

Echoes of Eco



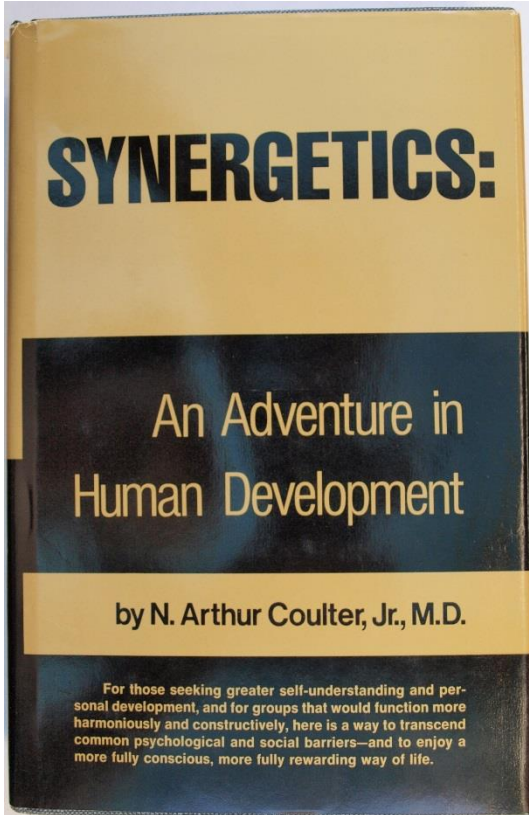
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Vivekananda Kendra- nardep Newsletter

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The Human Potential

By N. Arthur Coulter



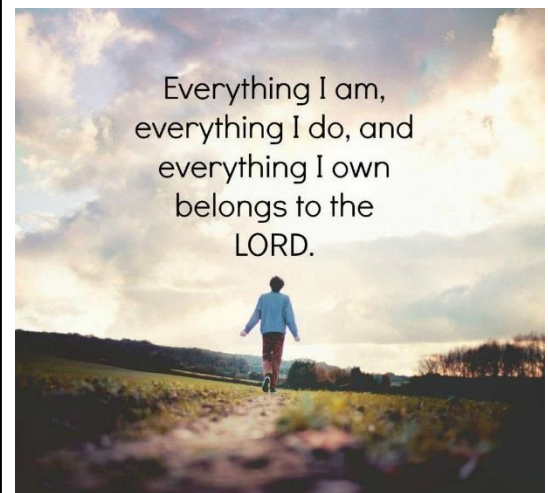
Every human being is unique. We are not mass produced according to some blueprint or master plan, each identical with the other. Each of us emerges from a different design, a different set of genes. But more than this, each of us has a unique history - a unique sequence of events that happened to us, together with our responses to those events and our reflections on the experience. Even identical twins, having duplicate genes, are distinguished from each other by their unique histories. In short,

you are one of a kind. There is no other person in the world quite like you, there never has been, and there never will be.

In addition to being unique, every human being is precious. It took a billion or more years of evolution to make you what you are an evolutionary process that is itself unique. Moreover, you are a being of incredible complexity - the design of the human ear or the human eye, for example, is simply magnificent. As for the human brain, it is a supercomputer whose intricacies and powers as far, in advance of any artificial computers, which simply imitate and expand the simplest of those powers. The fact that a computer can do arithmetic much faster than a human brain may be of interest, but the really remarkable fact

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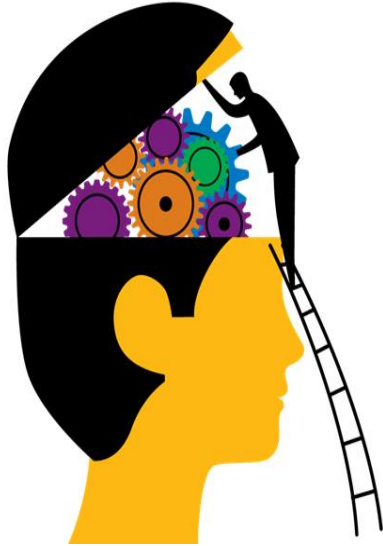
Sacrifice

Everything within this world is possessed by God. He pervades both the animate and the inanimate. Therefore, one should only take one's fair share, and leave the rest to Supreme.
(Isa Upanishad 1)



"Always bear this in mind: Everything is in God's hands, and you are His tool to be used by Him as He pleases"

- Anandamayi Ma



is that human brains invented arithmetic and designed computers to do it. All this implies that each human being has a unique potential and that it is simply outrageous that everything possible is not done to permit that potential to develop. Yet every society on this planet not only does not do this, but is full of barriers and pressures to prevent it!

There are for example, the twig-benders. These are groups that consider children to be a form of plant life and seek to capture them at an early age, hoping to bend the twigs in a direction that will force them to grow the way the twig-benders want them to. And so they indoctrinate them with their TRUTHS and inculcate them with their VALUES and above all instill in them habits and attitudes to ensure their obedience and conformity.

Of course, it doesn't work. Children aren't twigs. They are self-determined beings with a sense of their own individuality and worth, and they naturally rebel. But they are also small and dependent and, to the degree necessary, they submit to the twig-benders. The result is not only a messed-up world with a lot of messed-up people; far worse than that, it is a tragic waste of human potential. To paraphrase the poet, we all end up strangers and afraid, in a world we never made. And the tremendous potential of our unique minds remain undeveloped. Comparatively speaking, we are mental dwarfs when we could have been giants.





"Who is it that loves and who that suffers? He alone stages a play with Himself; who exists save Him? The individual suffers because he perceives duality. It is duality which causes all sorrow and grief"

- Anandamayi Ma



**Happenings this month:
Sustainable Agriculture**



**Happenings this
month:**



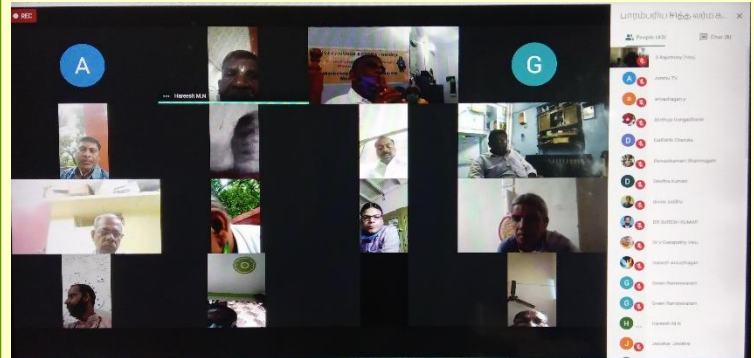
**Happenings this month:
Holistic Health**

Harit Surabhi organic shop started functioning in Vivekanandapuram campus during pandemic-19 on Tamil new year day (14th April). Following items are available for Green Living.

- i. Agri tools for gardening
- ii. Seeds - flowers, vegetables, horticulture tc.
- iii. Different types of composts, Bio-pesticides, Growth promoters etc.
- iv. Azolla and related kit
- v. Different type seedling and plants
- vi. Honey and honey bee boxes etc.
- vii. Herbal cosmetics and siddha medicines
- viii. Cow related products such as (i) bhasmam (ii) panchagavya (iii) Gomutra etc.
- ix. Different types of portable biogas plants and accessories
- x. Publications in English, Hindi and Tamil

Green health home worked for 4 days and 133 patients were treated.

Virtual (online) Question and Answers session on "Traditional Siddha Varma" was held on 21st September. 43 participants attended the session. Dr.V.Ganapathy and his team acted as resource persons.



Attentive participants via google meet



Doctors and Vaidyas answering the doubts raised by the participants



"Reality is beyond speech and thought. Only that which can be expressed in words is being said. But what cannot be put into language is indeed That which IS"

- Anandamayi Ma



**Happenings this month:
Renewable Energy
Sources**



Happenings this month



**Happenings this month:
Renewable Energy
Sources**

Installed 7 nos. of Agricultural farm waste biogas plants in Kanyakumari district. The programmes is sponsored by NABARD, Chennai.

- i. Shri.B.Ramakrishna Prasad, C/o.Gokulam Gosala, Edalakudi, Nagercoil
- ii. Shri.A.Siva Thanu, C/o.ISKCON, Suchindram
- iii. Shri.P.Jagan Raj, Kumarakovil
- iv. Shri.A.M.Jayachandran, Mulakumoodu
- v. Sri.Brindavan Gosalai Trust, Thozhikodu
- vi. Shri.Nageswaran, Thiruvithancode
- vii. Shri.Natarajan, Kurunthancode



Workers helping Shri.Jayachandran in feeding the plant with agricultural waste and cow dung



Shri.Shiva Thanu posing with his new possession - Bio-methanation plant

Engie Energy and Services India Pvt Ltd., New Delhi wanted Vivekananda Kendra to test an Israeli designed Hombiogas and give necessary feedback. The model is portable 1 cum size and can be transported in a cartoon.



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"How many lives are frittered away, age after age, in endless coming and going. Find out who you are!"

- Anandamayi Ma



**Happenings this month:
Networking**



Happenings this month



**Happenings this month:
Cost effective
construction technologies**

Organic farming programme was held at Achankulam, Kanyakumari district on 3rd September. 40 members attended the programme. Shri.S.Rajamony was the resource person. The programme was sponsored by Dept. of Agriculture, Kanyakumari district.



Shri.S.Rajamony interacting with the participants

Ministry of Jal Shakti, Dept. of Drinking Water and Sanitation, New Delhi, Govt. of India have reconstituted National Technical Advisory committee (NTAC) for implementation of solid and liquid waste management. They have nominated Shri.G.Vasudeo of Vivekananda Kendra - Nardep as subject expert in the field of SWB (Biogas)

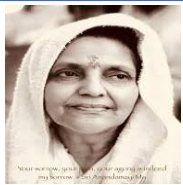
District advisory committee meeting, Dept. of Agriculture was held on 29th September at Collectorate, Nagercoil. Shri.Rajamony attended.

Mud road making at our Technology Resource Center, Anjaneyapuram.

Procedure:

- i. Level the area
- ii. Ideal proportion - sand 50%, Gravel -15%, Silt - 15%, clay -15 % and mixture of 5% cement and lime
- iii. Mix the ingredients properly
- iv. Add suitable amount of water
- v. Spread the mud concrete evenly and ram it
- vi. Cure the road for 3 weeks by covering with silpauline sheet
- vii. Now the road constructed with green technology is ready for use.





"When by the flood of your tears, the inner and the outer have fused into One, you will find Her whom you sought with such anguish, nearer than the nearest, the very breath of life, the very core of every heart"

- Anandamayi Ma



Happenings this month:
Networking



Happenings this month



Happenings this month:
Networking

Anjaneya fitness farm started at TRC, Kalluvillai (Anjaneyapuram) on 11th September (Universal Brotherhood Day). Shri.A.Balakrishnan, President, Vivekananda Kendra inaugurated it and also gave a lecture on Swami Vivekananda's clarion call on "Universal Brotherhood".



Shri.A.Balakrishnan, President, Vivekananda Kendra interacting with the audience



Starting of Anjaneya Fitness Farm by lighting of the lamp by Shri.A.Balakrishnanji



Traditional weight lifting apparatus



A small girl trying to reduce her tummy



A unique fitness center in a circular building with a beautiful environment



"When the mind is full of worldly desires, it is their very nature to confuse the mind. Withdraw the mind from outer things and turn it inwards"

- Anandamayi Ma



Visions of Wisdom



The Conditioned Brain

My upset does not come from outside reality but from my inner conditioning. Remove the conditioning and the upset disappears!

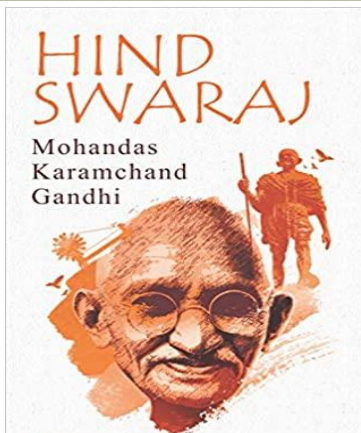
Change your perception and you will change your reaction.

My brain has been programmed to enjoy certain things and resent others and it follows blindly the programme. When I find myself resenting something, chafing at something, disturbed by something, I have only to change my programme and the disturbance will cease.

Your mind is never clear of all the rubbish it has accumulated. Abundant all the memories and be alone, that mind is innocent and young - alive.



Anthony De Mello
Indian Jesuit priest and psychotherapist. A spiritual teacher, writer, and public speaker



Hind Swaraj

Mahatma Gandhi wrote - Hind Swaraj or Indian Home Rule in 1908 during his Voyage from London to South Africa - however, even in 1938, 30 years later he did not feel like making any changes in the book. Surprisingly, his guru Shri.Gopal Krishna Gokhale felt that the book is crude and Gandhiji himself will destroy it within a year.

In this book he writes "Civilization seeks to increase bodily comfort and it fails miserably even in doing so. This civilization takes note neither of morality nor of religion.

Religion is dear to me and my first complaint is that India is becoming irreligious".



Mahatma Gandhi
Nationalist, and political ethicist, who employed nonviolent resistance to lead the successful campaign for India's independence from British rule



Watching the shadows on the wall

The outstanding achievement of 20th century physics is not the theory of relativity with its welding together of space and time, or the theory of quanta with its present apparent negation of the laws of causation, on the dissection of the atom with the resultant discovery that things are not what they seem. It is the general recognition that we are not yet in contact with ultimate reality.

To speak in terms of Plato's well known simile, "we are still imprisoned in our cave with our backs to the light and can only watch the shadows on the wall"



James Jeans
Mathematician, physicist and astronomer