

Echoes of Eco



November, 2012

Vivekananda Kendra- **nardep** Newsletter

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The Nature of Change



The judicial system, government, medicine, environment and personal relationships are all changing dramatically. The changes that are now underway in the business world, and the changes that are underway in health, education, the military, science, art, law and every other human endeavor are parts of the same change. The changes that are underway inside millions of individuals now are also the same change. There is one change occurring, and all of these are different expression of that change. Changes in the way that you relate to your brothers and sisters, your spiritual partner, yourself as a male and to other males, or yourself as a female and to other females, are all parts of the same change.

The changes are immanent from an evolutionary point of view. A hundred years is less than an eye-blink in terms of our evolution, but I think that they will happen faster than that. Look inside yourself, and you will see how fast change is occurring. Now try to understand what humans three generations from now will be like if this change continues or accelerates. Also, the change that is now occurring is non-linear. As you open to your heart, you open to multiple realities in which nonlinear change is occurring. We are in the process of becoming multi-sensory, as are all humans. Humanity is becoming multi-sensory.

This transition is not yet complete, but within several generations, the human species will be very different than it is today. One of those differences will be that every human will be multi-sensory. Being multi-sensory and being authentically empowered are not the same.

To become authentically empowered requires that you align your personality with your soul. This is where the rubber meets the road. This is where intention and courage are often required. To align your personality with your soul means that you consciously strive for harmony, cooperation, sharing and reverence for Life. This can be difficult.

So to someone who says, "Why should I become a multi-sensory and authentically empowered human being?" I would say, "Humanity is becoming multi-sensory. It is not a matter of choice." To the question of why we should become authentically empowered, I would say, "To heal the pain in our life." This is not something that we have to do. We have free will. But we are a creative being and if we don't, we will continue to, create unconsciously, and experience the pain that we are experiencing now. And that authentic empowerment is Joyful. Complete. Engaged and Fulfilling.

[Excerpt from an interview with Gary Zukav – author of 'Dancing Wu Li Masters' – a pioneering book on physics and Eastern philosophy]

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Hymn to Herbal Bio-diversity



The plants that are brown, and those that are white; the red ones and the speckled ones; the sable and the black plants, all (these) do we invoke. May they protect the human from the diseases. The herbs whose father is the sky, whose mother is the earth, whose root is the ocean may they protect the man from the disease. The waters and the heavenly plants are foremost; they have driven out from every limb of human being the disease, consequent upon wrong actions. The plants that spread forth, those that are bushy, those that have a single sheath, those that creep along, do I address; I call in thy behalf the plants that have shoots, those that have stalks, those that divide their branches, those that are derived from all the gods, the strong (plants) that furnish life to man.

-Atharva Veda

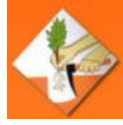




To speak truly, few adult persons can see nature. Most persons do not see the sun. At least they have a very superficial seeing. The sun illuminates only the eye of the man, but shines into the eye and heart of the child.
Ralph Waldo Emerson



This Month ...



This Month ...



This month...



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

Green Health Home at Vivekananda Puram functioned for 5 days and treated 106 patients.



Networking Activities



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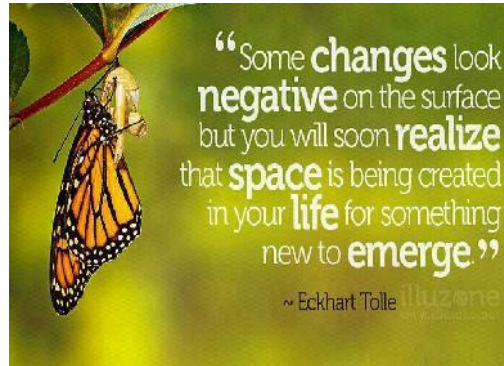


On 21st of this month 30 beneficiaries visited J.C. Bose Nursery, Vivekanandapuram as part of the Exposure Visit from Shimoga Co-operative Milk Producers Societies Union Ltd., Karnataka. Sis.V.Saraswathy & S.Premalatha served as resource persons for the event.

Research work on Azolla: has been taken up by Shri.K.Selvaraj of Chemical Engineering Department, Jadavpur University, Kolkata. He visited Vivekanandapuram in this connection on 2nd. His research is: "Azolla for the purpose of production of anti-oxidant through carbon sequestration".

Workshop on Azolla cultivation was conducted at the Technology Resource Center (TRC) of Vivekananda Kendra – NARDEP, on 24th. Sri.Rajamony was the resource persons. 3 farmers attended and benefitted,

Workshop on Organic farming was held at TRC, Kalluvillai on 29th and 30th 25 persons attended the workshop and Dr.P.Kamalasanan Pillai & Smt.S.Premalatha were the resource persons.



Research work on earth worms and Vermi compost has been taken up by Shri.Suresh Kondepudi Department of Zoology, Scott Christian College, Nagercoil. He visited Vivekanandapuram on 21st and collected earth worms from VK-nardep, for his research work.



Shakthi Surabhi in an eminent Tamil Agri-magazine



Water Harvesting Workshop

Workshop on "Rain water harvesting" was held at Govt. Polytechnic College, Konnam, Nagercoil at its Extension Centre, Kulasekharam, on 2nd of this month. 65 students attended and the Resource Persons was Shri.V.Ramakrishnan



சக்தி சுரபி எரிவாயுக் கலன், எளிய செலவில் வீட்டின் எரிவாயுத் தேவையைப் பூர்த்தி செய்வதோடு, வீட்டுத் தோட்டத்துக்கான இயற்கை உரத்தையும் அள்ளி வழங்குகிறது"



சமையலுக்கு
இயற்கை எரிவாயு...
தோட்டத்துக்கு
இயற்கை உரம்....

காலமெல்லாம் கை கொடுக்கும்
சக்தி சுரபி!

Shakthi Surabhi the bio-methanation plant was featured in 'Pasumai Vikatan' – a very popular green agriculture magazine in Tamil. The article highlighted both cooking fuel and slurry usage of the plant.

When we harm the forest we diminish ourselves.





When we contemplate the whole globe as one great dewdrop, striped and dotted with continents and islands, flying through space with other stars all singing and shining together as one, the whole universe appears as an infinite storm of beauty.

-John Muir

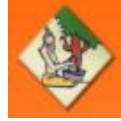


Happenings: This month

Workshop for the documentation on “Traditional Medical Practices – Nadi Chikitsa” was organized by Vivekananda Kendra – nardep at Vivekanandapuram on 23rd. 69 persons attended the workshop. Dr.V.Ganapathy was the resource person.



Participants of workshop on Nadi Chikitsa being held at Vivekananda Kendra – a theory session in progress.



Happenings: This month

Workshop on “Traditional Siddha Bone fracture treatment” was conducted at Vivekananda Kendra – nardep Kalluvillai on 6th and 7th of this month. 89 persons attended the workshop. Those who attended included medical professionals, students, researchers and traditional physicians. Resource Person was Dr.V.Ganapathy.



Practical session on Siddha Varma medical practices held at Vivekananda Kendra on 7th November



**Climb the mountains and get their good tidings.
Nature's peace will flow into you as sunshine flows
into trees. The winds will blow their own freshness into
you, and the storms their energy, while cares will drop
off like autumn leaves.**

- John Muir



Happenings: This month

One day Workshop on “Kitchen Waste based Bio-Methanation Plant (Shakti Surabhi) was conducted at Technology Resource Center, Kalluvillai on 24th of this month. The programme was supported by DST Core support. 6 persons attended the programme and benefitted. Shri.V.Ramakrishnan was the resource person.

Workshop on “Solid Waste Management” was organized by Corporation of Thoothukkudi at the Township Hall, Thoothukkudi on 19th. 35 persons attended the workshop. The Resource Person was Shri.V.Ramakrishnan. S.Madhumathi IAS, Commissioner of Tuticorin Corporation was present at the workshop.

Construction of Biogas Plants this month:

Two Deen-bandhu model biogas plants of 2 cum capacity have been constructed at Thirunelveli district.



[With our technologies--ones of incalculable power: earth-restoring, planet preserving--we can rediscover an intimacy, a mutuality with the natural world, that is not primitive (though based in part on fear), but knowing. It might even be possible to relearn a life of awe. And inhabit the landscape without violation. With the least violation.-- John Kauffman



The Old order changeth yielding place to new: The Paradigm Shift



CLASSICAL SCIENCE / WESTERN WAY OF LIFE

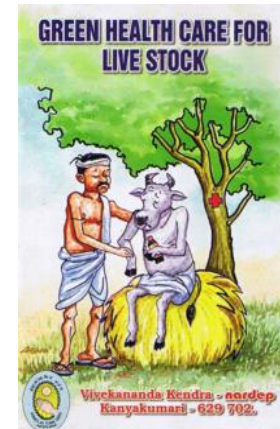
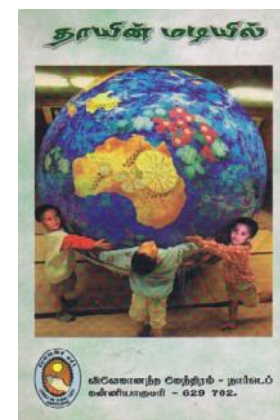
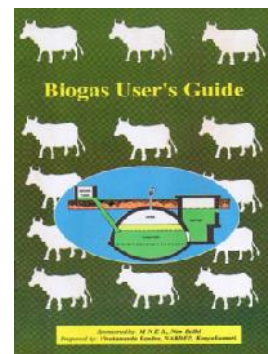
1. Accidental collocation of atoms
2. Urban-based, promoting urbanisation values
3. Utility- based
4. Capital intensive
5. Market-oriented
6. Aggressive male biased
7. Machine-oriented (replaces man)
8. Family community breakdown
9. Centripetal
10. High input
11. Production for market
12. Energy intensive
13. Fossil coal, Petrol, Nuclear, Simple machine; Renewable energy
14. River economy
15. Exploitat

MODERN HOLISTIC SCIENCE AND ANCIENT WISDOM / HOLISTIC WAY OF LIFE

- Living bonding
- Village-based-promoting rural
- Value + utility- based
- Low capital
- Man- oriented
- Passive gender neutral
- Tool-oriented (extends man)
- Kept in tact
- Centrifugal, decentralised
- Low input, local, Swadeshi
- Production for consumption
- Labour intensive
- Fuel, bullock cart, manual labour sources
- Bucket economy
- Sharing



From our Publications





That which is consciousness alone which is all-pervading, which is eternal, which is all-full, which is of the form of bliss and which is indestructible, is the only true Brahman (infinite consciousness). He who perceives all beings in the Self alone, and the Self in all beings, does not entertain any hatred on account of that perception.

-Upanishads



Real Offering to the All pervading Prana

Once there were two sages living in a hermitage located in a forest. They spent most of their time worshipping Vayu, the Prana. One afternoon, as the sages were beginning their meal, a Brahmachari arrived holding his begging bowl. He begged for meals. "Sorry young man, we cannot spare you any food," sourly replied one of the sages. The persistent young monk humbly asked, "May I ask you which Divinity do you worship?" The sage with pride answered that they worshipped Vayu or Prana, the breath of life. "Ah! Then you must know that Prana pervades the whole universe" said the young Brahmachari. The sages were getting impatient, "Yes, yes, we know all that young man." The beggar then asked firmly, "Oh honorable sages, could you tell me to whom did you make this food-offering?" "Prana, the life, who else?" said the irritated sage. The young monk smiled and retorted, "If life pervades the universe, it pervades me too. Am I not a part of that universe?" "Yes, that's right" replied the sage, in a puzzled state of mind. "It is Prana, or life, that pulsates in me, as this hungry body of mine stands before you and speaks," appealed the beggar. The sages admitted, "You speak the truth." The beggar then made his final appeal, "Then Oh revered rishis in denying me food, you are denying Prana for whom you have prepared the food." The rishis realized that merely the reading of scriptures can not assure them of their assimilation and true understanding. Ashamed at their ignorance, the sages gladly shared their food with the young Brahmachari.



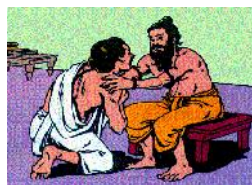
- A story from Chhandogya Upanishad



Real Education: Realizing the Brahman

When Shvetketu came of age, his father Uddalaka Aruni sent him to an Ashram for his education. When Shvetketu returned home after twelve years of education, Uddalaka asked him, "What did you learn while in the Ashram, my son?" "I learned everything that can be known, father," Shvetketu answered. When he heard this, Uddalaka became silent and thought, "What pride! Such conceit is born only out of ignorance. My son has not yet grasped the essence of the supreme knowledge of Brahman which brings humility." Shvetketu observed the change that came over his father and inquired, "Why did you become so quiet, father?"

"Dear son," replied Uddalaka, "Then you must know that knowledge or wisdom by which what is unknown becomes known and what is unseen becomes seen?" "No, I don't," replied Shvetketu. "But please, father, tell me about it." Uddalaka lovingly said, "Well son, look at those pots and toys. They are made of clay. The potter takes a lump of clay and makes all kinds of different shapes out of it. So by knowing one lump of clay, one can know everything that is made of clay!" "This is true for everything, son," continued Uddalaka, "If you know the fundamental structure of gold, you will also know all the ornaments made out of it. If you know a piece of iron, you know all the utensils made of iron."



- A story from Chhandogya Upanishad



Real Education: Imparting Realization

Uddalaka headed towards the river while continuing the education, "Therefore, my child, you must get to know the essence of all things, the One that exists in everything in this Universe, the great power of Brahman. It is that same power which guides the river from the hills to flow into the ocean. That power then causes the water in the ocean to evaporate and form clouds which will produce rain to replenish the river, thus completing the cycle." While Uddalaka and Shvetketu were talking, they saw a dead body carried by a group of people for cremation. Uddalaka pointed towards the dead body and said, "Similarly when life forsakes the body, the body dies, but the life itself does not die." Uddalaka explained, "That which does not die is called the Atman and you are that Atman. The Atman is all pervasive and is present in everything that you see, living or nonliving." "Why can't I see this Atman which is all pervasive and in everything?" asked Shvetketu. To explain this, Uddalaka asked his son to bring a fruit which was hanging from a Banyan tree. Shvetketu picked a fruit from the tree and brought it to his father. "Break it, son, and look inside," suggested Uddalaka, "What do you see?" "Tiny seeds, father," replied Shvetketu. "Do you see anything inside?" asked Uddalaka. "No!" responded Shvetketu. "If there is nothing inside," said Uddalaka, "Then how can that tiny seed gives rise to this huge Banyan tree? That, Shvetketu, is the Atman, the essence of all things. and, my son, you are a part of that Atman pervading the entire universe."



- A story from Chhandogya Upanishad