

Echoes of Eco

March, 2023

Vivekananda Kendra- nardep Newsletter

Vol:15 No:01

Head or Tail

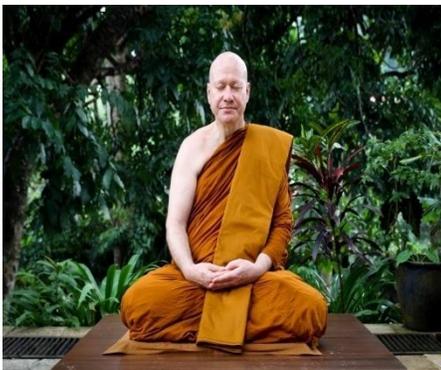
Story by Achaan Chah, Buddhist Master

"Our practice is not to grasp anything", a Buddhist master told a new disciple.

"But isn't it necessary to hold on to things sometimes?", the disciple asked.

"With the hands, yes, but not with the heart", the master replied, "When the heart grasps what is painful, it is like being bitten by a snake. And when

through desire, it grasps what is pleasant, it is just grasping that tail of the snake. It only takes a little while longer for the head of the snake to come about and bite you".



Make non-grasping and mindfulness the guardian of your heart, like a parent. Then your likes and dislikes will come calling like children. "I don't like that, Mummy. I want more of that, Daddy". Just smile and say 'Sure, kid'. 'But Mummy, I really want an elephant.' "Sure. Kid". There is no problem if you can let them come and go without grasping.

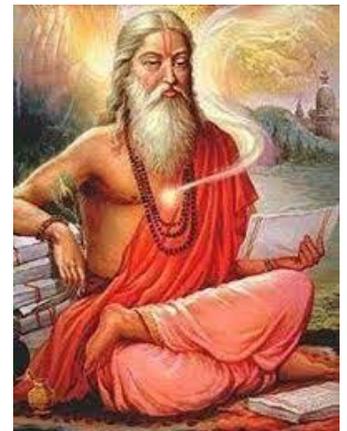
When something contacts the senses like or dislike arises; and right there is delusion. Yet with mindfulness wisdom can arise in the same experience.



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Shloka from Niti Shatakam



Fool's mind

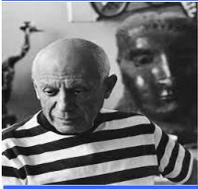
We can bring out a gem held in the mouth of a crocodile.

Cross an ocean of great waves (like a Bermuda Triangle).

Can wear an angry cobra on our head like a jewel.

But we cannot understand the mind of a fool.

Bhartruhari



"The purpose of art is washing the dust of daily life off our souls"

- Pablo Picasso



**Happenings this month:
Sustainable Agriculture**



**Happenings this month:
Holistic Health**

Training programme on "Azolla Technology"

Training programme on "Azolla technology" was held at Vivekanandapuram on 11th March. 50 participants attended this programme. Smt.S.Premalatha was the resource person. The programme was sponsored by ATMA, Department of Agriculture, Alwarthirunagari, Thoothukkudi Dist.

Green Health

Green health home worked for 14 days. 219 patients treated. In addition, 116 people underwent Varma massage



Latitude: 8.092871
Longitude: 77.551074
Elevation: 11.89+14 m
Accuracy: 7.2 m
Time: 11-03-2023 09:50
Note: SLEV Organic Farming at Kanniyakumari

Powered by NoteCam

Farmers visited our J.C.Bose Nursery



Latitude: 8.092905
Longitude: 77.550946
Elevation: 33.1+7 m
Accuracy: 7.2 m
Time: 11-03-2023 10:00
Note: SLEV Organic Farming at Kanniyakumari

Powered by NoteCam

Smt.Premalatha explaining the benefits of Azolla



Massage treatment is on



"Colors, like features, follow the changes of the emotions"

- Pablo Picasso



**Happenings this month:
New and Renewable
Energy**



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Training programme on "Rural and Urban Water management"

Training programme on "Rural and Urban Water management" was held at Vivekanandapuram on 28th March. 80 participants attended this programme. Shri.V.Ramakrishnan was the resource person. The programme was sponsored by Sheald Trust, Dindigul Dist.



Participants visiting the live model of water harvesting structure at Gramodaya Park

Commissioning of Bio-methanation plants

- One 6 cum Shakti Surabhi Bio-methanation plant commissioned at Vizhupuram, Tamil Nadu.
- One 4 cum Shakti Surabhi Bio-methanation plant commissioned at Tenkasi, Tirunelveli district.



Shri.Periyaswami explaining about the Do's and Don'ts to the beneficiaries



Shri.Ramakrishnan interacting with the participants

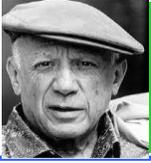


Plant installed at Anganwadi, Tenkasi

Radio Talk

Smt.S.Premalatha gave radio talk on "How to reduce the cost of production by way of organic cultivation" on 15th March at All India Radio, Nagercoil.



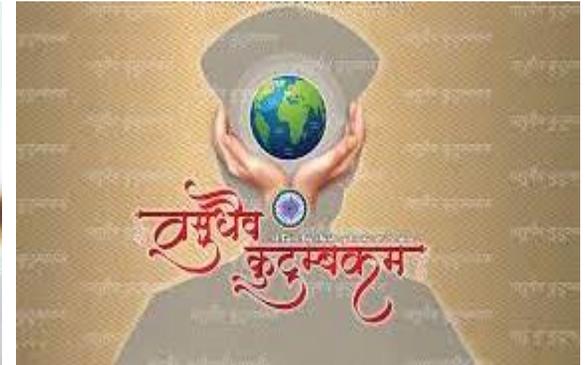
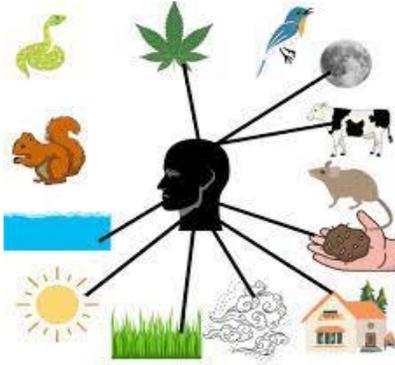


"He can who thinks he can, and he can't who thinks he can't. this is an inexorable, indisputable law"

- Pablo Picasso



Visions of Wisdom



Development Strategy for Happiness

In seeking "development" or "progress", we seek happiness and better quality of life. Happiness implies peace with oneself - hence harmony between body and mind and between inner self and the external reality - and harmony with the "continuing web of life", the oneness of vast creation. Happiness depends on the well-being of all species of life in each segment of the habitat. For the plain biological truth is that all species of life are mutually dependent and no species can survive in isolation? This truth is the basis of an ecologic ethic, which holds the key to our very existence.

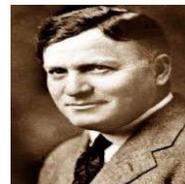


Sailendra Nath Ghosh
Paper presented at Indian Institute of Advance studies (1990)

Be Yourself

The whole humanity lives in a very strange state, divided, tense, anxious, fighting with itself. This happened because they are lead astray with non-essential. What you do is not essential thing, but what you are - because doing comes out of being. Being does not come out of doing. Being is essential - Doing is just a shadow. The most essential tuning is you have to be yourself. Do not be distracted by anybody. Be yourself - there two words are enough to transform the entire humanity.

Max Ehrmann
Writer of a famous prose poem "Desiderata"



Vasudhaiv Kutumbakam

In the Atharva Veda, written about 3500 BCE, an entire chapter consisting of 63 verses. Prithivel sukka integrates much of the thought out Hindu seers concerning Mother Earth. A series of verses follow, addressed to the earth, as from sons to the mother, evoking her benevolence. These sentiments denote the bond between the Earth and human beings and exemplify the true relationship between the Earth and all living beings, and the relationship of humans to other form of life. Mother Earth is seen as an abode of a large and extended family of all beings.



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