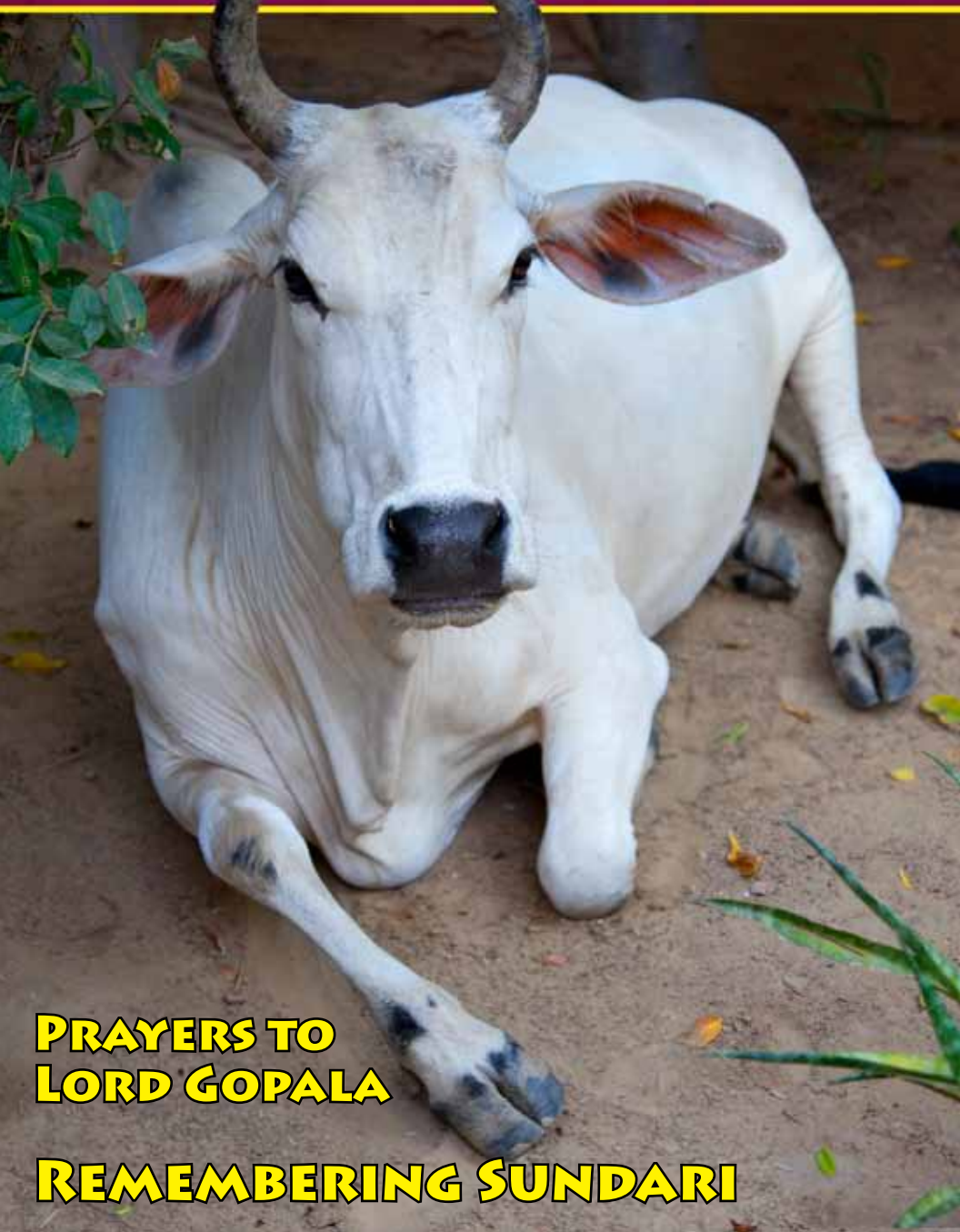


July 2011



CARE FOR COWS

I N V R I N D A V A N



**PRAYERS TO
LORD GOPALA**

REMEMBERING SUNDARI

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

Dear Friends,

I found an article by Gary Truitt. Of course we don't approve of the violence inflicted on cows in modern dairies... but the report underscores the great benefits of milk.

"There is something you could take today that will cure most preventable diseases. It's dairy products - Yes, the humble dairy cow holds the key to curing American's health problems. It is a fact that has been known for centuries: putting good food into our bodies is good for us. Dr. Robert Heaney and his colleague David McCarron analyzed hundreds of scientific research studies spanning two decades. The studies covered obesity, hypertension, type 2 diabetes, coronary artery disease, stroke, kidney stones, osteoporosis, colorectal cancer, and pregnancy-related complications. What they found was that all these studies had one thing in common: an increase in dairy product consumption either reduced the onset of the condition or improved the condition..."

The CFC Staff

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



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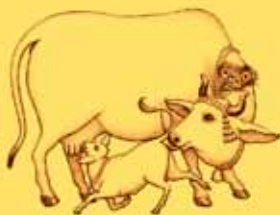
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CARE FOR COWS

IN VRINDAVANA

careforcows.org

~ PORTRAIT OF THE MONTH ~



~ SUNDARI ~

REMEMBERING SUNDARI

The Benefits of Having a House Cow

I left Vrindavan one month ago and while my travels have been rewarding, I feel strange and a bit embarrassed to admit that I haven't seen one cow so far. Of course it is my fault since I've been in big cities all the while. My hosts have been most gracious and it has been great to connect with old friends but I must admit my mind often runs to the abandoned cows of Sri Vrindavan. Especially Sundari.

Sundari wanders in Madhuvana Colony and has made several friends there. At times she arrives at my door in the evening and after filling up on the grass and hay I always keep for her she settles down for the night in the garden. Sometimes she gets a better offer and does not come until 5:00 in the morning. After

I welcome her she proceeds straight to the kitchen door to see if there are any pots to wash. She especially likes to clean the pot I use daily for making yoghurt. Though she doesn't use conventional pot scrubbers or detergent, she scrubs the pot spotless. She is the most efficient pot cleaner I've ever had.

She then fills up on whatever else I have kept for her and then relaxes in the garden ruminating until noon. I always keep a bucket of tap water for her and she invariably drinks half of it leaving the rest for me. The *Mahabharata* states that when a cow drinks from a tank of water the remains should be considered Ganges water. She always leaves enough water in the bucket for my noon bath.

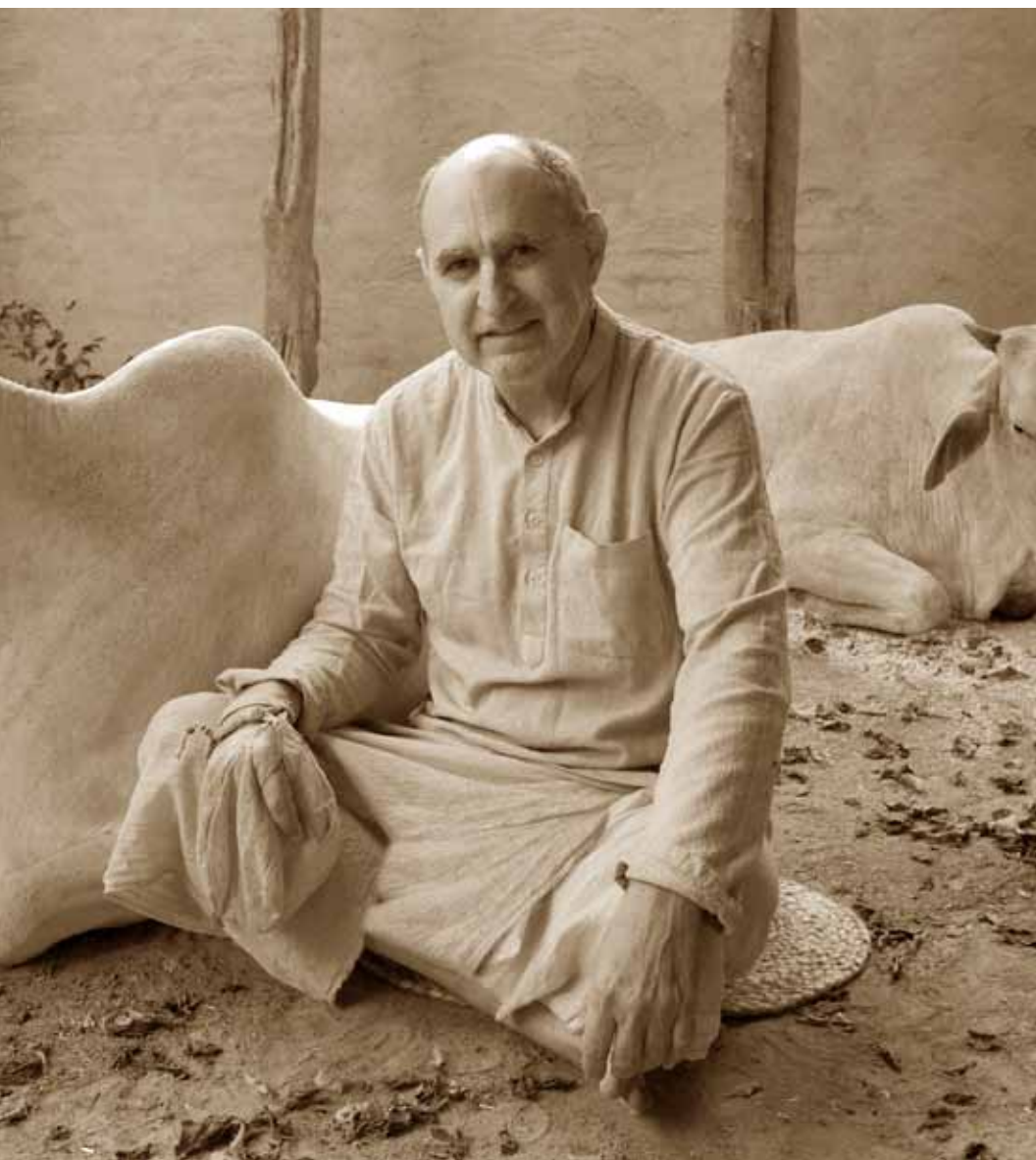






Sundari always leaves plenty of gober in the garden after her daily visits which I use for fertilizing the garden. Alternatively, the dung can be dried and smoldered for smoking cheese. There are innumerable uses for her gober.





Prayers to Lord Gopala

Text 1

Sri Narada said:

I offer my obeisances to Sri Krsna, whose complexion is just like the color of a newly-formed monsoon cloud, whose eyes are as beautiful as the blue lotus, who gives pleasure to the *gopis*, and who appeared in the form of a cowherd boy.

Text 2

His bluish curly hair is nicely decorated with peacock feathers and He wears a garland of forest flowers, such as the kadamba.

Text 3

His curly hair swings to and fro over His cheeks. His broad chest is decorated with a necklace of large pearls.

Text 4

His entire body is illuminated by the light reflected from His golden ornaments and diamond crown. His garments wave in the gentle breeze.

Text 5

As He plays His supremely enchanting flute, manifesting the most wonderful sound vibrations, the hearts of the cowherd damsels are repeatedly overwhelmed by attraction for Him.

Texts 6-7

He is like a honeybee that



relishes the nectar from the lotus-like faces of the *gopis*. He has aroused their transcendental passion by bestowing upon them His sidelong glances.

He is surrounded by young *gopis* who are very attached to Him and who are dressed in a most attractive manner and decorated with beautiful ornaments.

Text 8

Sometimes, Sri Krsna enjoys conjugal pastimes in the black water of the Kalindi. Sometimes, He enjoys mock fighting with His cowherd boyfriends and sometimes, He leads His friends to the pasturing grounds.

Text 9

Sometimes, He sits under a kadamba tree in the forest of Vrndavana and sometimes, He enjoys the cool breezes that kiss

the water of the Yamuna.

Text 10

Sometimes, He sits on a jeweled throne at the foot of a mountain filled with gold and sometimes, He enjoys pastimes on a golden altar in the midst of many desire trees.

Text 11

Sometimes, He goes to the enchanting Govardhana Hill, where the atmosphere is saturated with the fragrance of innumerable flowers that blossom in the spring. There, He enjoys *rasa-lila* pastimes.

Text 12

He lifted Govardhana Hill with His left hand, like an umbrella, and thus counteracted the torrents of rain sent by Indra.

Text 13

When Sri Krsna joyfully plays upon His flute, producing an

enchanting sound, all of the calves and cows stare at Him with unblinking eyes.

Text 14

He is always surrounded by His cowherd boyfriends, who continuously sing His glories and imitate His behavior while carrying sticks and ropes in their hands.

Text 15

Sri Krsna is constantly being glorified with select, pleasing words by great sages, such as Narada, who are expert in the understanding of the Vedic literature.

Text 16

When one meditates on Krsna in this way and offers this prayer to Him with devotion three times a day, He certainly becomes pleased and awards one with the fulfillment of all his desires.

Text 17

Such a sincere devotee becomes very dear to the ruler of his kingdom and the object of affection for all living beings. He comes to possess inexhaustible opulence and becomes a most eloquent speaker.

Thus ends the translation of the Sixth Chapter of the Fourth Ratra of *Sri Narada-pancaratra*.



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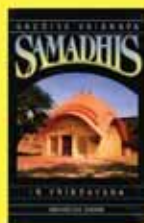
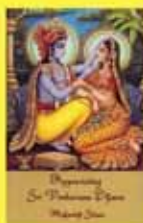
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Thank You From the Cows



The cows send their heart-felt thanks to those who assisted during June 2011

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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