

Echoes of Eco

April, 2023

Vivekananda Kendra- nardep Newsletter

Vol:15 No:02

Don't Spill the Wine

Traditional Hindu Story



There was once a king in India who was also a sage (Janaka). He practiced meditation in action and was very developed spiritually. He spent his time actively involved in taking care of the country and did a great deal to improve it. One day a disciple asked him. How is it possible to maintain a meditative state with while

you are involved with to many things of the world? The king said, "I will show you how it is done". He filled a goblet with wine up to the brim and said, "I want you to take this goblet and walk through my palace.

There are many wondrous things to experience jewels, beautiful women, marvelous sculpture and paintings unmatched by anything you have ever seen. The king said, "I want you to walk throughout the entire palace and then come back to me in several hours time, with this goblet completely filled. You are not to spill even a drop of wine". The student thought, "I can do that. I'll be very careful. And so he kept his eyes fixed on the goblet and walked very slowly. He had practiced meditation for some time and was skilled in concentrating his mind. He thought, "I'm not going to pay attention to all these things around me. I'll just concentrate my attention on this goblet and nothing will distract me. "Most of us, if we were given this task, would be easily distracted, just as we are in our everyday life. Something would catch our eye and we would spill some of the wine. But this was an advanced student of meditation and he was able to complete the task successfully.

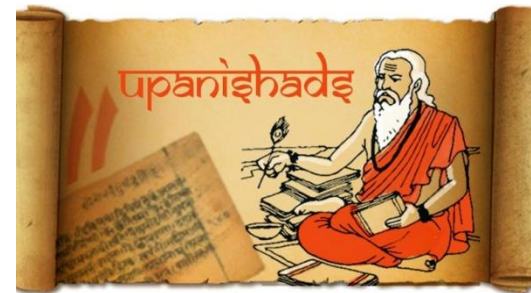
The student came back and said, "I've done it. Does that indicate that I know how to practice meditation in action?" The king replied "No, that is only the first step. Now this time I want you to go back through the palace take in every sight and enjoy it all, still not spilling any of the wine".



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Greatness of Upanishads



The Upanishads are the great mine of strength. Therein lies strength enough to invigorate the whole world; the whole world can be vivified, made strong, energised through them. They will call with trumpet voice upon the weak, the miserable, and the downtrodden of all races, all creeds, and all sects to stand on their feet and be free. Freedom, physical freedom, mental freedom, and spiritual freedom are the watchwords of the Upanishads.



Sri Vivekananda



"Without ambition one starts nothing. Without work one finishes nothing. The prize will not be sent to you. You have to win it"

- R.W.Emerson



Happenings this month:
New and Renewable
Energy Sources



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Energy Sources

Training programme on "Bio-methanation technology"

Training programme on "Bio-methanation technology" was held at Vivekanandapuram on 28th April. 31 participants attended this programme. Shri.V.Ramakrishnan and Smt.S.Premalatha were the resource persons. The programme was sponsored by Amrita College of Engineering and Technology, Nagercoil.



Shri.Ramakrishnan explaining the benefits of Bio-methanation technology to the students

Commissioning of "Bio-methanation Plants"

7 nos. of 6 cum Bio-methanation plants (Portable) commissioned in schools at Mailam Union, Villupuram district.



Preparing cow dung slurry with devotion for commissioning the plant at Government High school, Agoor, Villupuram Dist.

Plumbing work is on at Government High School, Devanur, Villupuram Dist.



Training programme on "Bio-methanation technology"

Training programme on "Bio-methanation technology" was held at Vivekanandapuram on 29th April. One participant attended this programme.



Shri.Periyaswami explaining about the Bio-methnaton technology

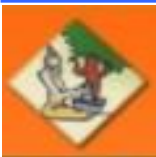


Students are eagerly learning Vermi wash technology

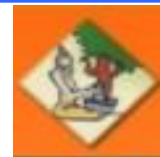


"Life is a journey, not a destination"

- R.W.Emerson



Happenings this month:
Holistic Health



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Holistic Health

Green Health

Green health home worked for 11 days. 175 patients treated. In addition, 93 people underwent Varma massage



Shri.Ramesh doing Massage treatment for Cervical spondylosis

Field visit

Four members from Social Development Work, Kavalkinaru visited J.C.Bose Nursery on 11th April as a part of a field visit. They learned Shakti Surabhi Bio-methanation technology and Sustainable Agricultural Technologies etc.

New medicine preparation at Varma Research and Resource Center - Amirtha Vennai

Ingredients

- 1.Veeram (Mercury Chloride)-100 gm
2. Vennai (Butter) - 600 gm

Purification method

The purification method of Veeram was carried out according to Gunapadam Thathu Jeeva Vaguppu. 1 palam of Campher was dissolved in the tender coconut water and kept in a mud pot. Add 100 gm of veeram and heat the pot for $\frac{1}{2}$ an hour.



Preparation Method

- Take purified veeram in a kalvam (Grinding stone)
- Grind it as a fine powder
- Add little by little amount of vennai to veeram and grind well until blended together thoroughly
- Then collect the final material and wash it with clean water for 7 times
- Collect all the prepared medicine and store it in a clean vessel

Dosage

Externally - Required quantity

Uses

Wound, carbuncle, Anal fissure, boil, blisters, Chronic non healing ulcer, Kiranthi, Bubo, Lymphadenopathy and Cyst.



"When it is dark enough, you can see the stars"

- R.W.Emerson



Visions of Wisdom



Becoming One With Everything

A poet reaches closer than the scientist. The poet does not dissect the flower, he falls in love. He rejoices in flower and out of that a song is born. But still he is far away from the mystic the Rishi. The Rishi becomes one with the flower. There is no distinction left.

There is a very interesting story. Sri Ramakrishna Paramahansa would often go to the homes of devotees in a horse carriage. Sometimes, the coachman whipped the horses to spur them on, Sri Ramakrishna felt as if he himself was being whipped with every lash which shows his oneness with the animals.

Max Ehrmann
Writer of a famous prose poem "Desiderata"



Vasudhaiv Kutumbakam

O Mother Earth! Sacred are thy hills, snowy mountains and deep forests. Be kind to us and bestow upon us happiness. May you be fertile, arable, and nourishes to all. May you continue supporting people of all races and nations. May you protect us from your anger (natural disasters). And may no one exploit and subjugate your children. This prayer from Atharva Veda which is based on the cosmic vision of our planet Earth and which also relates to our consciousness of the environment, is based on the fundamental concept of Vasudhaiv Kutumbakam.

O.P. Dwivedi
Professor at the University of Guelph, Canada



Consumer Civilisation is Excremental

As the standard of living (of the Western concept) goes up, the amount of waste and consequent pollution must go up.

Consumerist lifestyle is not only unnatural, it is ruinous to physical health and detrimental to mental health. It is fraught with quick depletion of natural resources and high pollution of the biosphere. Consumerism is inseparable from alcoholism, high divorce rate, death wise, juvenile delinquency, teenage pregnancy, drug addiction and AIDS like afflictions.

Sailendra Nath Ghosh
Paper presented at Indian Institute of Advance studies (1990)

