

Echoes of Eco

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Vivekananda Kendra- nardep Newsletter

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Self Consciousness is the Disease - Be Unself-conscious A Sufi Story

A Master was traveling, and he came to an inn for an overnight stay with his disciples. The innkeeper told him that he had two wives, one beautiful, another ugly.

"But the problem is," said the innkeeper, "that I love the ugly one and I hate the beautiful one."

The Master asked, "What is the matter? What is the reason for it?"

The man said, "The beautiful one is too conscious of her beauty; that makes her ugly..." when you are too conscious of beauty certainly you will become ugly "... and the other is too conscious of her ugliness. That makes her beautiful."



The one who was beautiful thought continuously that she was beautiful - she had become arrogant, very proud. How can you be beautiful with arrogance? Arrogance is ugliness. She had become very egoistic. And have you ever come across any ego which is beautiful? How can the ego be beautiful? The other, who was ugly and was conscious of her ugliness, had become humble, and humility has a beauty of its own. Humbleness, without any pride, without any ego, creates beauty.

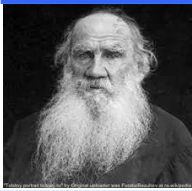
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Mother Durga



Enter our bodies in thy Yogic strength. We shall become thy instruments, thy sword slaying all evil, thy lamp dispelling all ignorance. Fulfill this yearning of thy young children, O Mother. Be the master and drive the instrument, wield thy sword and slay the evil, hold up the lamp and spread the light of knowledge. Make thyself manifest.



"Everyone thinks of changing the world, but no one thinks of changing himself"

- Leo Tolstoy



So the man said, "I am puzzled. I love the ugly one and I hate the beautiful one. And I am asking you to solve the puzzle. What is the matter? Why is it happening?"

The Master called all his disciples and said, "You also come, because this is really something to be understood."



And he said exactly what Lao Tzu is saying. To his disciples he also said, "Don't be proud that you know. If you know that you know, you are ignorant. If you know that you don't know, you are wise."

An absolutely simple man does not know either way, whether he knows or doesn't know. He lives completely unself-consciously."

Now, I would like to prolong the story a little longer. It stops there. As Sufis have told it, it stops there, but I would like to give it a deeper turn. I would like to tell you that after this Master's visit, I also visited the inn, after many years, of course. And the man, the innkeeper, came to me and said, "There is a puzzle. Once a Sufi Master visited me, I put this problem before him, and he solved it."

But since then everything has turned. The ugly woman has become proud about her humbleness, and now I don't love her. Not only is her body ugly, now her being, her whole being, has become ugly. And the beautiful woman, knowing that the consciousness that she is beautiful was destroying her beauty, has dropped that consciousness. Now I love her. Not only is her body beautiful, her being has become beautiful as well." So he said to me, "Now you tell me what the matter is."

But I told him, "You please keep quiet. If I say something, then again, the story will take a turn. Keep quiet!"

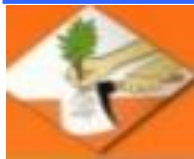
Self-consciousness is the disease; in fact, to be unself-conscious is to become realized. That is what enlightenment is all about: to be unself-conscious. But between the dichotomy, between the two, between the dilemma, how can you be unself-conscious?





"If you look for perfection, you'll never be content"

- Leo Tolstoy



Happenings this month:
Sustainable Agriculture



Happenings this month:
New and Renewable
Energy

Training programme on "Azolla technology"

Training programme on "Azolla technology" was held on 13th August. 04 farmers attended this programme. Shri.S.Rajamony was the resource person. .



Shri.Rajamony interacting with the farmers

Bio-methanation plants at Chennai

20 nos. of 1 cum Shakti Surabhi portable Bio-methanation plants were commissioned at Perumbakkam, Chennai in the month of August. The programme was sponsored by Hand in Hand Inclusive Development Services, Chennai.



Mould making for better accuracy



Fully grown Azolla

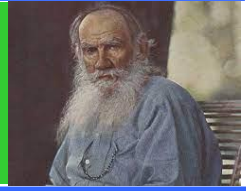


Bio-methanation plants ready for distribution

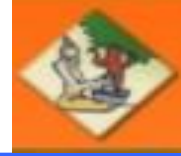


"Respect was invented to cover the empty place where love should be"

- Leo Tolstoy



Happenings this month:
Holistic Health



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Holistic Health

Green Health

Green health home worked for 4 days. 139 patients treated. In addition, 64 people underwent Varma massage.



Dr. Ganapathy interacting with the participants

Traditional Siddha Varma Bone Setting Practices

6th workshop on "Traditional Siddha Varma Bone setting Practices" was held on 26th and 27th August at Technology Resource Center, Anjaneyapuram. 28 participants including Doctors, Vaidyas and students attended. Dr.V.Ganapathy and his team acted as resource persons.

- On the second day the participants went to Semponvillai and Thisayanvilai to get practical knowledge on Varma thadaval, traditional way for fractures treatment etc.
- Vai.Paul Asan taught Silambam
- Vai.Arasu Raja gave practical demonstration
- Participants were happy and enjoyed the trip

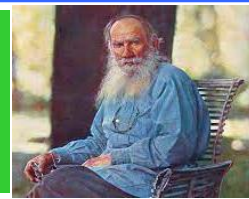


Practice of Silambam by the participants during the workshop



"When you love someone, you love the person as they are, and not as you'd like them to be"

- Leo Tolstoy



Happenings this month:
Networking



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Officials visit

Shri.T.Venkatakrishna, Chief General Manager of NABARD, Chennai along with his team of 4 members visited our J.C.Bose Nursery, Biley Research and Demonstration farm and Gramodaya Park on 18th August.



Team at Azolla cultivation area at J.C.Bose Nursery

Exposure Visit

50 farmers from Dairy Training Centre, Thiruvananthapuram visited Gramodaya Park and J.C.Bose Nursery on 26th August as a part of an exposure visit. They learned Shakti Surabhi Bio-methanation technology, Rain water harvesting and Sustainable agricultural practices etc.



Dairy farmers going through the Gramodaya park panels



Shri.Vasudeo, Secretary, VK-Nardep showing the products at Harit Surabhi shop



Participants at "Herbs for Healing" garden



"The two most powerful warriors are patience and time"

- Leo Tolstoy



Happenings this month:
Networking



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Idol making from Clay

Eco-friendly Ganesha Idol making from local soil was conducted by Vivekananda Kendra - Nardep on 27th August. 40 members attended including students, SHG members etc. Shri.Shiva and his wife from Jamestown, Kanyakumari were the resource persons.



Teacher Shiva with the participants



Entire team of Ganesha idol makers posing for photograph

Vinayagar Chaturthi

Vivekananda Kendra - Nardep celebrated Ganesh Chaturthi with usual fanfare at Technology Resource Center, Anjaneyapuram. More than 100 people from the nearby villages participated in the programme which was held from 6.30 to 7.30 A.M. on 31st August.



Nicely decorated Ganesha idol and President, Shri.A.Balakrishnan with senior worker Shri.H.Angiras (Mamaji) receiving the prasadam from purohit

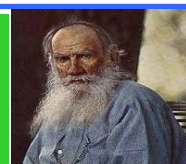


After the pooja, participants enjoyed the prasadam by sitting in the dining hall



"Wrong does not cease to be wrong because the majority share in it"

- Leo Tolstoy



Visions of Wisdom



IGNITED MINDS

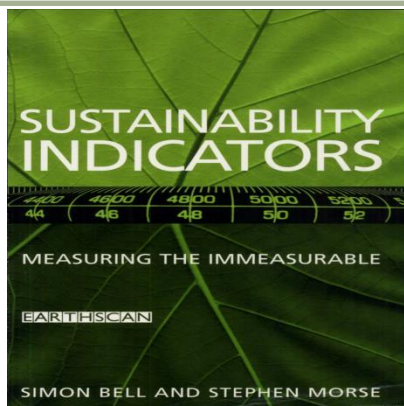
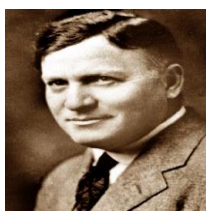
Man having immense potentialities

Man is also a seed, a possibility, a potential a hope, a promise. But the seed is not yet the flower. In essence has the capacity of millions of flowers, but not in reality. Those flowers are to be actualized. The essential is that which you are born with, which is your very being.

That is exactly the purpose of education. But instead of drawing something out, we are imposing, forcing the things.

The function of a teacher is educative not informative. He is not to make you - shiva - Vishnu - but to help you to know what you can be.

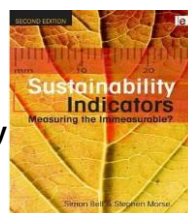
Max Ehrmann
Writer of a famous prose poem
"Desiderata"



Measuring the Immeasurable

Sustainability cannot be studied as we can study an ecosystem. Sustainability is what we want it and can change as we change. It is an organic and evolving construct of our minds and not an inorganic and static entity that can be physically probed. Indeed the very action of trying to implement what one thinks is sustainability may change one's vision of what it is. The best we can achieve is to acknowledge the centrality of people and to put participation at the very heart of implementation. Indicators can play a very useful role here, but only in terms of empowerment and not as precise measures.

Simon Bell and Stephen Morse
Authors of Sustainability Indicators



Sacrifice - Hope for Survival of Civilisation

In an ancient book, we read of the great Bodhisattva. On the threshold of Heaven standeth he - about to enter into bliss. Just then from a corner of the far-off earth comes a cry: "Behold! I suffer; is there none to help?"

And then Bodhisattva says: "Back to the Earth must I go for a cry of pain cometh from a human heart"

And back to the Earth he comes renouncing the bliss of the Heaven-World!

The Eternal built the world, we read, out of sacrifice and in sons and daughters of sacrifice is a people's hope, a people's destiny.

Story of Immeasurable Sacrifice by Great Bodhisattva

