

Chant and Be Serious

Practical support for devotees in the community

www.iskconlife.com

"One who cannot rise early in the morning, he is not spiritually serious . That is the test."

-- Srila Prabhupada

The Online Morning Programme was created to provide devotees who live outside temple ashrams with devotee association. Particularly, Kripamoya prabhu has been very supportive in encouraging his congregational contacts around the country to take part as well as through his personal participation.

It is very difficult for most of us to get up early to chant our rounds (and for some of us to even chant our rounds) yet the early hours, the brahma muhurta period, are the most spiritually potent time of the day. The Online Morning Programme provides devotees outside temple ashrams the opportunity to participate as part of a devotee community - which up to now has only been possible by living in a temple -and thus gain encouragement from others in the group who are also rising early to chant.

Read the testimonials below - many devotees are finding that their practice of Krishna Consciousness is greatly helped through this programme. And if you are not online yet, think about registering at www.iskconlife.com.

Broadband connection essential.

Bhakta Jereme (Dover)

1. How long have you been attending the online japa ? Since I saw it advertised in the Vaisnava Connection magazine.
2. What differences have you noticed in your Krishna Consciousness ? **Chanting Japa in the association of other devotees makes it easier to chant attentively and the classes that follow morning Japa are a great opportunity for those living too far from a Temple to regularly hear from senior devotees.**
3. How has this affected your day to day life ? **I find my day much easier starting it with the online programme. That morning association with devotees helps me think of Krishna through the day.**
4. What time do you wake up for the programme ? **I get up at five and if the weather is fine start my Japa with a walk. I then get back and online for six o'clock.**
5. Any comments you would like to add ? **In addition to the daily programme, there is now a Wednesday evening class/discussion online which is fantastic. This online community of devotees becomes a part of your life. It's my local Temple!**

Morning Enlightenment 4:30 - 8:15am:

4:30 - 7:15am Live streaming Japa (and kirtan) online every day with ISKCON Soho and UK devotees

7:15 - 8:15am Classes every day (7:30 - 8:30am weekends)

Monday: Tribhangananda das: The Pandavas Retire Timely

Tuesday: Raghupati das: The Teachings of Queen Kunti

Wednesday: Kripamoya das: The Story of Dhruva Maharaj

Thursday: Jayadeva das: The Mahabharat

Friday: Antardwip das: Srila Prabhupada for Beginners

Saturday: Kripamoya das: Story of Dhruva Maharaj

Sunday: Kripamoya das: The Sunday Sermon

Evening Hot Milk Classes 9:00 - 10:00pm:

Wednesday: Kripamoya prabhu: Questions and Answers

Saturday: Tribhangananda das: Krishna Book discussion



Live webcam view of devotees in Soho Street Temple Room 5:15am



Kripamoya prabhu gives online morning class on Saturday morning 7:30am

"I am more concerned about finishing my japa rounds earlier than keeping some for evening."

-- Bhaktin Sarla Menon

Dr and Mrs Ramarao (Newcastle)

Honestly ~ we very rarely get the blessing to get connected to Japa room. However anytime we observed the brilliant chanting in Soho Street Temple, more so of Guruvandana, we immediately wished that we had wings to take to the air and join the group to dance and have the nectar.

The morning programme is like charging batteries with pious boost to last a full 24 hours ~ until the next day morning. It is a spiritual dose once a day for all those who are listening. Only I wish more people would participate to have the benefit.

“I would recommend any congregational devotee to get involved.”

~ Bhakta Len

Bhakta Parag Mungale

1. How long have you been attending the online japa ? I have started around a month back & try to attend as and when possible. (My job involves lot of travelling in and outside UK, so making it routine is bit difficult.)
2. What differences have you noticed in your Krishna Consciousness ? **Online association definitely helps and quality of chanting has improved.**
3. How has this affected your day to day life ? **Since I have to make commitment to myself to get up early and start chanting. Result is my consciousness, tolerance is getting better.**
4. What time do you go to sleep at night and what time do you wake up for the programme ? **Most of the times I go to bed around 11.00pm but try to get up before 6.00am.**
5. Any comments you would like to add ? **Great to see use of technology in the service of the Lord. I am really grateful to the organizers of this website. Fantastic start of the day after online lectures.**

Bhakta Len (Brighton)

1. How long have you been attending the online japa ? **3 months.**
2. What differences have you noticed in your Krishna Consciousness ? **I get association with devotees everyday and have amazing classes even before the working day starts. This helps me think of Krishna amongst all the trouble and strife that goes on in the working day.**
3. How has this affected your day to day life ? **I am only able to get to programs at our centre once or twice a week as I have to work and live at home with my family. The online program enhances my practice in so many ways. I am so grateful to receive bhagavatam class in my own home and be able to chant japa with amazing devotees!**
4. What time do you go to sleep at night and what time do you wake up for the programme ? **I go to bed at 10.30 - 11.00 rise at 05.00 - 05.15 to start japa at 05.30 (gives me 2 hours before my little boy wakes and cause havoc!)**
5. Any comments you would like to add ? **I would recommend any congregational devotee to get involved. It gets you out of bed in the morning knowing that your fellow devotees are there waiting for you. Highlights so far... Jayadev prabhu's class on the pastimes of Lord Jagannath, Antwardip prabhu's recent class 'Prabhupada for beginners,' Tribhanga nanda prabhu's heartfelt account of Lord Chaitanya at Ratha Yatra - thank you so much for allowing me to attend this wonderful program everyday haribol!**

Bhaktin Sarla Menon (Glasgow)

1. How long have you been attending the online japa ? **Since the advert came out in April.**
2. What differences have you noticed in your Krishna Consciousness? **I am more concerned about finishing my japa rounds earlier than keeping some for evening. The daily talks makes one more aware when situations arise that have a link with what was spoken in a previous class.**
3. How has this affected your day to day life? **I feel very much part of a larger devotee family, definitely removed a sense of isolation**
4. What time do you go to sleep at night and what time do you wake up for the programme ? **I'm up before its time to switch on Soho computer at 4.30am**
5. What is your contribution to the online programme ? **I try to be as regular as possible for the success of the programme.**

“Anytime we observed the brilliant chanting we immediately wished that we had wings to take to the air and join the group to dance and have the nectar.”

~ Dr and Mrs Ramarao

Bhakta Jayanta (Dublin)

1. How long have you been attending the online japa ? **6 months.**
2. What differences have you noticed in your Krishna Consciousness ? **Marked difference.**
3. How has this affected your day to day life ? **I am more organised and above all very happy.**
4. What time do you go to sleep at night and what time do you wake up for the programme ? **I go to bed around 10pm and wake up at around 5.30am in the morning.**
5. Any comments you would like to add ? **We have brilliant speakers who take me further into spiritual realisation. May we have more devotees joining this online program in future. Keep up the good work.**

Bhaktin Gail (Somerset)

- I have been attending the on-line morning programme since day one, usually three or four times a week. I have found that it provides a link back to the heart of the family of which Krishna is the head.
- When you are feeling 'out on a limb' you can tune right back in. I love to see and hear Soho Street too. I have found that it gives a focus not only to my day but to my week. I asked my Deshika Guru why were my rounds so unsatisfactory? And he asked me what time I got up to do them. I had got into the habit of getting up later and later.
- Now I get up at 5:30 and chant and meditate until 6:45, then go online at 7:15 (I go to bed before 10pm). It feels great having started my day chanting my rounds, listening to Srimad Bhagavatam, having association of devotees and the rest of the day is ahead. Hare Krishna!
- P.S. Each speaker has his own particular style so its good to have the difference. Hey, what about more ladies?!