

Echoes of Eco

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Vivekananda Kendra- **nardep** Newsletter

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The Unfathomable Power of Amor Fati

By Ryan Holiday



Ryan Holiday

We don't get to choose so much of happens to us in life, but we can always choose how we feel about it, whether we're going to work with it or not.

Amor fati is a Latin phrase that may be translated as "love of fate" or "love of one's fate". It is used to describe an attitude in which one sees everything that happens in one's life, including suffering and loss, as good or, at the very least, necessary.

At age sixty-seven, Thomas Edison returned home early one evening from his work for dinner with his family. He was then America's most famous inventor, enjoying his eminence and financial success. However, this tranquility was threatened permanently that evening when, as he finished eating, a man came rushing into his house with urgent news: A fire had broken out at Edison's research and production campus a few miles away.

Fire engines from eight nearby towns rushed to the scene, but they could not contain the blaze. Fueled by the strange chemicals in the various buildings, green and yellow flames shot up six and seven stories, threatening to destroy the empire Edison had spent his life building.

Edison calmly but quickly made his way to the fire, through the now hundreds of onlookers and devastated employees. Finding his son standing shell shocked at the scene, Edison would utter these famous words: "Go, get your mother and all her friends. They'll never see a fire like this again."

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Mother Durga

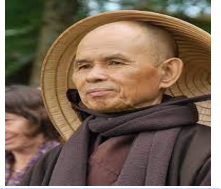


India lies now in selfishness, fearfulness, and littleness. Make us great, make our efforts great, our hearts vast, make us true to our resolve. May we no longer desire the small, void of energy, given to laziness, stricken with fear?



"Walk as if you are kissing the Earth with your feet"

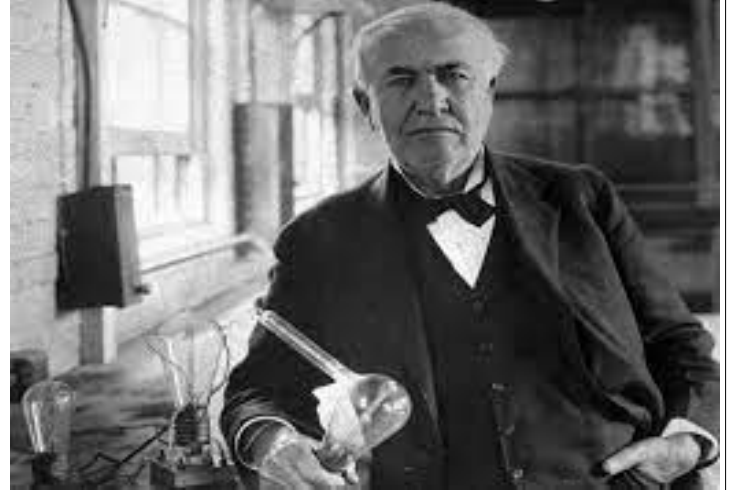
- Thich Nhat Hanh



What?!

Don't worry, Edison calmed him. "It's all right. We've just got rid of a lot of rubbish." That is a pretty amazing reaction. Insane even.

Years and years of priceless records, prototypes, and research were turned to ash. The buildings, which had been made of what was supposedly fireproofed concrete, had been insured for only a fraction of their worth. Thinking they were immune to such disasters, Edison and his investors were covered for about a third of the damage.



Yet despair was not the reaction that Edison turned to. He did not weep. He did not rage. He did not throw himself into the flames.

Instead, he got to work. He told a reporter the next day that he wasn't too old to make a fresh start, "I've been through a lot of things like this. It prevents a man from being afflicted with ennui." The fire that destroyed his life's work actually invigorated him.

Faced with an enormous obstacle that would have devastated other mortals, he absorbed—burned it for fuel—and was made better for it. Because that's what entrepreneurs do. It's what makes them who they are.

Within about three weeks of the fire, Edison's factory was partially back up and running (thanks in part to a loan from his friend Henry Ford). Within a month, its men were working two shifts a day churning new products the world had never seen. Despite a loss of almost one million dollars (more than \$23 million in today's dollars), Edison would marshal enough energy to make nearly ten million dollars in revenue that year (\$200 plus million today). He took a spectacular disaster, and turned it into the spectacular final act of his life.

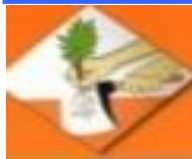
Nietzsche's recipe for greatness was the phrase *amor fati*. "That one," he said, "wants nothing to be different, not forward, and not backward, not in all eternity. Not merely bear what is necessary, still less conceal it...but love it." That was Edison.





"When another person makes you suffer, it is because he suffers deeply within himself, and his suffering is spilling over. He does not need punishment; he needs help. That's the message he is sending"

- Thich Nhat Hanh



Happenings this month:
Sustainable Agriculture



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Sustainable Agriculture

Training on Terrace Garden

Training programme on "Terrace Garden" was held on 28th May. 03 participants attended this programme. Shri.S.Rajamony was the resource person.



Camp participants visited terrace garden at J.C. Bose nursery

ATMA Training programmes

The following programmes related with organic farming conducted for ATMA, Dept. of Agriculture; Kanyakumari Dist. Shri.S.Rajamony was the resource person. 40 persons attended each programme.

Sl.No	Venue	Date	Subject
1.	Thukkalay Block	5 th	Organic Farming
2.	Thiruvattar Block	9 th	Bio-pesticide
3.	Kurunthancode Block	11 th	Vermi compost technology



Participants learned vermi compost at Thukkalay

Bio-methanation plants at Jaipur

Two Shakti Surabhi portable Bio-methanation plants (1 cum - 1 no. and 2 cum - 1 no) sent to Dhammathali Vipassana Centre, Jaipur in the month of May.



Shri.Rajamony interaction with the farmers at Thiruvattar

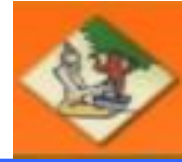


"Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy"

- Thich Nhat Hanh



Happenings this month:
Holistic Health



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Holistic Health

Green Health

Green health home worked for 4 days. 102 patients treated. In addition, 44 people underwent Varma massage and 01 person underwent Varma point treatment.

Mobile Dispensary for Public

Regular mobile rural dispensary is running at Peyankuzhi every Saturday. Totally 21 patients treated. Due to some festival function, we could not open the dispensary at Madanpillai Dharma this month. Dr.Thirunarayanan and his team works for this project.

Free Siddha Varmam Medical Camp

- Free Siddha Varmam camp was held on 27th May at Gramodaya Park, Vivekanandapuram.
- 128 patients in and around Kanyakumari districts and some people from other states (Male - 58, Female - 66, Children - 4) were benefited.
- Supported by:** (i) Sanjeevi, (ii) Cheloor, (iii) Sagar (iv) AVN, (v) Aimil, (vi) Raja Ayurveda, (vii) Win trust, (viii) Himalayas, (ix) Alarsi, (x) Capro and (xi) Ayulabs
- Team of Doctors and Vaidyas:** (i) Dr.V.Ganapathy, (ii) Dr.G.Thirunarayanan, (iii) Vai. Thenkarai Maharajapillai, (iv) Dr.T.Magesh (v) Yogaraj, (vi) Dr.Gunaujin, and (vii) Dr.Asha



Free medical camp after a gap of two years because of Covid-19
Dr.Ganapathy giving an introductory talk



Registration is on
Patients waiting in the queue



"To be beautiful means to be yourself. You don't need to be accepted by others. You need to accept yourself"

- Thich Nhat Hanh



**Happenings this month:
Networking**



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Networking**

Study tour

44 students from Nadar Saraswathi College of Engineering and Technology, Theni visited Gramodaya Park on 11th May as a part of a study tour. Students learned Cost effective construction technologies.



Students visited the cost effective building models

Field visit

30 trainees from Stella Maris Institute of Development Studies, Kanyakumari visited our campus on 17th May. They learned Sustainable Development technologies.



Trainees at our Vermi wash yard

UGC STRIDE Committee meeting

UGC STRIDE Mentoring and Monitoring Committee meeting was held on 12th May at Central University of Tamilnadu, Thiruvavur. Shri.V.Ramakrishnan attended the meeting.

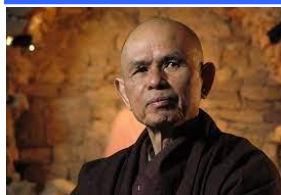


Study tour

90 B.Ed students from Gandhigram University, Dindigul visited Vivekanandapuram on 17th May as a part of a study tour. They learned Sustainable Development technologies.



Shri.V.Ramakrishnan interacting with the students



"Letting go gives us freedom, and freedom is the only condition for happiness. If, in our heart, we still cling to anything - anger, anxiety, or possessions - we cannot be free

- Thich Nhat Hanh



Happenings this month:
Networking



Happenings this month:
Networking

Training on Vermi technology

Training programme on "Vermi technology" was organized by Goodsheperd Matric Hr.Sec.School, South Thamaraiikulam on 19th May. 25 student attended this programme. Shri.S.Rajamony was the resource person.



GOOD SHEPHERD
MATRIC. HR. SEC. SCHOOL



Vermiculture Program @ GSM

Shri.Rajamony interacting with the students

Study tour

13 students from Pioneer Kumaraswamy College, Nagercoil visited J.C.Bose nursery on 20th May as a part of a study tour. They learned Natural farming technologies.



Students at terrace garden at J.C.Bose nursery

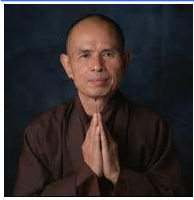
Motivational Training

Motivational training for Rameswaram Volunteers was held at Technology Resource Center, Kalluvilai from 21st to 23rd May. 47 participants attended the training.

Shri.N.Krishnamurthi, Senior worker, Vivekananda Kendra, Dr.Umaiyr Bhagan, Pioneer Kumaraswami College, Nagercoil, Dr.Subramaniya Pillai, Principal, Anna College, Aralvaimozhi, Shri.V.Ramakrishnan, Director, VK-Nardep, and Shri.Vijayaragavan, VK-Nardep acted as resource persons.



Inaugural session



"People have a hard time letting go of their suffering. Out of a fear of the unknown, they prefer suffering that is familiar"

- Thich Nhat Hanh



Dr. Subramaniya Pillai, Principal, Anna College, Aralvaimozhi interacting with the participants



Group discussion is on



Songs on Rameswaram by Shri. Vijayaragavan

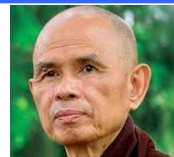


Street play by the participants



"Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor"

- Thich Nhat Hanh



Visions of Wisdom



Cosmic Harmony

The outside world is only an extension of our body. There is a correlation between our inner world and the outer world, between the Atman and the Brahman.

This belief in Brahman provides the philosophic basis for the Hindu's veneration of the natural world.

The basic message of Hinduism is that cosmic harmony is already here; we do not have to create it; we only have to discover it, beginning with ourselves. Since Brahman and Nature are one, we must see the Supreme Being in the whole world and the whole world in Him.



**Dr. S. Cromwell
Crawford**
Worked as a Professor
of the Dept. of
Religions at University



Health - Getting rooted in Self

The way to trust is doubt - Truth needs continuous hammering and doubt has to be used as hammer.

Without risk, there is no truth. Without risk, there is no life. You have to learn to gamble, you have to be a gambler. However, we get imprisoned.

If one falls, it is a breakdown. If one keeps alert and aware, watchful then it is breakthrough.

Health - means getting rooted in Self.

People are not rooted in self. Hence, they are clinging to others.

Max Ehrmann
Writer of a famous
prose poem
"Desiderata"



Be the Sons of the Soil

Only by a return to an identity with her and life-sacredness, can there be a hope for man. A sign of the change will be return to the roots, the organic link snapped by indiscriminate industrialisation. Another would be a future-oriented wholeness and sense of belonging. As Aldo Leopold once said, there is a spiritual danger in not owning a farm that is in not being sons of the soil. For young people living close to the land and encountering hardship can be an inestimable training and safety valve for the wildness that erupts so regularly and disastrously in almost all young people.

Sisirkumar Ghose
Freedom fighter and
founder of the Amrita
Bazar Patrika

