

# Echoes of Eco

February, 2025

Vivekananda Kendra- **nardep** Newsletter

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## Letting Good Things Happen

A beautiful Tao concept shows how non-action is the greatest action sometimes

Li Wei Chen



Paths of the Tao



The emperor of China during the Yüan dynasty wanted to have his picture painted. "I am not satisfied with my portraits done thus far," he said to a large gathering of artists. "Paint me a picture with the minutest detail, my spitting image".

The king sat down every day for two hours while the finest painters observed and painted him from different angles. Devotedly and carefully they moved their pencils and brushes on their canvases. Vying for the reward, all would wrangle to have the front row so they could examine him thoroughly and capture the tiniest details. All but a Taoist monk-painter.

He requested that the king give him a separate room where he could construct his most accurate image from his memory.

"Kill me if I fail to portray every detail," he declared. "But, no one will see my painting till I finish. This is only my condition."

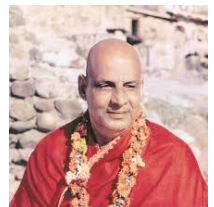
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# BE A HERO

**"This world is your best teacher.  
There is a lesson in everything.**

**There is a lesson in each experience. Learn it and become wise. Every failure is a stepping stone to success. Every difficulty or disappointment is a trial of your faith. Every unpleasant incident or temptation is a test of your inner strength. Therefore do not give hope. March forward hero!**



*Swami Sivananda Saraswati*



**"Do not be proud of wealth, people, relations and friends, or youth. All these are snatched by time in the blink of an eye. Giving up this illusory world, know and attain the Supreme"**

**- Adi Shankara**



His request was granted, and three of his disciples joined in to help him. The four of them would enter the room, stay there for the entire day and come out only in the evening. At times, sounds of scraping etc. could be heard.

Unlike the other painter's hands, theirs were never smeared in colour. Dusty at times, but never smudged. No one knew how exactly they were painting.

At the end of one month when the emperor was still not happy with any of the portraits by other artists, the Taoist master announced that his painting was complete. It was done on a wall, he added.

Eager and intrigued, the king entered the room brimming with silence. The wall was covered with drapes of silk. Some candles were placed strategically.

The master was gently smiling. The monarch pulled the curtain and a glossy wall emerged.

On a super smooth surface, which had been once a coarse wall, the reflection of the emperor shone gloriously. A smile broke out on the king's face, the image smiled as well. The king turned to the left, so did the image. It was a moving portrait, a live painting that captured every detail.

"This is the way of Tao, your Honour. The action of non-action."

"I must admit," the emperor chuckled, "this is very clever. It's the most accurate image anyone could have created."

"With due respect, I never created this image. I merely created the conditions and the portrait made itself."

"Not sure if I should reward you for your painting or your wisdom."

The emperor honoured him with lavish compensation.

**Life's Lesson:**

So it is with life. Whatever we want, we have to create the conditions for it.

In our obsessions to realize our dreams, we often end up so focused, even self-centred, that we forget that until we create the right environment around us, we cannot truly attain our goals. In our reckless pursuits, our conditions becomes our greatest impediments on the path.

You want harmony in your life? Create a setting that fosters it. Want love? Work on the attitude that evokes it. Want success? Manifest the conditions that support it.

Results are not created, they come by themselves. What we create are the conditions conducive to what we hope to attain.







"As gold purified in a furnace loses its impurities and achieves its own true nature, the mind gets rid of the impurities of the attributes of delusion, attachment and purity through meditation and attains Reality"

- Adi Shankara



Happenings this month:  
Sustainable Agriculture



Happenings this month:  
Sustainable Agriculture

### Harit Aajeevika

In the month of February, Harit Aajeevika team did the follow up survey of the Livelihood project. The project is sponsored by L&T Technology Services, Bangalore. The project area is Rameswaram Island.



Smt. Jannani's Azolla field at Tectharkollai, Rameswaram



Goats are relishing Azolla



Vermi compost is ready for sieving - Smt. Gangavalli, Meiyumpuli



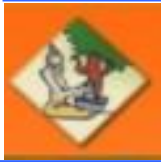
Smt. Kulanthai Therus, Aathikaadu at Kitchen Garden





"Do not look at anybody in terms of friend or foe, brother or cousin; do not fritter away your mental energies in thoughts of friendship or enmity. Seeking the Self everywhere, be amiable and equal-minded towards all, treating all alike"

- Adi Shankara



Happenings this month:  
Holistic Health



Happenings this month:  
Holistic Health

### Green Health

Green health home worked for 21 days. 105 patients treated. In addition, 28 people underwent Varma massage and 3 people took steam bath.

### Hands on training - "Therapeutic Varma Stimulation techniques and Varmam Massage Therapy"

Hands on training - "Therapeutic Varma Stimulation techniques and Varmam Massage Therapy" was held at Technology Resource Center, Anjaneyapuram from 10<sup>th</sup> to 15<sup>th</sup> February. 13 participants from all over India attended. Dr.Muthushanti and her team acted as resource persons.



Practical demonstration on Varma massage by Dr. Kumaresan



Dr. Kannan  
Rajaram taking  
class on Varma  
therapy



Group discussion is on ...

Varma medicine  
preparation is on



Camp participant posing for photograph with certificates



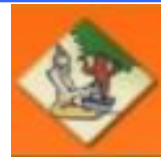


"Knowing that I am different from the body, I need not neglect the body. It is a vehicle that I use to transact with the world. It is the temple which houses the Pure Self within"

- Adi Shankara



Happenings this month:  
Holistic Health



Happenings this month:  
Holistic Health

### Training programme on "Varma Bone Setting"

3<sup>rd</sup> year, 6<sup>th</sup> module of "Traditional Siddha Varma Bone Setting Practices" was held at Technology Resource Center, Anjaneyapuram on 21<sup>st</sup> and 22<sup>nd</sup> February. 28 participants attended. Dr.Muthushanti and her team acted as resource persons.



Shri.Vijayaragavan interacting with the participants



Practical demonstration - Varma massage by Shri.Arul Selvan



Dr.Muthushanti taking class on Varma techniques



Class on Special Varma Massage - Dr.Kumaresan

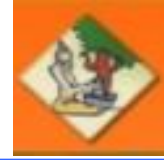




"Even after the Truth has been realized, there remains that strong, obstinate impression that one is still an ego - the agent and experience. This has to be carefully removed by living in a state of constant identification with the supreme non-dual Self"  
- Adi Shankara



Happenings this month:  
Holistic Health



Happenings this month:  
Holistic Health

### Training programme on "Varma Bone Setting"

3<sup>rd</sup> year, 1<sup>st</sup> module of "Traditional Siddha Varma Bone Setting Practices" was held at Technology Resource Center, Anjaneyapuram on 28<sup>th</sup> February and 1<sup>st</sup> March. 20 participants attended. Dr.Muthushanti and her team acted as resource persons.



*Shri.Vijayaragavan interacting with the participants*



*Nadi testing by Vai.Nagarajan*



*Practical demonstration is on ....Vai.Rajesh Ram*



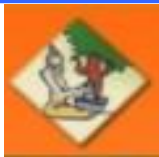
*Dr.Kumaresan taking class on basic Varma techniques*



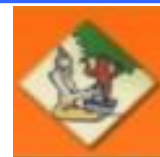


“Loud speech, profusion of words, and possessing skillfulness in expounding scriptures are merely for the enjoyment of the learned. They do not lead to liberation”

- Adi Shankara



Happenings this month:  
Holistic Health



Happenings this month:  
Holistic Health

### Harit Aarogya

In the month of February, VK-Nardep team visited all the stakeholder's houses in Kanyakumari as a follow up. The project is sponsored by L&T Technology Services, Bangalore.



*Smt.R.Usha, Azhagappapuram in her herbal garden*



*Smt.Sudha Chandran, Sundanparappu growing medicinal herbs as intercrop*



*Smt.Lakshmi, Kottaram posing for photographs in-front of the herbal garden*



*Nicely grown Chidtharathai plants in grow bags at Mrs.Sundara Lingam, Sundanparappu*



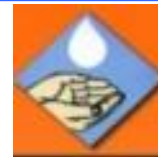


"The world, like a dream full of attachments and aversions seems real until the awakening"

- Adi Shankara



Happenings this month:  
Water Management



Happenings this month:  
Water Management

### Revival and Renovation of Teerthams

Revival and Renovation work of Surya Pushkarani at Aruppukottai, Virudhunagar district completed in the month of February. The project is sponsored by Lakshmi group of companies, Coimbatore.



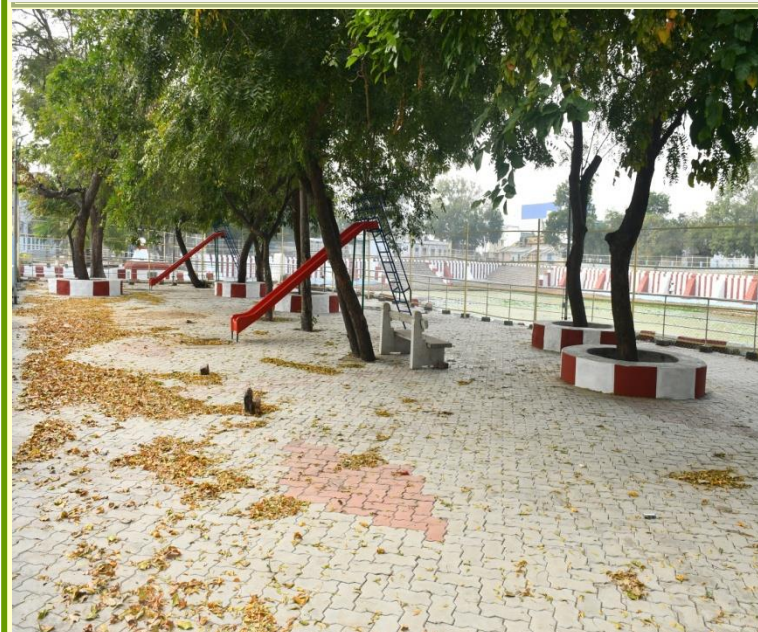
*Planted Lotus and Lily for arresting Algal formation*



*Entry gate with a ramp*



*Wire fencing to protect the Surya Pushkarani*



*Renovated park area with a beautiful sit outs and play materials for the children*





"Reality can be experienced only with the eye of understanding, not just by a scholar"

- Adi Shankara



Happenings this month:  
Water Management



Happenings this month:  
Water Management

### Revival and Renovation of Teertham in a new District of Pudukottai

VK-Nardep achieved another milestone by starting the Revival and Renovation of Traditional water body in a new district of Pudukottai. The Traditional water body is called Lakshmi Teertham which is located at Thirupunavasal. The Bhoomi Puja was held on 17<sup>th</sup> February. 300 people including local stakeholders and VK-Nardep representatives attended this programme.



*Traditional Ganapathy homam before starting the work*



*Laying the foundation stones at the corner of the Lakshmi Teertham*



*Bhoomi Pooja at site*



*Work started by using JCB*





"The treasure I have found cannot be described in words, the mind cannot conceive of it"

- Adi Shankara



Happenings this month:  
New and Renewable  
Energy Sources



Happenings this month:  
New and Renewable  
Energy Sources

### "Harit Urja" (Cow based circular Economy)

In the month of February, VK-Nardep team visited the stakeholder's houses and ensured the use of input material as a follow up action. The project is sponsored by L&T Technology Services, Bangalore. The project is executed in Kanyakumari district.



*Shri.Ramalingam, Kozhikottupottai planted vegetables in his field by using Biogas slurry*



*Smt.Anusha,Kozhikottupottai prepared her plot for organic farming by using Biogas slurry*



*Smt.Thamayanthi, Ottaiyalvilai standing near her Biogas plant*



*Smt.S.Padmavathi, Balasubramaniapuram growing Azolla at her terrace by using Biogas slurry*





**"Curb your senses and your mind and see the Lord within your heart"**

- Adi Shankara



## Visions of Wisdom



### Green Design

Earth remains our partner in many guises of change. Even as we will willingly destroy the balance in nature, so will it destroy us, naturally?

It is William McDonough who aid "You have to understand the design leads to the manifestation of human intention, and if what we made with our hands is to be scared and honour the earth that gives us life, then the things we make must not only rise from the ground but return to it, soil to soil, water to water, so everything received from earth can be freely given back without causing harm to any living system. This is ecology. This is good design. This is green design.

**William Andrews  
McDonough**  
An American architect  
and academic



### The death of the poet in the mechanistic world

The Cartesian split in Science and Technology promotes mad competitions at the market place. Modern business has created needs for hither-to-unknown goods. Exchange markets treat unequal markets treat unequal articles on par, the difference being made up by the ignorance and the gullibility of the loser or the cleverness, the exploitative skill, the colonizing power and the other clouts of the winner. Schumacher (Small is beautiful fame) has few takers in universities and colleges. "The death of the poet in the mechanistic world" was a theme for discussion by Jnanpeeth prize Awardee.

**Shri.N.Krishnamoorti**  
Senior worker of  
Vivekananda Kendra and  
editor of Vivek Vani



### Retrogression

It is curious that the so-called 'progress' of the modern materialistic and mechanistic civilization is proving to be really a 'retrogression' and a curse dragging the entire humanity to a point of self-annihilation. Such a state of affairs has been brought about due to our colossal ignorance of truth and adoption of imbalanced values for the last several centuries with its overemphasis on self-assertive growth in individual and collective endeavours. We were hypnotized into believing that is civilization that is culture that is science.

**Dr.M.Lakshmi Kumari**  
Director  
Vivekananda Kendra –  
Vedic Vision Foundation

