

Echoes of Eco



August, 2020

Vivekananda Kendra- nardep Newsletter

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Armchair Explorer

By Anthony De Mello



"The explorer returned to his people, who were eager to know about the Amazon. But how could he ever put into words the feelings that flooded his heart when he saw exotic flowers and heard the night-sounds of the forests; when he sensed the danger of wild beasts or paddled his canoe over treacherous rapids?"

He said, "Go and find out for yourselves." To guide them he drew a map of the river. They pounced upon the map. They framed it in their town hall. They made copies of it for themselves.



And all who had a copy considered themselves experts on the river, nor did they not know its every turn and bend, how broad it was and how deep, where the rapids were and where the falls?"

It is said that Buddha obdurately refused to be drawn into talking about God. He was probably familiar with the dangers of drawing maps for armchair explorers.



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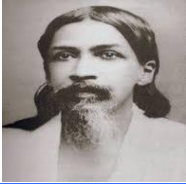


Brahman

All Brahman is the only truth, the world is unreal, and there is ultimately no difference between Brahman and Atman, individual self. (Brahma satyam jagat mithya, jivo brahmaiva naparah)

By

Shankara from Vivekachudamani (The Crest Jewel of Discrimination)



"True knowledge is not attained by thinking. It is what you are; it is what you become"

- Sri Aurobindo



**Happenings this month:
Sustainable Agriculture**



Happenings this month:



**Happenings this month:
Holistic Health**

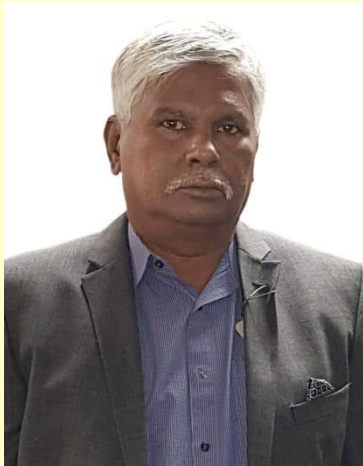
Online Training programme on "Azolla cultivation" was held on 14th August. 07 participants attended the training. Smt.S.Premalatha was the resource person.



Green health home worked for 5 days and 106 patients were treated.



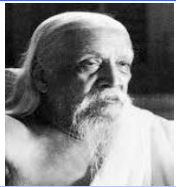
Dr.Ganapathy giving Varma treatment to the patient



Webinar - "Why even after spraying medicines crop insects are not dying" was held on 21st August. 46 participants attended the training. Dr.N.Murugesan, Former Professor, Cotton Research College, Sri Villiputhur was the resource person.



Daily thoughts on "Developing Immunity" by Dr.V.Ganapathy uploaded on youtube and circulated through WhatsApp group.



"When mind is still, then truth gets her chance to be heard in the purity of the silence"

- Sri Aurobindo



**Happenings this month:
Renewable Energy
Sources**



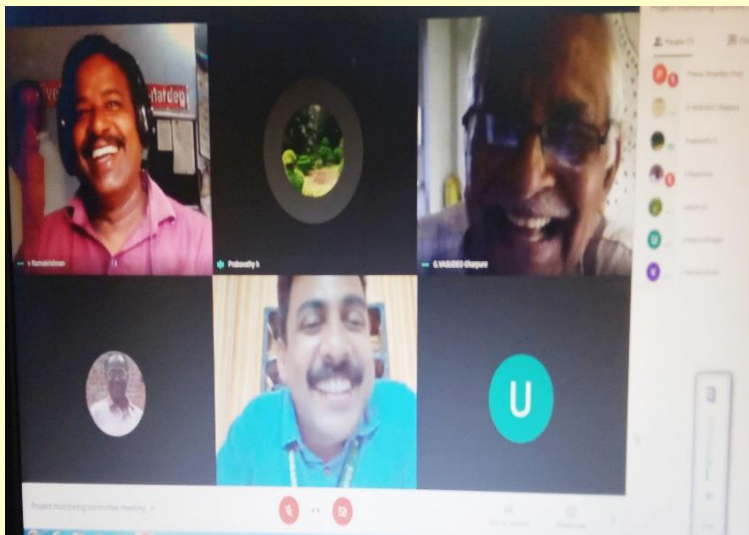
Happenings this month



**Happenings this month:
Adaptive Research**



NABARD Project Review Meeting was held through online on 19th August. Shri.V.Rmakrishnan presented the detailed project report. The programme was organized by Regional office of NABARD, Chennai. General Manager and other officials were present for the Review meeting.



NABARD Project Monitoring Committee Meeting was held through online on 21st August. Shri.V.Rmakrishnan presented the work report. All the Project Monitoring Committee including Shri.Sailesh, DDM, NABARD, Kanyakumari was present.

Organic farming programme was held at Palpanabhanputhur, Kanyakumari district on 28th August. 40 members attended the programme. Shri.S.Rajamony was the resource person. The programme was sponsored by Dept. Agriculture, Kanyakumari district.

Organic Sambrani preparation

Ingredients: (i) Indigenous Cow dung powder, (ii) Charcoal powder (iii) Kungiliyam (White Dammer) (iv) Sambrani (Guggal - Dhoo Khada) and (v) Rose water



**Important
ingredients**



**SHG member preparing
Sambrani sticks after mixing
all the ingredients in proper
proportion**

The smoke and the flavour is less than the sambrani available in the market which uses synthetic material. However, this organic sambrani is good for health as green technology is adapted.



*"The great are strongest when they stand alone,
A God-given might of being is their force"*

- Sri Aurobindo



Happenings this month:
Adaptive Research



Happenings this month



Happenings this month:
Adaptive Research

Organic Kumkum preparation

Ingredients: (i) Turmeric powder, (ii) lemon and (iii) Lime water



Mixing of turmeric with lemon juice



Trying different combinations to get the required colour



Through mixing to get the uniformity



Air tight packing for maintaining proper quality



*"But few are those who tread the sunlit path;
Only the pure in soul can walk in light"*

- Sri Aurobindo



Happenings this month:
Adaptive Research



Happenings this month



Happenings this month:
Adaptive Research

Cow dung based Vinayaka

Ingredients: (i) Indigenous Cow dung powder, (ii) Clay, (iii) Turmeric, (iv) Water, and (v) Rubber mould



Shri.Kadiresan and Shri.Raghu preparing the Masala

For the first time, cow dung based - Eco friendly Vinayakas were prepared in Kanyakumari. Everybody appreciated the efforts which will help in reducing the pollution by adapting such Green technology.



Good output in the first attempt although there is scope for improvement

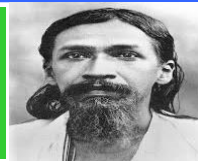


Two Vinayakas - one big and other small displayed on the table for devotees to carry their homes



"By your stumbling, the world is perfected"

- Sri Aurobindo



Visions of Wisdom



Innocence – the most important ingredient

You are born in a state of innocence and this is the most important ingredients used by the alchemist.

A new born baby does not question its existence, it lives in self-acceptance, trust and love. The nagging voice of doubt is not yet heard.

When you look in a baby's eyes, you see very little individuality. The question who am I? is meaningless to an infant. Instead what shines through is awareness itself, the source of all wisdom.

A baby comes into this world from the very source of life, and it detaches from the source gradually. For a time, baby remains bathed in timelessness. It has no concept of past or future, only an unfolding present. This is what it means to live in eternity. Living in the present is eternity.



Deepak Chopra
Indian-American author and alternative-medicine advocate. A prominent figure in the New Age movement



Lose yourself

Lose yourself - allow yourself in the child and the child in you by looking at it - 30 - 40 secs.

Physicist agreeing - you are not an observer but a participant.

Sometime, somewhere you take something to be truth. If you cling to it so much, when the truth comes in person and knocks at your door, you will not open it.

Guarding knowledge is not a good way to understand. Understanding means to throw away your knowledge.

The technique is to release. The Buddhist way of understanding is always letting go your views.



Thich Nhat Nahn
Vietnamese Buddhist monk and peace activist

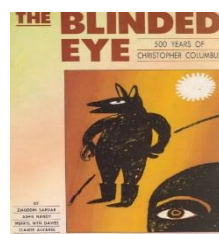


Remove the Columbus within

The main task for us is to render the west's Oculus mundi, this eye of the world, visible in all its deformation so that people everywhere can see themselves clearly once again.

We must consign everything built on this mythology to the dust bin of history.

In this enterprise, the Columbus within may be an even greater obstruction than the Columbus without. His science, his economics, his attitude towards nature, his perceptions of gender and health, his outlook on the other and their languages have struck deep roots within us. Pulling out these institutions by the roots must cause great pain, but there is no compelling reason why these fundamental tasks must remain undone.



Extracts from the book "The Blinded Eye"