Warning

In June we had the opportunity to visit Australia's famous Gold Coast and meet some of the fortunate cows who live there. Below is a

panoramic view of the lush area. Above is Mount Warning (also known as Wollumbin) located 14 kilometres west-south-west of Murwillumbah, in







the Northern Rivers region of New South Wales, near the border with Queensland.

We visited the New Govardhana Farm community in Eungella (right) which hosts Fresians, Jerseys, Sahiwal and Gir cows in an idyllic setting.







Their prize pure-bred Gir bull, named Madhu, (left) is multi-colored, massive and gentle. The most telling characteristics of the Gir breed are long pendulous ears, broad convex forehead and horns starting at the base of the crown bending downward, backward and then upward.

Madhu is the undisputed leader of the herd. Most of the other cows shown here are not pure-bred Gir but those calves sired by Madhu will most probably be graced with more prominent Gir characteristics.





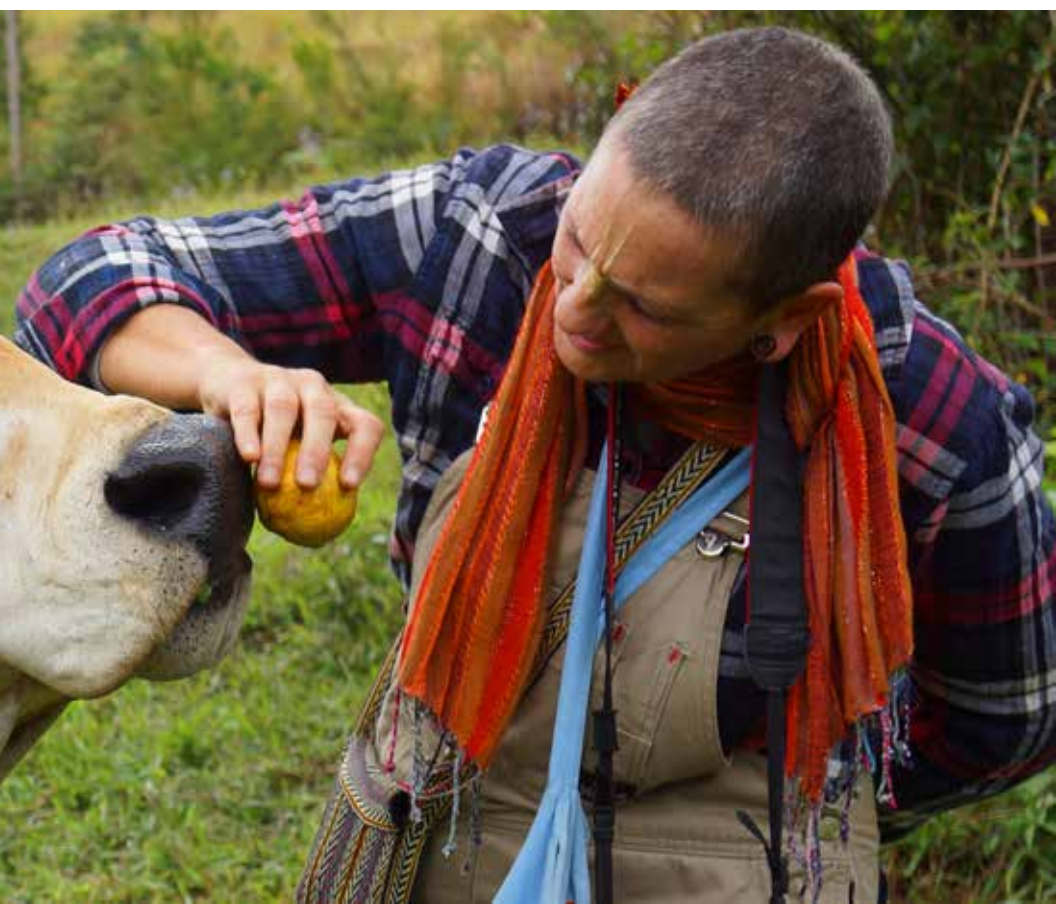
Girs are originally from the Gir Hills of Gujarat, India and are considered to be the best milking cows among Indian breeds. They have been exported to many parts of the world and Brazil is said to have the largest number outside India.

They are known to be very gentle, docile and affectionate. Venu Gopal (right) and Urvasi (below) spend many hours daily interacting with them.

Madhu is offered a wild lemon which he gratefully accepts.













New Govardhana farm spreads over 1,000 acres and offers several paddocks for grazing. Gita Govinda (above left) takes a head-count of the herd daily while mounted on her prize horse.

The only danger for the cows here is that they may get tangled in low hanging branches in the ravines or stranded in certain areas dur-

ing the flooding season. Otherwise they have one of the most ideal habitats we've seen.

Above is another Indian breed bullock who makes the earth shake when he trots about in the paddock.

Left and below shows Venu Gopal among the happy herd while they graze in one of the paddocks.







Above: Madhavi requests Mathuradish Dasa for affection. Happy Gir cows emanate peace and tranquility.

Left above: Gita Govinda dismounts and scratches the rump of the biggest bullock in the paddock.

Left: Several members of the bullock herd curiously come to meet their visitors.

Below: Gokul Dasa greets two members of his Sahiwal cows.









On the opposite side of the road from the New Govardhana Farm is Surabhi Kunja which is owned by Srinivas Acharya Dasa and his family. It is an ideal habitat for his herd of 68.

The property is comprised of 90% gently undulating open pasture. It enjoys a warm temperate climate with 1500+(mm) annual rainfall. Water is served to the property by 1.5 km frontage to the Oxley River and two deep permanent lakes.

We are inspired by Kṛṣṇa's instruction to Uddhava: "I can be worshiped within cows by offerings of grass and other suitable grains and paraphernalia for the pleasure and health of the cows" (SB.11.11.43)

Caring for cows is such a simple and direct way to worship or serve the Lord. If ever one is a little unsure exactly where, and to whom, one should perform sacrifice to Vishnu ...find the nearest cow.

Beyond that, take steps to protect the well-being and future of cows either by your own endeavors or, more easily, in collaboration with other likeminded













persons. We find looking after our cows immediately gratifying and purifying since it gives a deep satisfaction which helps mitigate the mundane mental disturbances of material life.

Not forgetting, also, that all Devattas are present within a cow... automatically material facilities become available. It is the real process for grhasta life.

Two-thirds of our herd have been rescued by purchase from beef farmers, the remainder have been born here. Because we have ample fields and grass we plan to let the herd grow to 108... Krishna willing.







Gopal Krsna, the Primal Cow Cuddler



Gopal Krsna, Protector of the Calves



Gopal Krsna, Friend of the Cows

# Cow Cuddling

## The Revival of an Ancient Vedic Practice

*Over the years we've received reports indicating that more and more people realize that cows have therapeutic value. Their natural peaceful nature is contagious and being in close proximity to them reduces anger, anxiety, frustration and depression which mostly result from high-pressure urban living. In short, happy cows offer their keepers emotional healing and thus improved mental health.*

*The following two articles from Holland express that a new remedy for treating stress has been discovered - **cow hugging**. But actually, it is not new. Offering respect and affection to cows is an ancient Vedic practice that has been eclipsed by the industrial revolution which has instilled in modern man the illusion that peace and happiness can be achieved by material accumulation and consumption.*

*The Vedic scriptures abound with references to the innumerable benefits associated with keeping cows and making them happy. The two articles from Holland are followed by international photo-testimonials indicating that the ancient practice of respecting and showing affection to cows is being revived. -Ed*

### REPORT FROM HOLLAND

**"Cow Hugging or Cow Cuddling is known as a remedy against stress.** In Holland (Voorst) our cows not only give healthy milk, they also give us Mindfulness Therapy against stress.

#### **"Cow Cuddling Workshop** (cow-munication)

*"You are welcomed with coffee / tea and delicious cake for functional 'unwind-tips'.*

While strolling and chatting, you will learn the basics of our existence. Who was there first: the cow or calf, the chicken or the egg.... Among the cows your right brain half is stimulated to develop your intuition. Because innovation arises from creativity. And innovation is of great importance in solving complex problems.

*"After this you will learn the language of the cow, so you know what the cow appreciates and what she doesn't like. You will experience what it's like to rest your body against 700 kg of 39 degrees Celsius. The acquaintance with the animals is often accepted with mutual gratitude, the cows hug back!*

*"Afterwards you can enjoy a snack and a drink so you return home with a warm spirit and body.*



"Cow-munication originated in Hof Noord Empe and is now known beyond our country borders because Cow-munication inspires communication without violence for a healthy cooperation, happy family, friends and associates.

"Contact with cows is often felt as an intense experience that will last long afterwards in everyday life. Fears can be overcome to make room for new insights.

"The workshop shows harmony, safety and creativity, in which the internal human being is not forgotten.

Costs per person: 3 hours of cow cuddling incl. coffee/tea, cake, materials, beverages and snacks: € 47,50

Several combinations possible with brunch € 16 pp, pamper-lunch € 18,50 pp  
Or dinner € 27,50 pp.

Ask about the possibilities

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Above: Dutch Cow-cuddler in action



Above: Cuddler sighs and says, "I feel like taking my boots off!"



Below: It's like a great weight has been lifted off my shoulders!



Above: All anger and tension disappear!

# People in Holland have recently found a remedy against stress: hugging cows...

**CNC correspondent, Christien Van Den Brink:**

"People to meet, places to go, deadlines, life as a reporter can be very stressful sometimes. In order to get your stress level down you can either follow therapy, get a massage, or meditate. But at this farm here in the Netherlands they do something completely different: **Cow hugging**. In this report we will find out if this is going to help out against stress."

Even though this farm looks like any other modern farm in the world, there is something that is slightly different. With a chicken walking over the table and a cat sitting comfortably in a basket, visitors get the immediate impression that animals are treated like the royal family.

And that specifically counts for the cows. As strange as it might seem, large groups of people pay money to come here and to give the cows hugs. But according to farm owner Marente Hupkes, this is not only pleasant for the cows.

[Soundbite 1 (English)]: MARENTE HUPKES, FARMER "The people who come here for the animals get a lot of compassion. And what is very important is that they get into the rhythm of the cows. And the rhythm of the cows is much slower than the way we live. We live by the clock and the targets and the goals we give ourselves. And here for the cow is just to be cow. And she is made for making grass into milk. So that means that she needs enough food and enough time to chew. She is chewing 16 times on one bite. So it is compassion and it is time to get in peace and being. You can give it a lot of philosophical meanings, it is more than giving a hug back."

Most of the course members have a busy job and don't live on the countryside.

[Soundbite 2 (English)]: MARLEEN, COURSE MEMBER Marleen: "Normally on Friday I work as

a consultant. A lot on the road, a lot of travelling, busy day schedule during the day, so completely different today. Christien: Do you think that the country side is distressing? Marleen: Definitely. We are always racing from here to there, so it is definitely distressing. Christien: So this is not exactly what you mean distressing, is it. Marleen: Not really for him, for me it is!" The adults turn into little children among these calves. Ria, one of the course members cannot get enough of them.

Billy the Kid is the only male on the farm. The bull was lucky as most male animals end up at the butcher. But thanks to donations from the visitors, he was allowed to stay.

Some of the course members have their own specific reasons to do a day of cow hugging. That especially counts for Elisabeth, a retired woman who came with her neighbor Yvette.

ELISABETH, COURSE MEMBER: "My son, who was only 55 years old died 2 months ago. He died so suddenly. He was such a strong and healthy person. I still cannot understand how this could have happened. In a month time his condition got really bad. He had pancreatic cancer. Horrible. I was devastated. This day does help me a little bit to think about other things. It feels good to be here."

And then it is time to get to business. **The cow-cuddle therapy was used as therapy for special needs children, but care farms such as this one now cater to children and adults with behavior problems, overstressed managers and those who are just plain curious.**

There is no scientific proof for the curative power of the therapy so far. But that doesn't seem to bother anyone here today.

And the cows? They seem to enjoy the hugs they receive from their human friends as well.



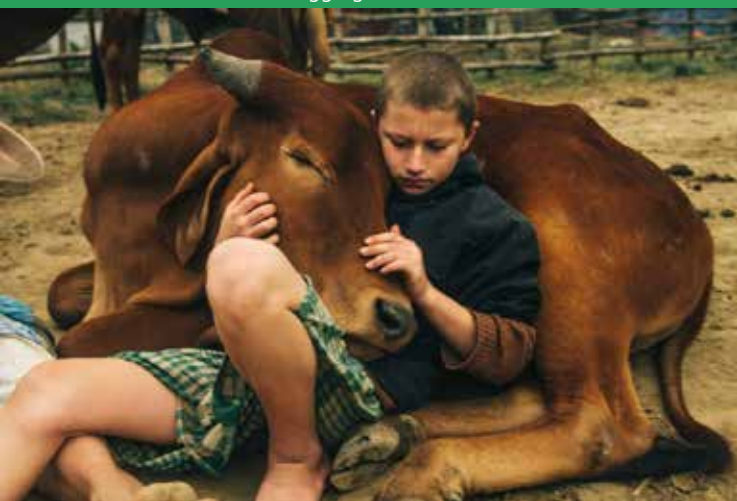
# Cow Cuddling is Spreading like an Epidemic!



Students in India hugging cows at recess time



A novice cow-cuddler in Australia



A Swiss cow-cuddler



A veteran cow-cuddler



A  
remedy  
for the  
young & old





Cow cuddling makes one more sensitive and empathetic

In England, USA, India, Indonesia, Malaysia, Australia, Switzerland, Guatemala, Costa Rica, Mexico... people are hugging cows with great zeal!

Below: Cori exclaims, "I will not leave my cow at home alone. I take her everywhere I go!"



Above: A jealous calf watches as veteran cow-cuddler Kesi Nisudana cuddles an antelope. Kesi remarks, "From cow-cuddling comes happiness and internal satisfaction. I highly recommend this practice for all."



Above: Venu Gopal says, "While cuddling my cow I dreamt I was transported to the Planet of Cows!"



Left & Above: Prem Kisore says, "The only down-side of cow cuddling is that the more you give them, the more they demand it!"

Right: A village woman nurses her calf!







Sheer happiness decorates the faces of those who practice the ancient art of cow cuddling



Above: Cow-cuddler executive from Mumbai: "Cow hugging is the best remedy for releasing pent-up anger and frustration."



Above: Sunita says, "I moved my cow in the house so we could cuddle more often."



Wenda from England says, "I smooch with my ox Bhima every day!"



While anger and anxiety certainly dissipate some cow-cuddlers report minor skin abrasions from the cows' reciprocation



Proceed with caution but  
**Cuddle a Cow Today!**





Cow cuddler from Mexico: "My great hope is that cow cuddling will destroy people's interest in bullfighting."



# The Story

Once, in reply to the question of Nārada, Lord Nārāyaṇa said that the original mother of all cows is Surabhī, who lives in Goloka. She is the source of all cows. It was Surabhī who first

appeared in Vṛndāvana, from Goloka.

Once, Śrī Rādhā-Kṛṣṇa, in the company of many *gopīs*, went to the forest of Vṛndāvana. They sat down in a solitary place. Kṛṣṇa





# of Surabhi

then suddenly developed a desire to drink milk. Immediately, out of His own sweet will, He manifested the Surabhi cow from His left side. Her milk bag was filled with milk. The name of her

calf was Manoratha. Sudāmā, who was present there, immediately took a new pot and began to milk her.

This milk was just like nectar and was capable of destroying

the occurrence of birth and death. Kṛṣṇa, who is the Lord of the *gopīs*, personally drank that milk. Suddenly, the milk pot fell out of His hands and broke. All the milk spread on the ground, and took the shape of a lake. This lake was one hundred *yojanas* wide and one hundred *yojanas* long.

This lake is famous in Goloka as Kṣīra-sarovara. It has become the principal spot for Śrī Rādhā and the other *gopīs* to enjoy their pastimes. All four sides of this lake were plastered with various jewels. By the will of Kṛṣṇa, immediately, innumerable Kāmadhenus appeared there. The same number of *gopīs* also appeared from the pores of these cows. These cows had countless calves. This is how, by the mercy of Surabhī, all of the cows were created and came to fill the entire universe.

At that time, Lord Kṛṣṇa personally worshiped the Surabhī cow. From that time onward, worship of the cow continued in this world. On the next day, (Dīpāvalī), the worship of Surabhī took place by the order of Kṛṣṇa.

The Lord said, “O fortunate soul, one should worship and meditate upon the Surabhī

cow. The six syllable mantra for worshipping Surabhī is *om surabhai namaḥ*. If a person chants this mantra one hundred thousand times, he attains perfection and all of his desires become fulfilled.

“I also worship the goddess Surabhī, who is the giver of enjoyment, intelligence, and liberation, and who is the form of Lakṣmī, the companion of Rādhā, the predominating deity of the cows, and the most purifying object.

“One should worship Surabhī by thinking her to be present within a pitcher, the head of a cow, in the post used for tying the cow, in a Śālagrāma-śīla, in water and in fire. The cow should be particularly worshiped on the day of Dīpāvalī. One who worships the cow becomes worshipable in this world.”

Once, during the Vārāha kalpa, the goddess Surabhī stopped giving milk. As a result, the three worlds experienced a scarcity of milk. All of the demigods became worried and so they went to Brahmaloḥa and began offering prayers. Indra, the leader of the demigods, offered prayers to Surabhī in this way: “O devī, I offer my obeisances unto you. O mother of the



universe, you are the original cause of the cows. My obeisances unto you.”

“O you, who are very dear to Śrī Rādhā. My repeated obeisances to you. You are very dear to Śrī Kṛṣṇa. You created all of the cows. My obeisances to Surabhī, who is like the desire tree, and who is always ready to give all kinds of benediction.

“You are also known as Śubhā, Śubhadrā and Gopradhā. My repeated obeisances unto you, for you are the giver of fame, piety, and good deeds.”

As soon as mother Surabhī heard this prayer, she became pleased and appeared before the demigods in Brahmāloka. The goddess gave Indra a rare benediction and then returned to her abode, Goloka. The demigods also returned to their respective abodes. Suddenly, the entire universe became filled with milk. Ghee was made from the milk and then used in sacrifice.

Anyone who faithfully hears this purifying prayer will attain the wealth of cows, prosperity, fame and good children. He will also attain the result of bathing in all the holy places. Such a person will go back to Godhead at the end of his present life.





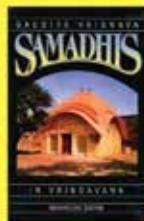
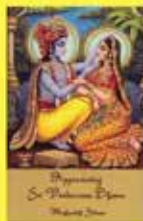
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# Thank You From the Cows



**The cows send their heart-felt thanks to those who assisted during June-August 2013**

Aditi Sathye  
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Ajita Dasa  
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Kirpalani Ashok  
Kitri Waterman  
Kolobaev Danil  
Krishna Lila Devi Dasi  
Krishna Priya Dasi

**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**

# Thank You From the Cows

Krush Deepak  
Ksenija Golovanova  
Kunti Maharani Devi  
Kushaagr Thukral  
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Lelis Gonzalez  
Lina Logushkova  
Logushkova Lina  
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Vishal Thakur  
Visnujana Dasa  
Vladimir Vodopyanov  
Yuval Niv  
Zhanel Sugralina  
Zhazira Tolepova



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