

# PRAYER TO MOTHER SURABHI

## PRAYER to MOTHER SURABHI

Oh Mother Surabhi!

You are the Mother of all Cows.

You sustain all life and all living entities.  
You provide shelter to those who have no shelter.

You fulfill all desires.

Your very presence brings all auspiciousness.

You are the source and basis of all wealth.  
You are pure, attractive and aromatic.

You bring one to the mode of goodness.  
You bring health, longevity and good fortune.

You are our Universal Mother!

Without you we will have no mothers.  
Without you we will have no life.

Without you we will have no shelter.  
Without you we will have no hope.

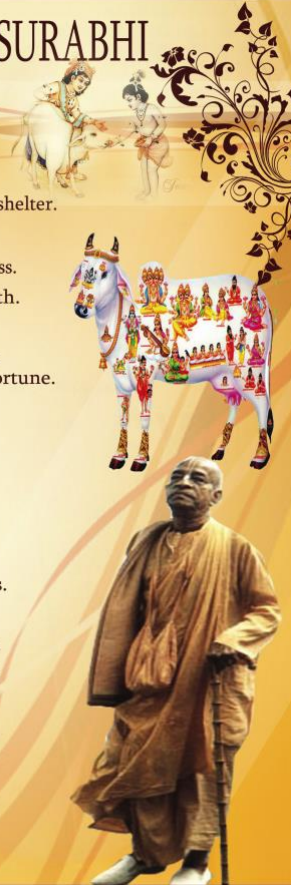
Without you we will have no happiness.  
Without you we will have no food.

Without you we will have no direction.  
Without you we will have no morality.

Without you we will have no health.  
Without you we will become orphans.

Please allow us to serve you.  
Please allow us to love you.  
Please allow us to worship you.  
Please allow us to be with you.

Initiative of ISKCON Daiva Varnasrama Ministry (IDVM-India)  
[www.iskconvarnasrama.com](http://www.iskconvarnasrama.com)



# THE SACRED OATH

## ŌM ŚRĪ SURABHI CAMPAIGN – 2015 to 2027

### OUR MOTHER

Initiative of ISKCON  
Daiva Varnasrama Ministry (IDVM-India)  
[www.iskconvarnasrama.com](http://www.iskconvarnasrama.com)



Our Mother

### THE SACRED OATH

Oh most worshipable Mother Surabhi! You are our most affectionate Sacred Mother. You are the wish-fulfilling Kamadhenu who grants everyone's desires. You are the manifestation of all sacred places of pilgrimage, the support of all living entities and the ocean of all auspiciousness.

Oh most worshipable Mother Surabhi! You are the purifying Mother Ganga and the Goddess of Sanctity. You are the healer of all diseases, the bestower of good health and the embodiment of Maharshi Dhanvantari. You are the Goddess of Fortune and the provider of nourishing agriculture products.

Oh most worshipable Mother Surabhi! Today I take this solemn oath to always remember the land of Bharat-varsa and our ancestors' noble heritage. With my mind, words and actions, I hereby pledge to always protect, preserve and serve you and all the wonderful gifts of nature such as water, earth, the forests, as well as all living entities and all sacred places of pilgrimages. I will actively strive to ensure that your glory spreads throughout the entire world.

Oh most worshipable Mother Surabhi! In order that our villages become holy places of pilgrimage, I will endeavour with my mind, body and soul to protect the ancient wealth and beauty of traditional village life.

Oh most worshipable Mother Surabhi! Please bless and empower this humble servant of yours with the necessary ability, strength, and courage to fulfill this solemn oath.

All glories, all glories, all glories to you, o eternally most Sacred Mother Cow! (Translated from Hindi)

Edited by HH RP Bhakti Raghava Swami

For Details : [www.iskconvarnasrama.com](http://www.iskconvarnasrama.com)

Dedicated to our Eternal  
Spiritual Father His Divine Grace  
A.C. Bhaktivedanta Swami Prabhupada  
Founder-Acarya of ISKCON



## DAILY SCHEDULE

### INTRODUCTION

Students will adhere to the regular disciplined spiritual life which continues to be practiced in all bona-fide traditional *asramas*.

5:00	a.m.	Rise & Bath
5:30	a.m.	Mangala Aratika ( <i>Sandya Vandanam</i> )
6:00	a.m.	Tulasi Puja
6:15	a.m.	Yoga Asana ( <i>Surya Namaskar</i> )
7:00	a.m.	Japa Meditation
7:45	a.m.	Darshan & Guru Puja
8:00	a.m.	Srimad-Bhagavatam
9:00	a.m.	Prasadam
9:45	a.m.	Module I
10:45	a.m.	Break
11:00	a.m.	Module II
12:00	noon	Raja-Bhoga Aratika/Japa
01:00	p.m.	Noon Bath
01:30	p.m.	Prasadam, Rest and Personal Study
3:30	p.m.	Module III
4:30	a.m.	Break
4:45	p.m.	Module IV
5:45	p.m.	Break, Sports, Rest, Bath/Japa
7:15	p.m.	Gaura Aratika
8:00	p.m.	Evening Meal
8:45	p.m.	Self-study/Revision/Reading/Writing/Japa
9:30	p.m.	Take Rest for the night

## RULES AND REGULATIONS

Students must abide by all the following rules and regulations, failing which they may be requested to leave the *asrama*.

1. All residents must follow the four prohibitions of: a. No intoxication, b. No illicit sex, c. No meat eating and d. No gambling.
2. All residents must follow the daily sadhana strictly, rising early and resting early.
3. Radios, tape recorders, computers, hand phones, television and any such like devices are not allowed for students.
4. Residents may not leave the premises without permission from the authorities.
5. Students who are found quarreling, bickering or fighting with others students or teachers will not be allowed to stay.
6. Residents may only take food prepared and offered at the *asrama*.
7. All donations received or collected by students should be given to the Administration Office. No student is allowed to carry any laksmi with him.
8. Students may not use any chemicals or unnatural soap agents to wash cloth, teeth or to shower. All such wash agents will be supplied by the administration.

## ABOUT THE RETREAT

**Holistic Sustainable Living**, presented as a **Bhakti Yoga Retreat**, is an initiative of the ISKCON Daiva Varnasrama Ministry (IDVM-India) and is closely connected with the Ministry's educational wing called Varnasrama College. In the year 2018, the Ministry established a National Department for Youth Services with its Head Office at Sahyadri Sri Krishna Balarama Ksetra (SSKBK) in Karnataka primarily to train and education Indian youth in Rural/Village Development.

The 15 acres campus at SSKBK is located at the foothills of the Sahyadri Mountain Range in the District of Udupi near Hebri town. The **Bhakti Yoga Retreat** offers one the opportunity to reconnect with one's nature & the serene atmosphere of *Parasurama Ksetra* known by *Vaisnavas* as *Dakshin Vrindavan* (South Vrindavan).

Located amidst one of *UNESCO's* recognized bio-diversity hotspots on the planet, with an assorted variety of exotic flora and fauna, the SSKBK *asrama* and Varnasrama College is home to 45 cows, three families and a small group of practicing monks.

Among the many activities will be daily *Yoga Asanas*, *Japa* Meditation, *Kirtan*, Natural Farming, Gardening, Landscaping, Cow Care, Nature Study Walks, Swimming, Camping, and making of *Panchagavya* Products. Two field trips will also be undertaken at close by *ksetras* (holy places).

The **Bhakti Yoga Retreat** will allow students to experience a peaceful and wholesome atmosphere centered on land, cows and the eternal culture of *dharma*.

## FACULTY MEMBERS

### HH RP Bhakti Raghava Swami

Hails from Canada. Minister for IDVM-India. Research Scholar with Osmania University, Department of Sociology.

### HG Sri Rama das

From Tirupati, Temple President of ISKCON Mangalore, Coordinator of SSKBK, member of IDVM-India.

### HG Rama Laksman das

From Hyderabad, National Director of IDVM-India Youth Services, Executive Committee Chairman, Bhakti Shastri.

### HG Sri Jiva das

From Telangana, Head Pujari at SSKBK. Graduate.

### HG Giriraja das

From Telangana, Director of Agriculture and Cow Protection at SSKBK. Farmer.

### HG Raghu Mishra das

From Karnataka, Manager at Sahyadri Goloka Dham, Farmer

We also plan to have Visiting Faculty to offer specialized courses.

### Dr. Sreekumar

**Veterinarian, Cow Grazing/Soil Management**

### Dr. Srinivas

**Ayurvedic Doctor/Diet & Health**

### Guru Gauranga das

**Yoga Therapy**

## COURSES

*Yoga Asanas*

*Kirtan*

Gardening

Cow Care

Swimming

*Japa* Meditation

Natural Farming

Landscaping

Nature Walks

*Panchagavya* Products

Two field trips will also be undertaken at close by *ksetras*.

## ACCOMMODATIONS

SSKBK provides simple accommodations for the students taking the courses. We have separate quarters for Faculty and students. Students are required to bring their blankets and flashlight.

## DIET/FOOD

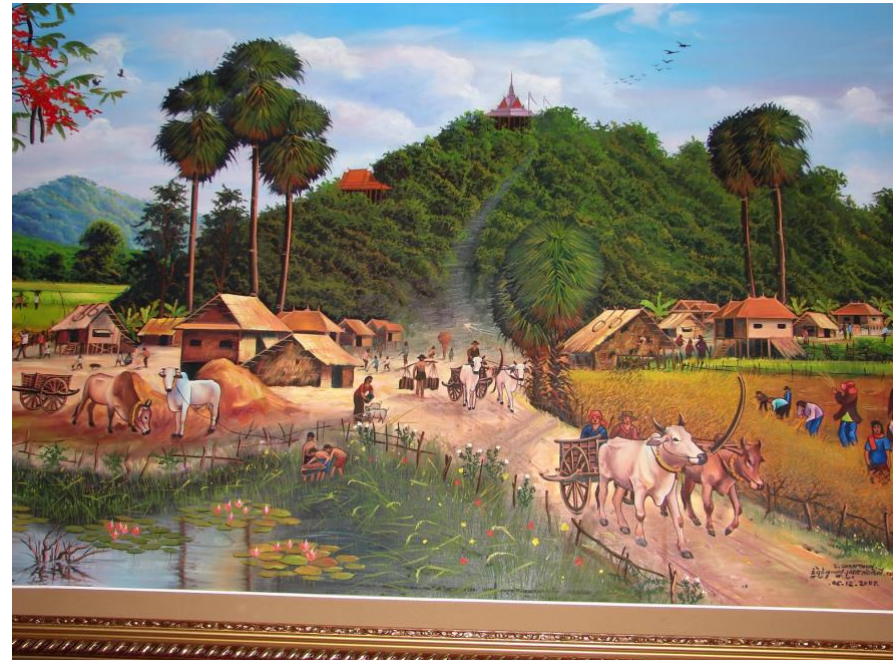
As in most *asramas*, we follow a strict vegetarian diet of no meat, no fish or no eggs. All the food is prepared by qualified monks and offered to the Lord before partaking.

[www.sskbk.com](http://www.sskbk.com)  
[www.srisurabhi.org](http://www.srisurabhi.org)

## HOLISTIC SUSTAINABLE LIVING

### \* BHAKTI YOGA RETREAT \*

November 12 to December 10 – 2018



## SIMPLE LIVING & HIGH THINKING

Produce only what you need!  
Use only what you produce!