

The Big Smoke

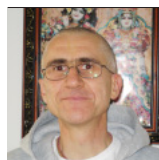
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Where London is the star



Showcase 'Inside and Outside', West End, Tuesday

Zhou Lan, from Beijing, writes: 'This is from the series "Look at London through windows". I hope to express how London is perceived by someone from another part of the world. Transparent glass not only separates the world on both sides of the window, but also acts as a see-through wall between people.' If you wish to see your photography in this series, email portfolio@timeout.com



24-hour city

Akurura Das, 48, secretary, Soho Krishna Temple

4am I'm staying in Hertfordshire, so I'm up early to catch the bus to my job at the Radha Krishna Temple in Soho Street.

7am We stand before the altar and sing and dance together and offer prayers to the spiritual teachers. Around 20 people take part in activities throughout the day.

8.30am We sit down together to a vegetarian breakfast, made up of marinated vegetables, milk dishes, bread and fruit to give us energy.

9am Everyone starts their duties. I normally make some phone calls and then call members for coaching sessions – I'm a life coach here. I help

people clarify what they want from life and show them how they are experts at sabotaging themselves.

1pm I have lunch in our Soho restaurant. We usually have some sort of vegetarian lasagne or curry. Food influences our consciousness, so it is important that it's good.

2.30pm We go out on to the street singing and dancing. People are very receptive. We've been doing this since the 1970s and it's now become part of the central London scene. I have danced on the streets of many European cities but London is special. It makes us extremely happy.

7pm I lead a course about spiritual matters and personal development. We do lots of chanting. I find that it purifies my consciousness.

9pm I go home on the bus. I usually use that time for mantra meditation, reading and learning, but sometimes I lead coaching sessions on my mobile for other Krishnas. Sometimes people have an urgent need for coaching and I don't like to tell them to wait.

10pm I take rest. I'm tired at the end of the day, but blissful. I feel satisfied and I sleep peacefully and have good dreams.

OVERHEARD UNDERGROUND

He's very tall but his mum is a midget.

'Harry Potter' is way better than the Bible.

I'm older than you, I'm bigger than you, I'm whiter than you.

If you don't know what BJ means ask your mum.

I tried to get Ronaldo, Drogba and Lampard in the same team.

You'd have to be a lunatic to buy in the current market.

Spit it out, Gemma!

Are we on the green line or the yellow one?

That busker was playing The Smiths.

He must be off his tree.

www.themanwhofellasleep.com

Lies to tell tourists

Making a virtue of dishonesty



The British Museum has more than 13 million objects in its collections.

That is why they have to

occasionally sell things off in the museum shop – try rummaging around next to the pencil rubbers.