

# Echoes of Eco



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## Organically united with all Existence



According to the philosophers of India, the whole universe is composed of two materials, one of which they call Akasha. It is the omnipresent, all - penetrating existence. Everything that has form, everything that is the result of combination, is evolved out of this Akasha. It is the Akasha that becomes the air, that becomes the liquids, that becomes the solids; it is the Akasha that becomes the sun, the earth, the moon, the stars, the comets; it is the Akasha that becomes the human body, the animal body, the plants, every form that we see, everything that can be sensed, everything that exists. It cannot be perceived; it is so subtle that it is beyond all ordinary perception; it can only be seen when it has become gross, has taken form. At the beginning of creation there is only this Akasha. At the end of the cycle the solids, the liquids, and the gases all melt into the Akasha again, and the next creation similarly proceeds out of this Akasha.

By what power is this Akasha manufactured into this universe? By the power of Prana. Just as Akasha is the infinite, omnipresent material of this universe, so is this Prana the infinite, omnipresent manifesting power of this universe. At the beginning and at the end of a cycle everything becomes Akasha, and all the forces that are in the universe resolve back into the Prana;

in the next cycle, out of this Prana is evolved everything that we call energy, everything that we call force.

It is the Prana that is manifesting as motion; it is the Prana that is manifesting as gravitation, as magnetism. It is the Prana that is manifesting as the actions of the body, as the nerve currents, as thought force. From thought down to the lowest force, everything is but the manifestation of Prana. The sum total of all forces in the universe, mental or physical, when resolved back to their original state, is called Prana.

"When there was neither aught nor naught, when darkness was covering darkness, what existed then? That Akasha existed without motion." The physical motion of the Prana was stopped, but it existed all the same.

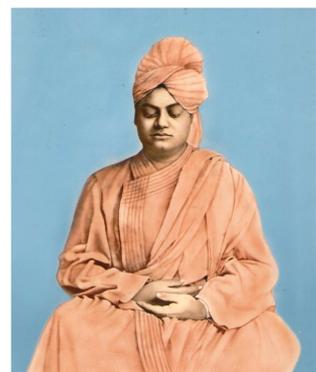
At the end of a cycle the energies now displayed in the universe quiet down and become potential. At the beginning of the next cycle they start up, strike upon the Akasha, and out of the Akasha evolve these various forms, and as the Akasha changes, this Prana changes also into all these manifestations of energy.

[Excerpt from Swami Vivekananda's Raja Yoga where he explains how Prana and Akasha permeate the entire existence and connect us with everything else primordially and organically]

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## Prayer of Swami Vivekananda: Love for Love's sake



***IT is good to love God for hope of reward, but it is better to love God for love's sake; and the prayer goes: O Lord, I do not want wealth nor children nor learning. If it be Thy will, I shall go from birth to birth. But grant me this, that I may love thee without the hope of reward--"love" unselfishly for love's sake.***

**-Swami Vivekananda**





**Take up one idea. Make that one idea your life – think of it, dream of it, live on idea. Let the brain, muscles, nerves, every part of your body, be full of that idea, and just leave every other idea alone. This is the way to success.**  
*-Swami Vivekananda*



**This Month ...**



Workshop on Azolla cultivation was conducted at the Technology Resource Center (TRC) of Vivekananda Kendra – NARDEP, on 22<sup>nd</sup> Dr. Kamalasanan Pillai was the resource persons. 2 farmers attended and benefitted,

Seva Varthini, STARS Forum, Pune organized the seminar 'Livelihood Opportunities in Modern Agricultural Practices' which was held on 3rd and 4th at Lakaki Hall, Mahratta Chamber of Commerce, Pune. Representatives from 30 institutions attended the seminar. Dr.P.Kamalasanan Pillai presented a paper.

### SRI – Rice cultivation : Conserving water

Systems Rice Intensification (SRI) aims to increase the yield of rice produced in irrigated farming without relying on purchased inputs and the system while increasing biomass and yield also decreases water consumption which is an important bottle neck. Here Dr. Pillai is in a SRI field during IARI officer's visit.



**This Month ...**



Water was tested from 14 wells in Kanyakumari Dist – programme of Central Ground Water Board, Chennai.

**Cost Effective Housing**



"In-plant training in Green Construction Technologies" was held at TRC, Kalluvillai from 30<sup>th</sup> November to 4<sup>th</sup> December. 40 students from Govt. College of Technology, Coimbatore attended. The main resource person was Er.Shri.V.Ramakrishnan

Dr.Pillai explaining the agro-technologies to the officer, Shri.V.K.Chaturvedi from IARI, New Delhi during his visit.



**Networking Activities**

Done with DST core support

Local Advisory Committee meeting for Kalakad Mundanthurai Tiger Reserewas held by the Forest Dept, of Govt. of Tamilnadu at Mundanthurai on the 4<sup>th</sup> of this month. 25 representatives from various organizations attended this committee meeting. Sister Sarsaswathi also attended and gave a presentation of eco-tourism – advantages and disadvantages for the tiger reserve.



At the camp for National Service Scheme Students of Sree Ayyappa College for Girls, Chungankadai, Nagercoil at Puliurkurichi, Kanyakumari Dist. Shri.V.Ramakrishnan and Sis.V.Saraswathy gave a talk on "Solid Waste Management" on 17<sup>th</sup> of this month. 150 students attended.

GCT Students learning cost-effective conservation technologies in a hands-on training session





*Come out into the universe of Light.  
Everything in the universe is yours, stretch out your arms and embrace it with love.  
If you ever felt you wanted to do that, you have felt God.*

*-Swami Vivekananda*



## Happenings: This month



## Happenings: This month

Advisory Committee meeting of Community Development through Polytechnics organized by the Ministry of Human Resource Development, Govt. of India was held at Govt. Polytechnic College, Nagercoil on 17<sup>th</sup>. 30 members of the committee attended the meeting. Shri.V.Ramakrishnan of VK-nardep also attended the meeting being a Committee member

Workshop on the Documentation of "Traditional Medical Practices – Nadi Chikitsa" was organized by VK-nardep and was held at Vivekanandapuram on 28<sup>th</sup> of this month. 63 persons attended the workshop. The resource person was Dr.Ganapathi and his team.



**Participants of Bio-Methanation plant training programme listening during a hands-on session: Learning green technologies in a green environment.**



**Reaching out across generations: "Traditional Medical Practices – Nadi Chikitsa" Workshop in progress:**

Green Health Home at Vivekanandapuram functioned for 9 days and treated 195 patients.

One day Workshop on "Kitchen Waste based Bio-Methanation Plant (Shakti Surabhi) was conducted at Technology Resource Center, Kalluvillai on 22<sup>nd</sup> of this month. The programme was supported by DST Core support. 35 persons attended the programme and benefitted. Shri.V.Ramakrishnan was the main resource person.

One day Workshop on "Kitchen Waste based Bio-Methanation Plant (Shakti Surabhi) was conducted at Hosur on 30<sup>th</sup> of this month. The programme was supported by DST Core support. 20 persons attended the programme and benefitted. Shri.V.Ramakrishnan was the resource person.

### Construction of Biogas Plants this month:

- i. KVIC model 1 cum – 5 nos. in Ramanathapuram dist.
- ii. Shakti Surabhi 1 cum model – 1 no. (fixed)
- iii. Shakti Surabhi 0.25 cum – 1 no.
- iv. Shakti Surabhi 0.5 cum – 3 nos.
- v. Shakti Surabhi 1 cum – 4 nos. (portable)
- vi. Shakti Surabhi 6 cum – 1 no.



**One important aspect of VK-nardep work in indigenous medical system knowledge preservation is the bringing together of various generations of the indigenous medical system. Here we see such a confluence of generations both young and old at the documentation workshop of Nadi-Chiksha.**



**Stand up, be bold, be strong. Take the whole responsibility on your own shoulders, and know that you are the creator of your own destiny. All the strength and succor you want is within yourself. Therefore make your own future**  
**– Swami Vivekananda**



## From our Publications



The book also contains wonderful poster art that is specifically oriented with each of the eco-song in a particular language. The Hindi song sings:

*The green earth and the blue sky  
 The cool shade of Peepal and the flowering garden  
 The lofty hills and the delightful dales  
 The running brook and the breezy air  
 Pure air alone gives us life; but don't forget this.  
 Trees alone give shade – cut them not.  
 Dear is the earth; dear is the earth.*

The Kannada song talks to a child:

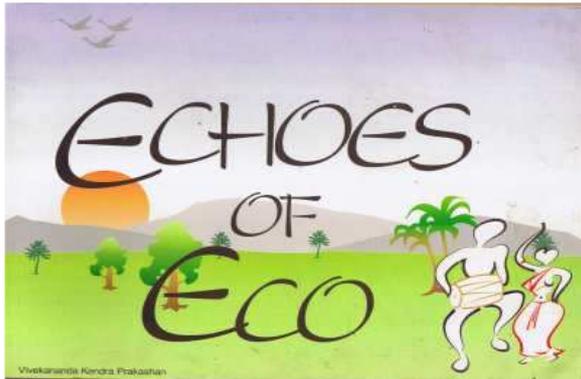
*Dear Child, Beloved child, listen.  
 Listen to the song on Mother Earth  
 Look at the Grand Nature  
 Here Deers run, Peacocks dance; Birds sing.  
 Woods rich with sandal and teak  
 Grooves with coconut green*

...  
*There there there comes the man  
 Pain and peril close on his heels  
 In progress name fells the trees  
 Cuts the plants and kills the animals  
 All for his 'Joy'*

The Tamil song sings the way water falls on the mountains thanks to the trees in the forest. The Telugu song calls the brothers in typical folk fashion and gives an eco-message. The Malayalam song laments the fast vanishing of the beauties of life and so on.



Richly illustrated with an innovative methodology to reach the children across India the book is a wonderful attempt to create eco-awareness, provide cultural understanding and cultivate national integration. Though now out of print the book awaits re-edition and when done will be a great boon to schools and households across India creating organic eco-strands uniting the hearts of the children of India.

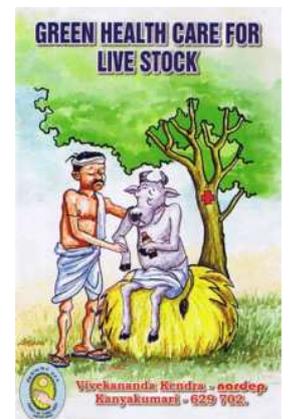
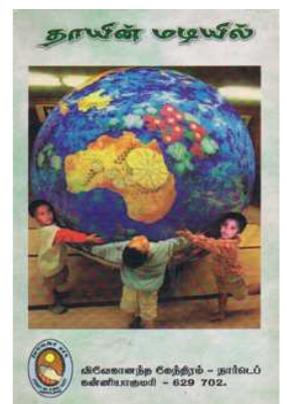
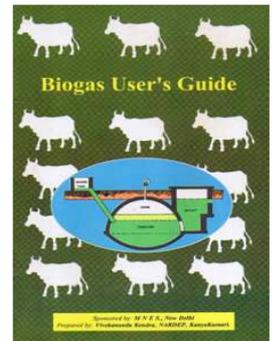


### Eco-Integration of India: Echoes of Eco

This is one of the earliest, innovative, multi-lingual publications on creating ecological awareness in public minds all across India. The back cover of the book says it all:

*'The need of the hour is a new paradigm, a new way of thinking for the survival of humanity. The feeling of universal oneness, brotherhood and fraternity with everybody – man, society and nature. This is the real Advaita. Let us not only think but live up-to such ideals and broadcast it to others. Let us make a resolve to live in tune with nature.'*

The book contains songs on various themes of ecology like keeping the living places clean to conserving water to planting trees and preserving nature in the backyard of one's own house. 'Echoes of Eco'. There are songs in Hindi, Kannada, Malayalam, Tamil and Telugu. These songs are based on folk tunes and the message is a relevant eco-message for the students as well as adults. Both transliteration and meaning of each song is also given in English and Hindi. The musical notations are also presented for each song. There is also an accompanying audio cassette. So the book not only promotes eco-awareness, but also musical ability and fosters a sense of national integration based on eco-awareness.





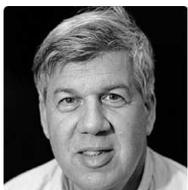
*When Pascal speaks of God in hiding, Deus absconditus, we hear not only the profound existential thinker, but also the great searcher for the reality of the world. I consider this unquenchable resonance as the greatest gift that can be bestowed on a naturalist.*  
**-Erwin Chargoff (Molecular biologist)**



### **Inter-connectedness**

Interdependence surrounds us. Ecology provides examples. Ecology, has been described as the branch of biology that deals with the relations of organisms to one another and to their physical surroundings; the study of the interaction of people with their environment. The world is made up of webs of interconnectedness. All life is linked together. In examining the science of life and living organisms known as biology, they call this interconnectedness---this interdependence---symbiosis. Symbiosis has been defined as the relation between organisms that are interdependent and as a result of their interconnectedness each gains benefits from the other. Biologists have found that almost everything is the result of symbiotic interdependencies and that life seeks symbiosis so that more life may flourish....

Ecology challenges conventional wisdom regarding the way the world works and illustrates how it is interdependence and not competition that is essential to survival. In the study of the science of life, living organisms create conditions for living with other organisms and codetermine the conditions of each other's existence. They shape the behavior of each other. Living organisms co-adapt, change and co-evolve. To quote Daisaku Ikeda, "...all things coexist within a context of mutually supportive interdependence ..."no beings or phenomena exist on their own; they exist or occur because of their relationship with other beings and phenomena."



*-Stephen Jay Gould*  
**Evolutionary Biologist**



### **Inner-connectedness**

Although Brahman is consciousness, the general (indistinct) aspect of that all-pervasive consciousness which is of the nature of effulgence, is not inimical to nescience, but helpful to it. ... The general (possibility of) fire within the wood is not inimical to darkness, but helpful to it. But as the actualized (manifest) fire produced by rubbing the wood is inimical to darkness, so also the distinct consciousness produced in the mind as Brahman is inimical to ignorance. ...

Just as the elemental ether within the flame of a lamp is known to fill without any difference and without any limit both the inside and the outside of the flame, so also the knowledge-ether that is within the Self-light in the heart, fills without any difference and without any limit both inside and the outside of that Self-light. This is what is referred to as Brahman....

It is due to illusion born of ignorance that men fail to recognise That which is always and for everybody the inherent Reality dwelling in its natural Heart-centre and to abide in it, and that instead they argue that it exists or does not exist, that it has form or has not form, or is non-dual or dual.... Call it by any name, God, Self, the Heart or the Seat of Consciousness, it is all the same. The point to be grasped is this, that HEART means the very Core of one's being, the Centre, without which there is nothing whatever.



*-Bhagwan Sri*  
**Ramana Maharishi**



### **In-depth-connectedness**

We see that a seed develops into a tree, we follow the line of the process of production and we utilise it; but we do not discover how a tree can grow out of a seed, how the life and form of the tree come to be implied in the substance or energy of the seed or, if that be rather the fact, how the seed can develop into a tree. We know that genes and chromosomes are the cause of hereditary transmissions, not only of physical but of psychological variations; but we do not discover how psychological characteristics can be contained and transmitted in this unconscious material vehicle.

... The growth of the tree out of the seed would be accounted for, like all other similar phenomena, by the indwelling presence of what we have called the Real-Idea; the Infinite's self-perception of the significant form, the living body of its power of existence that hasto emerge from its own self-compression in energy-substance would be carried internally in the form of the seed, carried in the occult consciousness involved in that form, and would naturally evolve out of it. There would be no difficulty either in understanding on this principle how infinitesimals of a material character like the gene and the chromosome can carry in them psychological elements to be transmitted to the physical form that has to emerge from the human seed;

*-Maharishi*  
**Sri Aurobindo**

