

Echoes of Eco

August, 2023

Vivekananda Kendra- nardep Newsletter

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The Great Wave



The story of Onami and his Zen teacher Hakuju. In 19th century Japan, there lived a famous sumo wrestler named Onami, translated as "great wave." He was widely known for his strength. He even defeated his teacher in private bouts, but in public competitions, he was defeated by his students. At a loss, he turned to Hakuju, a Zen teacher and wandering monk, while staying in a small nearby temple.

It is said that Hakuju used unconventional methods when he taught. One hot summer afternoon, he was teaching the original philosophy of Zen Buddhism when he noticed that some of his students were falling asleep. He abruptly stopped teaching and said, "Isn't it a hot afternoon today? I can't blame you if you fall asleep. Do you mind if I join you?" Then he flipped his textbook shut, leaned back, and fell asleep. The students were perplexed. All of them who had dozed off before were awakened by snoring and waited for him to wake up again.

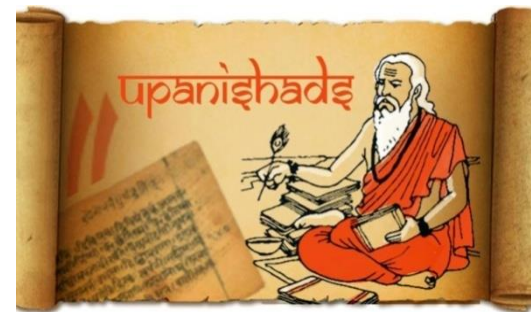
It was this Zen Master Hakuju that Onami sought out, for the pressure of publicity weighed heavily on him. So heavy that he could not come into his power. Hakuju told him: "If 'Great Wave' is your name, then stay in the temple this night. Imagine that you are that wave. You are no longer a sumo wrestler who is afraid. You are those huge waves that sweep away everything in front of them. Just do that, and you will be the greatest sumo wrestler this country has ever seen."



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Greatness of Upanishads



"Upanishads have one subject, one task before them — to prove the following theme: 'Just as by the knowledge of one lump of clay we have the knowledge of all the clay in the universe, so what is that, knowing which we know everything in the universe?'"



Anand Vivekananda



"However far modern science and techniques have fallen short of their inherent possibilities, they have taught mankind at least one lesson; nothing is impossible"

- Lewis Mumford



Hakuju retreated. Onami sat in the temple and imagined being a wave. Many thoughts went through his mind in the beginning. Then more and more, the feeling of being a wave set in. As the night went on, the waves became bigger and bigger. They washed away the vases of flowers that were placed in the temple. Even the statue of Buddha was caught in the waves. Before dawn, in Onami's mind, there was only ebb and flow in a vast sea. In the morning, Hakuju found the sumo wrestler Onami still meditating in the temple, with a smile on his face. He gently patted him on the shoulders and whispered in his ear, "Nothing can stop you now. You are now the wave and will sweep away everything in your path." That same day, Onami faced the wrestling match again and won. From that point on, no one was able to defeat Onami.



When we take the time to dive deep into the essence of our being, we discover another dimension of our being underneath the "Little I": the "transpersonal self" beyond any patterns, fears, or conditioning. This Self, when deeply experienced, is untouched by success or failure, worry or illness. It knows it is eternal and has an infinite expanse, like the ocean. It only reveals itself when we pause. It cannot be forced or organized. For most people, this self lives beneath their everyday reality, like an invisible stream. Sometimes it shows itself spontaneously and takes us into the deep structure of life. It no longer cares about the opinions of others, fully accepts its humanity, like the Zen master Hakuju, sleeps when tired, or becomes a colossal wave like Onami. This self no longer wastes time hiding its true face behind a facade.

One of the fundamental conditions to get in touch with this deeper self is to take time for ourselves. Often we take care of everything else but ourselves. Without taking care of this self, we usually get stuck in the surface structure of our lives, living past the core of our being. That's why Chuang Tse, one of my favorite Chinese philosophers, said, "Therefore, he who turns only outward without returning to himself goes about life as a ghost." I wish you for the coming time the authenticity of the Zen Master Hakuju and for your deepest goals and visions, the devotion and self-forgetfulness of the Sumo Wrestler Onami.

All you have to do is respond in a direct resolute way to any situation, you will become that situation, and that situation will become you.

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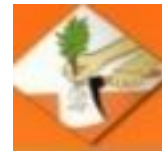


"A certain amount of opposition is a great help to a man. Kites rise against, not with, the wind"

- Lewis Mumford



Happenings this month:
Sustainable Agriculture



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Sustainable Agriculture

Training programme on "Integrated waste reuse technologies"

Training programme on "Integrated waste reuse technologies" was held at Vivekanandapuram on 25th August. 20 participants attended this programme. Shri.V.Ramakrishnan and Smt.S.Premalatha were the resource persons. The programme was sponsored by Scott Christian College, Nagercoil.



Practical demonstration on "Vermi compost preparation" is on ...

Training programme on "Bee Keeping"

Training programme on "Bee Keeping" was held at Vivekanandapuram on 26th March. 02 participants attended this programme. Smt.S.Premalatha was the resource person.

Awareness Programme on "Green Livelihood technologies"

11 Awareness Programme on "Green Livelihood technologies" was conducted at Rameswaram in the month of August. Totally 309 participants attended these programmes. Shri.V.Ramakrishnan, Shri.Sridhar and Sis.V.Saraswathi and other team members were the resource persons. The programme was sponsored by L & T Technology Service, Bangalore.



Shri.Sridhar at Ramakrishnapuram



SHG Coordinator explaining about the scheme at S.K.Patti



"Restore human legs as a means of travel. Pedestrians rely on food for fuel and need no special parking facilities"

- Lewis Mumford



Happenings this month:
Holistic Health



Happenings this month:
Holistic Health



Green Health

Green health home worked for 18 days. 142 patients treated. In addition, 68 people underwent Varma massage

Training programme on "Varma Bone Setting"

1st year, 2nd module on "Traditional Siddha Varma Bone Setting Practices" was held at Technology Resource Center, Anjaneyapuram on 4th and 5th August. 42 participants attended this programme. Dr.V.Ganapathy and his team acted as resource persons.



Explaining basic fundamentals of siddha varmam - Vai.Mani Asan



Identification of herbal plants and its uses - Vai.Thengarai Maharaja Pillai



Medicine preparation is on



Siddha Varmam Massage is on ... demonstration by Shri.Ramesh Kumar

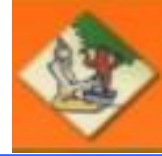


"The chief function of the city is to convert power into form, energy into culture, dead matter into the living symbols of art, biological reproduction into social creativity"

- Lewis Mumford



Happenings this month:
Holistic Health



Happenings this month:
Holistic Health

Training programme on "Varma Bone Setting"

2nd year, 3rd module on "Traditional Siddha Varma Bone Setting Practices" was held at Technology Resource Center, Anjaneyapuram on 25th and 26th August. 34 participants attended this programme. Dr.V.Ganapathy and his team acted as resource persons.



Activating techniques of the varma points of Head and Neck -
Dr.V. Ganapathy



Clinical importance of varma points - Dr. Rajasekar



Medicine preparation is on

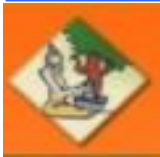
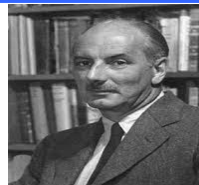


Participants practising Varma Kalari



"Restore human legs as a means of travel. Pedestrians rely on food for fuel and need no special parking facilities"

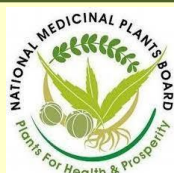
- Lewis Mumford



Happenings this month:
Holistic Health



Happenings this month:
New and Renewable
Energy Sources



"Awareness programme on "Medicinal plants cultivation and Home herbal garden"

One-day awareness programme on "Medicinal plants cultivation and Home herbal garden" was held at Rameswaram on 18th August. 47 participants attended this programme. The programme was sponsored by National Medicinal Plant Board, Thrissur, Kerala. Dr.P.Sujanapal, Principal Scientist & HOD, Silvi-culture, Dr.U.M.Chandrashekara, Dy.Regional Director, NMPB Dr.P.S.Udayam, Senior Consultant, NMPB, Dr.P.Kamalasanan Pillai attended as a Resource persons.



Photo gallery of the programme

Commissioning of "Bio-methanation Plant"

5 nos. of 6 cum Bio-methanation plants (Portable) commissioned at (i) Govt. primary schools, Thalakulam, (ii) Govt. middle school Aalanvillai, (iii) Govt. High School, Nattalam, (iv) Govt. High School, Mathicode and (v) Govt. high school, Arumanallor of Kanyakumari dist.



Making a biogas slurry at Thalakulam school

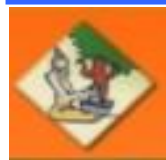


Step construction is on .. for easy pouring of input material to the Bio-methanation plant at Arumanallor



"One of the functions of intelligence is to take account of the dangers that come from trusting solely to the intelligence"

- Lewis Mumford



Happenings this month:
Holistic Health



Happenings this month:
Networking

Awareness Programme on "Harit Aarogya"

9 Awareness Programmes on "Harit Aarogya" were conducted at Kanyakumari district in the month of August. Totally 213 participants attended these programmes. Shri.V.Ramakrishnan, Shri.C.Vijayaragavan and Smt.S.Premalatha were the resource persons. The programme was sponsored by L&T Technology Service, Bangalore.



Shri.V.Ramakrishnan at Maharajapuram



Programme at Chottapanikan Therivilai



Study tour

21 students from Dept. of Microbiology, Malankara Catholic College, Kanyakumari dist. visited J.C.Bose nursery and Gramodaya Park on 3rd August. They learned farming technologies.



Shri.Vijayaragavan interacting with the participants at Agasteeswaram

Study tour

80 students from Mount Litera Zee School, Mylaudy, Kanyakumari dist. visited Gramodaya Park on 5th August. They learned Sustainable Development technologies.



District Advisory Committee meeting

Meeting of "District Advisory Committee of Horticulture" was held at Collectorate, Nagercoil on 24th August. Smt.S.Premalatha attended the meeting.



"Every generation revolts against its fathers and makes friends with its grandfathers"

- Lewis Mumford



Visions of Wisdom



Revolt in favour of wholeness

A triumph of the part over the whole, is not power without wisdom the perfect passport to perdition (Eternal punishment)?

It is time for a revolt in favour of wholeness, a sane society. In his last novel, *Island*, Aldous Huxley had pleaded for the cause with what passion! "Science is not enough, religion is not enough, art is not enough, politics and economics are not enough, nor is love, nor is duty, nor is action however disinterested, no, however sublime, is contemplation. Nothing short of everything will do".



Aldous Huxley
English philosopher and writer. Written more than 50 books



Avoid loud and aggressive persons

Avoid loud and aggressive persons. The person who feels deep down inferior is always loud. By being loud, he creates smoke around himself, he hides behind his loudness.

Such people are empty; they have nothing you can learn much more by playing with children from animals than the so-called rich loud.

Lao Tzu says: The most beautiful company is when you can be with someone as if you are alone, when he allows you so much freedom that you are absolutely alone. His presence is not a hindrance, in fact it enhances, enriches your aloneness

Extracts from the book



Human - scale technology

Some critics of the ecological, human-scale-technology oriented approach aver that we cannot afford to isolate ourselves from the trend in the rest of the world. They do not care to see that there is far graver danger in isolating ourselves from our immediate physical, biological and social environments and letting their ruination. In addition, they do not even care to read the signs on the wall. The West itself has started screaming in fright over the looming threats to its unnatural existence. Its dreams of conquering Nature has turned sour.



Sailendra Nath Ghosh
From a paper – Development strategy for a better quality of life