

# Echoes of Eco



January, 2013

Vivekananda Kendra- **nardep** Newsletter

Vol:4 No:11

## Being One with All

### In this issue:

- Being One with All
- Rameshwaram Project Inauguration
- The Happenings – I
- The Happenings-II
- Our Publication: Adangal Chart
- Visions of Wisdom: Ecologies



What we want is progress, development, realisation. No theories ever made men higher. No amount of books can help us to become purer. The only power is in realisation, and that lies in ourselves and comes from thinking. Let men think. A clod of earth never thinks; but it remains only a lump of earth. The glory of man is that he is a thinking being. It is the nature of man to think and therein he differs from animals. I believe in reason and follow reason having seen enough of the evils of authority, for I was born in a country where they have gone to the extreme of authority....This very universe, as we have seen, is the same Impersonal Being read by our intellect. Whatever is reality in the universe is that Impersonal Being, and the forms and conceptions are given to it by our intellects. Whatever is real in this table is that Being, and the table form and all other forms are given by our intellects.... Every little bit, every atom inside the universe, is in a constant state of change and motion, but the universe as a whole is unchangeable, because motion or change is a relative thing;

The Personal God and all that exists in the universe are the same Impersonal Being seen through our minds. When we shall be rid of our minds, our little personalities, we shall become one with It. This is what is meant by "Thou art That". For we must know our true nature, the Absolute. The finite, manifested man forgets his source and thinks himself to be entirely separate. We, as personalised, differentiated beings, forget our reality, and the teaching of monism is not that we shall give up these differentiations, but we must learn to understand what they are. We are in reality that Infinite Being, and our personalities represent so many channels through which this Infinite Reality is manifesting Itself; and the whole mass of changes which we call evolution is brought about by the soul trying to manifest more and more of its infinite energy. We cannot stop anywhere on this side of the Infinite; our power, and blessedness, and wisdom, cannot but grow into the Infinite. Infinite power and existence and blessedness are ours, and we have not to acquire them; they are our own, and we have only to manifest them.

## Hymn to the One Eternal



***That alone is the Fire, That is Sun,  
That is the atmosphere, That alone  
is the Moon;  
That alone is brilliant Morning Star,  
That is the Water  
That is Brahman the Godhead,  
That is Prajāpati (Lord of all  
Existence)  
That alone pervades all directions.  
That alone is the First Born.  
That alone was born and all that is  
and will be born. That alone is the  
witness that exists in all directions  
-Yajur Veda***





*A tremendous stream is flowing toward the ocean, carrying us all along with it; and though like straws and scraps of paper we may at times float aimlessly about, in the long run we are sure to join the Ocean of Life and Bliss*  
**-Swami Vivekananda**



As a fitting and living tribute to Swami Vivekananda in this year of national celebrations of his 150<sup>th</sup> birth anniversary, Vivekananda Kendra-nardep inaugurated the renovation and revival of selected Teerthams of the holy island of Rameshwaram on January 27<sup>th</sup> 2013. It was the day of arrival of Swami Vivekananda to Rameshwaram in 1897, after his triumphant visit to the West.

Hanuman Kundam is the first teertham where the renovation work is to be carried out. The Puja was performed at the teertham between 8:00 to 8:45 am. The Puja was attended by the head monks of Sri Ramakrishna movement, District collector, officials of the Rameshwaram temple, Vice-President of Vivekananda Kendra and a large number of public.



Sri. N. Krishnamurthi, senior Kendra worker, gave the welcome address and explained the importance of the Teerthams – the sacred water bodies. He enunciated the importance of water, its sanctity as recorded in our ancient literature and scriptures. He pointed out how water scarcity is becoming a global issue and can trigger many wars if we continue to neglect and abuse this important natural resource.

Sri. A.Balakrishnan, Vice-President of Vivekananda Kendra gave a talk on the importance of Swami Vivekananda's 150<sup>th</sup> birth anniversary celebrations.

He pointed out that the sacred water body renovation is not a singular event to be done and forgotten but it should be a continuous process to be taken up in a sustained manner. Sri.K.Selvaraj led an inspiring song on Swami Vivekananda – giving the essence of Swamiji's mission and message.



The benedictory speech was given by Swami Kamalathmananda, the Head of Sri Ramakrishna Mission, Madurai. He declared that we should work in such a way to make the difference Swami Vivekananda made to the history of our nation, to be felt globally. The global face of India should be identified with the dynamic message and figure of Swami Vivekananda.



The key note address was delivered by Sri.K.Nandakumar IAS, the collector of Ramnad district. He described the importance of water in the protection of the environment. He wanted eco-friendly practices to become part of the daily life culture. A Valedictory speech was made by Sri. Selvaraj, executive officer of Rameshwaram temple. He pointed out how maintaining the sacred water body is very part of our temple culture and should be venerated as sacredly as the temple and God.

Swami Divyananda gave the presiding benedictory address. He appreciated the Kendra taking up such a mass-oriented environment conscious activity as a fitting memorial to Swami Vivekananda on his 150<sup>th</sup> anniversary.



*As soon as you know the voice and understand what it is, the whole scene changes. The same world which was the ghastly battlefield of maya is now changed into something good and beautiful.*

*-Swami Vivekananda*



**This Month ...**



**This Month ...**



[Above] Azolla Programme in progress at Odisha:

Workshops on Azolla cultivation was organized by Chinmayananda Organisation for Rural Development. at Deulathia and Telkoi of Keonjhar, Dist. on 7<sup>th</sup> and 8<sup>th</sup> 25 and 50 persons attended these workshops respectively. The Resource Person was Dr.P.Kamalasanan Pillai.



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

## Networking Activities

### Green Health Home



Done with DST core support

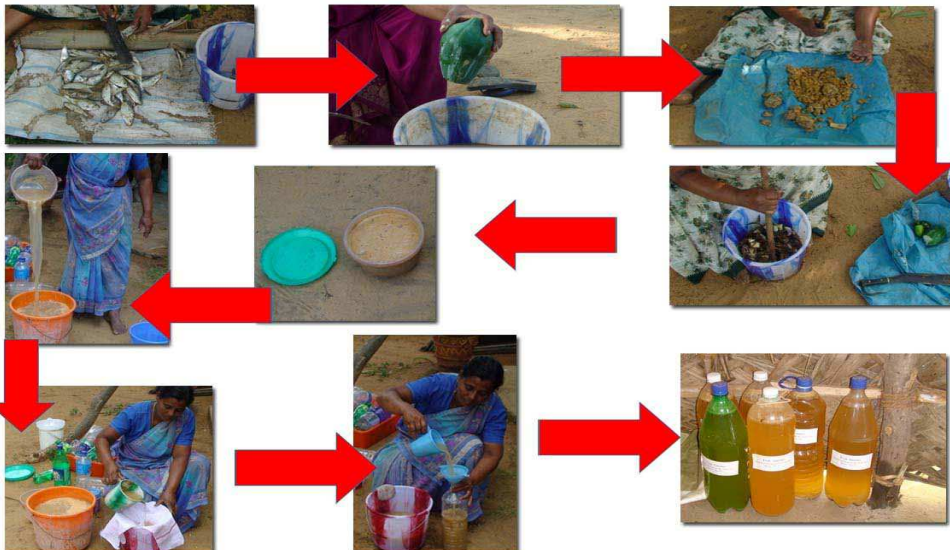
Green Health Home worked for 7 days and treated 170 patients and offered them indigenous health solutions.

Under Technology Transfer project Students of St.Antony's Higher Secondary School, Kanyakumari visited TRC and Gramodaya Park on 1<sup>st</sup> January and learned our technologies and made exhibits based on that at state level science exhibition and got 2<sup>nd</sup> prize.

**The super-composting technology** has reached a crucial stage of testing the preliminary controlled test results. The composting of soil based on ancient Siddha agronomic texts. The change in the color of the soil shows that the soil has become super-compost which when added to the herb cultivation bed can increase the potency of the herb thus cultivated. Initial studies have shown very promising results.



**Azolla in the paddy field: Village Perumselvavilai: Village Development programme (Jan 2013)**



### Enhanced Fish-Amino Technology

VK-nardep has enhanced the fish amino technology with the addition of latex from the skin of papaya fruit. This enhanced technology which has been developed to increase the effectiveness of this cost-effective organic formulation has strong bio-chemical principles while at the same time uses local resources for enhancement. VK-nardep has already disseminated the fish-amino formulations to the farmers. So as the technology has already taken root this added enhancement can also be integrated efficiently with the already existing technique.



*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



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

One day Workshop on "Kitchen Waste based Bio-Methanation Plant (Shakti Surabhi) was conducted at Technology Resource Center, Kalluvillai on 19<sup>th</sup> of this month. The programme was supported by DST Core support. 23 persons attended the programme and benefitted. Shri.V.Ramakrishnan was the main resource person.

Workshop on the subject of "Ethno-medical Science" was organized by VK-nardep at Vivekanandapuram on 22<sup>nd</sup> and 23<sup>rd</sup> of this month. 66 persons attended the workshop. The resource persons were Dr.Ganapathi and his team.



**One of the veteran traditional physicians of Kanyakumari district demonstrates and shares his skills with volunteers in the workshop: generations meet to transmit the knowledge so that it can be preserved and saved from extinction.**



### Commissioning of Biogas Plants this month:

- i. Shakti Surabhi : 1 cum : 4
- ii. Shakti Surabhi : ½ cum: 2

Six organic waste based bio-methanation plants have been commissioned in various parts of Tamil Nadu.



Traditional indigenous medical knowledge conservation involves exchange of memories across generations. The above photo shows the ingredients of a medical formulation preparation of which is to be demonstrated in the workshop. One of the special features of the workshops is that different streams of traditional knowledge related to a medical system converge here: to be shared and documented.



Be not afraid, for all great power throughout the history of humanity has been with the people. From out of their ranks have come all the greatest geniuses of the world, and history can only repeat itself. Be not afraid of anything. You will do marvelous work.

– Swami Vivekananda



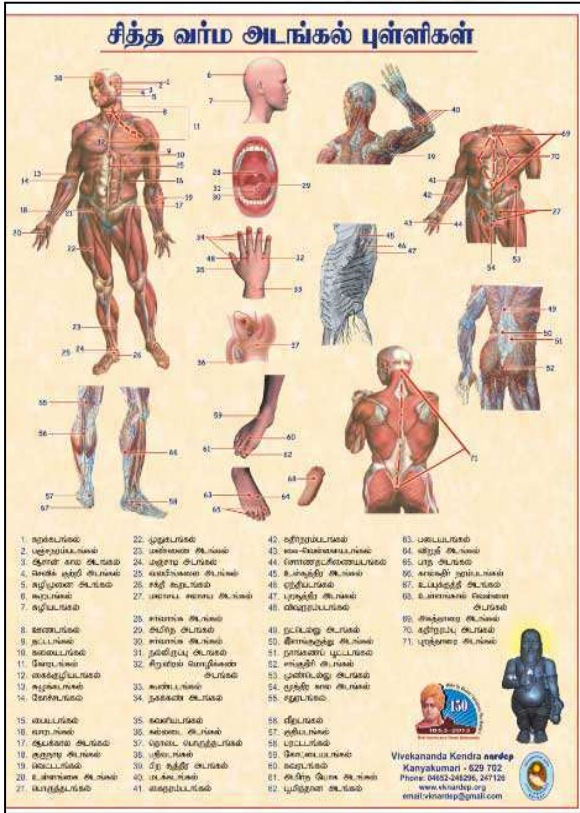
## From our Publications



Through various workshops and conferences of traditional physicians, certified Siddha doctors and other medical professionals as well as interested public, the VK-nardep team collected the traditional materials regarding this system.

Earlier VK-nardep has come out with a full body chart of Varma points which are used for healing in traditional Siddha system. That was perhaps the first step in documenting this valuable scientific knowledge in a form physicians can use effectively. It has been appreciated very much by the Siddha and Ayurveda community. Now with adangals also VK-nardep team felt the same need. So it was decided that important adangal points which are very frequently used in treatments should be shortlisted, located and a body map of adangal chart should be made.

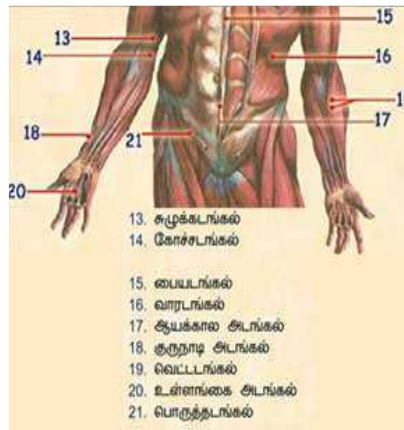
Groups of adangal points were identified and then they were located on the body and then plotted. Then the chart was checked for accuracy and then published and given to the workshop participants who are traditional physicians as well as Siddha doctors. The chart is the first of its kind. This innovative step in mapping the points and standardizing them has created a new level of awareness for both the medical community and informed public.



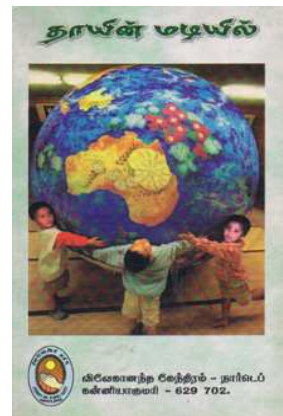
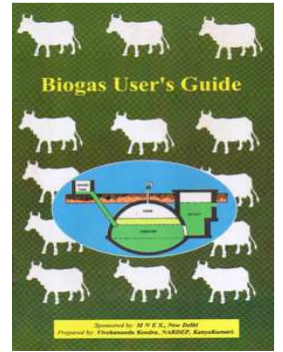
## Adangal Chart

Adangal Chart is a chart of human body showing the different Adangals used in the Siddha-Varma medical system. Adangals are the different points or nodes in the body which are actually emanating places of various varma points which the traditional Siddha physicians harness for their healing practices.

As this Siddha healing tradition is very much steeped in secrecy and held within the privacy of various traditional lineages, since now there has been no way of collating the various adangals that exist throughout the human body for the healing of various ailments and also physical traumas. Dr.Ganapathi and his team have been over the past years doing a very systematic and painstaking research into these traditional knowledgebase.



71 Adangal nodes have been mapped in this chart with each body part separately shown with adangal grouping. An elaborate legend is also given. Such scientific conservation attempts of traditional Siddha knowledge is very crucial in preserving and reviving these highly endangered indigenous medical systems which are very specific to the south Indian medical world.





*The goal of mankind is knowledge ... Now this knowledge is inherent in man. No knowledge comes from outside: it is all inside. What we say a man 'knows', should, in strict psychological language, be what he 'discovers' or 'unveils'; what man 'learns' is really what he discovers by taking the cover off his own soul, which is a mine of infinite knowledge.-Swami Vivekananda*



### **Internal Ecology**

Learning to value and utilize all of our cognitive gifts opens our lives up to the masterpiece of life we truly are. Imagine the compassionate world we could create if we set our minds to it. Sadly, the expression of compassion is often a rarity in our society. Many of us spend an inordinate amount of time and energy degrading, insulting, and criticizing ourselves (and others) for having made a “wrong” or “bad” decision. When you berate yourself, have you ever questioned: who inside of you is doing the yelling, and at whom are you yelling? Have you ever noticed how these negative internal thought patterns have the tendency to generate increased levels of inner hostility and/or raised levels of anxiety? And to complicate matters even more, have you noticed how negative internal dialogue can negatively influence how you treat others and, thus, what you attract?... My right mind understands that I am the life force power of the fifty trillion molecular geniuses crafting my form! (And it bursts into song about that on a regular basis!) It understands that we are all connected to one another in an intricate fabric of the cosmos, and it enthusiastically marches to the beat of its own drum. Freed from all perception of boundaries, my right mind proclaims, “I am a part of it all. We are brothers and sisters on this planet. We are here to help make this world a more peaceful and kinder place.” My right mind sees unity among all living entities, and I am hopeful that you are intimately aware of this character within yourself.



*-Jill Bolte Taylor*  
Brain-scientist



*-Dr. APJ Abdul Kalam*



*-Timothy Conway*  
Author

### **Practical Ecology**

Through the Green Belt Movement Noble Laureate Prof Maathai has evolved innovatively a movement with 600 community networks across Kenya and branches in 20 countries resulting in the plantation of 31 million trees. She and the Green Belt Movement have received numerous awards, most notably The 2004 Nobel Peace Prize. Prof Maathai gives a new meaning to the important act of planting a tree by extending it to the whole life, when she says, "the planting of trees is the planting of idea." She highlights the qualities of patience, persistence and commitment in planning and realizing a future, which is what we learn when we plant trees and wait for them to yield fruits for the next generation. She believes that no matter how dark the cloud, there is always a thin, silver lining, and that is what we must look for. The silver lining will come, if not to us then to the next generation or the generation after that. And may be with that generation, the lining will no longer be thin. She concludes Nobel Lecture on December 10, 2004 like this:, "As I conclude I reflect on my childhood experience when I would visit a stream next to our home to fetch water for my mother. I would drink water straight from the stream? I saw thousands of tadpoles: black, energetic and wriggling through the clear water against the background of the brown earth. This is the world I inherited from my parents". Prof. Mathaai would like all of us to preserve this inheritance.

### **Spiritual Ecology**

In the ego-free, humble heart of the mature mystic-sage there shines the Divine Self-revelation to ItSelf: “I am everything and everyone, and I am formless Spirit. I am both the manifest Universe and its invisible Source.”... In this happy discovery of true Identity, we are inspired to spontaneously act, or sometimes to just be—alertly, receptively, prayerfully—on behalf of our fellow beings.... As countless mystics have discovered in direct intuitive experience, and more and more theologians are also beginning to assert, the world is the very body of the formless God! We need to repeat that phrase several times until the truth of it really sinks in. This insight will make anyone a life-loving biophile, someone who feels solidarity with all creatures in a mature, expansive land ethic as Aldo Leopold called it, someone who feels the need to be “in service to our place of mixed community.” Such awareness, growing among numerous spiritual leaders and theologians, leads us to honor and protect as many living beings in our habitats as is realistically possible. This awareness inspires us to spontaneously adopt what Bill McKibben has termed “the humble way of life” rather than the “deviant” path of selfish consumption and wastefulness. We adopt the beautifully eco-centric egalitarianism of deep ecology.