

# Echoes of Eco



August, 2012

Vivekananda Kendra- **nardep** Newsletter

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## Eight Way Path to Deep Ecology

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The flourishing of human and non-human life on Earth has intrinsic value. The value of non-human life forms is independent of the usefulness these may have for narrow human purposes.

Richness and diversity of life forms are values in themselves and contribute to the flourishing of human and non-human life on Earth.

Humans have no right to reduce this richness and diversity except to satisfy vital needs.

Present human interference with the non-human world is excessive, and the situation is rapidly worsening.

The flourishing of human life and cultures is compatible with a substantial decrease of the human population. The flourishing of non-human life requires such a decrease.

Significant change, of life conditions for the better requires change in policies. These affect basic economic, technological, and ideological structures.

The ideological change is mainly that of appreciating life quality (dwelling in situations of intrinsic value) rather than adhering to a high standard of living. There will be a profound awareness of the difference between big and great.

Those who subscribe to the forgoing points have an obligation directly or indirectly to participate in the attempt to implement the necessary changes.

From the perspective of a philosophical system, what is most important about this platform is the emphasis on nonhuman intrinsic or inherent value. Nonhuman life must flourish even if this reduces human affluence or human population. In addition, the ideas of richness and diversity play a significant role here, not only as a value-principle for the evaluation of the natural environment as a whole, but also as a guiding principle in the evaluation and reexamination of the ends of human life.... Because I identify with the rest of the natural world, I care for the rest of creation. I expand myself outward to include an interest in the value and flourishing of the entire natural environment. I come to understand that I can only fully realize myself through the flourishing—the Self-realization—of the entire natural universe. These philosophical ideals lead to practical principles of action: a policy of noninterference in nature (or at least a policy of minimal intervention) and a desire to restructure human society to be more in harmony with natural processes.

[An Excerpt from Jewish Eco-philosopher Eric Katz's article on Deep Ecology: Faith, God and Nature ]

## True Nature



***You are the homogeneous Reality; you are pure, bodiless, birthless, and imperishable. Why then does one have any delusion about the Self? When the pot is broken, the space within it is absorbed in the infinite space and becomes undifferentiated. Know one to be that Self who is everything and everywhere at all times, the one who is eternal, steady, the All, the nonexistent, and the Existent.***  
**-Avadutta Gita**





*In safety and in bliss May all creatures be of a blissful heart.  
Whatever breathing beings there may be frail or firm, . . .  
long or small Dwelling far or near  
May all creatures be of a blissful heart. – Sutta Nipata*



**This Month ...**



**This Month ...**



**This month...**



Water was tested from 14 wells in Kanyakumari Dist – programme of Central Ground Water Board, Chennai.

Green Health Home at Vivekananda Puram functioned for 6 days and treated 127 patients.



**Networking Activities**



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Herbal plants cultivation camp was held for students of Govt. Polytechnic institute, Konam, Nagercoil. It was held at Technology Resource Center at Kalluvillai on 11<sup>th</sup> and 46 students attended the camp.

Bio-Methanation technology was introduced to the Women's Collective Chennai at their campus on 23<sup>rd</sup> and 45 women attended.

Sis. V.Saraswathi was the resource person and gave the students a practical exposure to the herbal plants and their use in daily life

On 27<sup>th</sup> of this month 200 students and staff of PSG arts college, Coimbatore, were given a presentation of bio-methanation technology at their campus.

Er. Ramakrishnan was the resource person for both the events.



Workshop on Azolla cultivation was conducted at the Technology Resource Center (TRC) of Vivekananda Kendra – NARDEP, on 18<sup>th</sup>. Dr. Kamalasanan Pillai was the resource person. Azolla programmes have been successful not only in South India but now the backyard Azolla cultivation technology has been taken up by progressive farmers in North Indian states like Jharkhand as well. Azolla book is now available in Hindi.



facebook  
AGATHARALPRA THARALPAKIA AGA, PIRA THARAI THADAVAI  
MESSAGE IS VERY USE FUL FOR TREATING ACUTE BREATHING  
DISTURBANCES-GOOD FOR ASTHMA.A CASE FROM OUR KENDRA



## Our Website gets a new look...



Dear Friends of VK-nardep, As you should have noticed already, we have revamped our website and we will be happy to receive your feedback on the changes we have made. Send your suggestions to vknardep@gmail.com.

For regular updates on our Siddha programmes you can also visit Dr. Ganapathi's facebook at: <http://www.facebook.com/ganapathy>

Participants of bio-methanation plant training programme also look at an installed biogas plant.





*Equilibrium is the great foundation of the world, and harmony its universal path. When equilibrium and harmony are realized to the highest degree, heaven and earth will attain their proper order and all things will flourish.: The Middle Path Sutra*



## Happenings: This month



Azolla cultivation follow-up programme was broadcast on All India Radio, Tirunelveli on 17<sup>th</sup> of this month. Six beneficiaries from Andarkulam participated in the programme.



Participants from Goa undergoing Bio-Methanation plant training programme listening to a hands-on exposure to bio-methanation plant assembling.



Participants of Bio-Methanation plant training programme undergoing a multi-media session on the workings of the technology.

### The Sutra of the Middle Path

*Only those who are absolutely sincere can order and adjust the great relations of humanity, establish the great foundations of humanity and know the transforming and nourishing operations of heaven and earth.*



## Happenings: This month

A workshop was held on “Traditional Siddha Bone Fracture Treatment” at Technology Resource Center with DST, Core Support. The workshop was conducted for 2 days – Aug 6<sup>th</sup> and 7<sup>th</sup>. 28 persons attended the workshop. The participants were mostly research students, traditional physicians and also interested public with awareness of this treatment. The resource persons were Dr.V.Ganapathy and his team



Traditional bone-fracture treatment demonstration is conducted at the workshop: for more pictures of the workshop log on to Dr.Ganapati’s facebook account given in the previous page.



## Happenings: This month

One day Workshop on “Kitchen Waste based Bio-Methanation Plant (Shakti Surabhi) was conducted at Technology Resource Center, Kalluvillai on 18<sup>th</sup> of this month. The programme was supported by DST Core support. 5 persons attended the programme and benefitted. Shri.V.Ramakrishnan was the resource person.

One day Workshop on “Kitchen Waste based Bio-Methanation Plant (Shakti Surabhi) was conducted at Technology Resource Center, Kalluvillai on 10<sup>th</sup> of this month. 11 persons from Goa attended the programme and Shri.V.Ramakrishnan was the resource person. At the end of the programme the organization placed an order for 21 bio-methanation plants.

### **Construction of Biogas Plants this month:**

Five fixed type Bio-methanation plants have been constructed in Ramnad district. 10 portable model Bio-methanation plants have been installed at different places including Puducherry and Mangalore.



*As the implications of evolution and ecology are internalized . . . there is an identification with all life. . . . Alienation subsides. . . . "I am protecting the rain forest" develops to "I am part of the rain forest protecting myself. I am that part of the rain forest recently emerged into thinking."*  
**–Arne Naess**



**From our Publications**



**Varma Medical Chart**



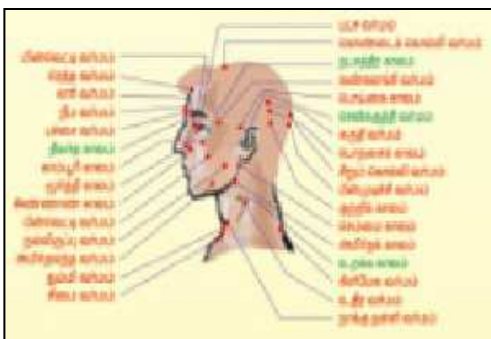
Siddha and Ayurveda are two important Indian medical systems. Siddha system of medicine as it is known in South India contains in it many unique localized systems which have been little explored by modern science and little known in the outside world.

One such system is the Varma system of therapy which involves the dealing of Varma points which are nodal points spread throughout the body, which if accessed and dealt with properly can help in many healing processes for a spectrum of acute and chronic diseases.

Though highly cost-effective and greatly efficient this system is not only little known outside the small world of local Vaidyas, but it is also highly misunderstood as solely some sort of exotic martial art with supernatural connotations.

Further the whole system is shrouded in secrecy – followed by varied schools of Vaidyas who follow jealously guarded secrets of their family lineages. So each Vaidya may have different set of Varma points – specializing in varied areas of healing. Bringing them all together and evolving a common Varma knowledge base then becomes a crucial first step in saving this endangered system of valuable indigenous medical system.

So Vivekananda Kendra –**nardep** has taken up the challenge of preserving this system of medicine and also reviving and disseminating it. It also aims to showcase the world its scientific nature through proper documentation and presentation. Towards this end many seminars and workshops of traditional Vaidyas and medical community have been conducted by VK-nardep.



The chart showing all the major Varma points useful for healing in various disease situations is one important milestone in this journey for the conservation of indigenous medical system.

The multi-color chart meticulously records the important Varma points on the body.

Face, body – front and back views, thorax, abdomen, hands, legs, back side of the head – all the important points are covered and shown separately. This chart will help the practitioners of the Siddha system of Varma medical system. It will also help the Siddha and Ayurveda students and



help raise in the general public the awareness about this medical system.

This also sets a pioneering template in the proper documentation of the system in a scientific way. This is a very crucial needed step in preserving this system of medicine.



For the first time such an exhaustive documentation which is reliable, clear and attractive has been made in this field. This has helped many Vaidyas to explain to their patients what Varma points they are using instead of making the patient feel bewildered. This increases the respectability and reliability of the system. This chart is only one of the important first milestones in the long journey of traditional medical knowledge conservation and revival.



**Ethics follows from how we experience the world. If you experience the world so and so then you don't kill. If you articulate your experience then it can become a philosophy or religion. - Arne Naess**

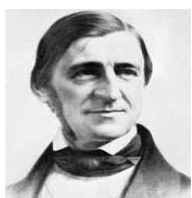


## Nature

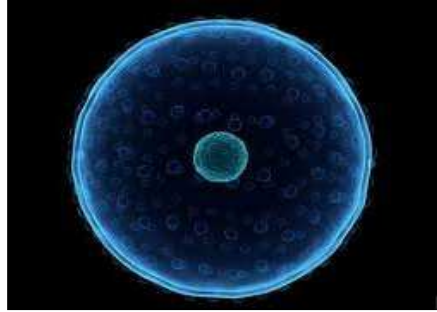
If one would be alone, let him look at the stars. The rays that come from those heavenly worlds will separate him and what he touches. One might think the atmosphere was made transparent with this design, to give to humanity, in the heavenly bodies, the perpetual presence of the sublime. Seen in the streets of cities, how great they are! If the stars should appear one night in a thousand years, how would people believe and adore; and preserve for many generations the remembrance of the city of God which has been shown! But every night come out these envoys of beauty, and light the universe with their admonishing smile.

The stars awaken a certain reverence, because though always present, they are inaccessible; but all natural objects make a kindred impression, when the mind is open to their influence. Nature never wears a mean appearance. Neither does the wise one exhort her secret, and lose her curiosity by finding all her perfection. Nature never becomes a toy to a wise spirit. The flowers, the animals, the mountains, reflected the wisdom of her best hour, as much as they delighted the simplicity of her childhood....

Nature is a setting that fits equally well a comic or one in mourning. In good health, the air is a cordial, full of incredible virtue.



*-Ralph Waldo  
Emerson  
Philosopher*



## Life

Everything in nature rises from some fine seed-forms, becomes grosser and grosser, exists for a certain time, and again goes back to the original fine form. ... This is happening in the universe, and has been through time immemorial. This is the whole history of man, the whole history of nature, the whole history of life. Every evolution is preceded by an involution. The whole of the tree is present in the seed, its cause. The whole of the human being is present in that one protoplasm. The whole of this universe is present in the cosmic fine universe. Everything is present in its cause, in its fine form. This evolution, or gradual unfolding of grosser and grosser forms, is true, but each case has been preceded by an involution. The whole of this universe must have been involute before it came out, and has unfolded itself in all these various forms to be involved again once more. Take, for instance, the life of a little plant. We find two things that make the plant a unity by itself — its growth and development, its decay and death. These make one unity - the plant life. So, taking that plant life as only one link in the chain of life, we may take the whole series as one life, beginning in the protoplasm and ending in the most perfect man. Man is one link, and the various beasts, the lower animals, and plants are other links.



*Swami Vivekananda*



## Peace

It is important that the young people [who have suffered so much from the wars and atrocities of this century] and the generation responsible for the wars begin anew, and together create a path of mindfulness so that our children in the next century can avoid repeating the same mistakes.

The flower of acceptance to see and appreciate cultural diversity is one flower we can cultivate for the children of the twenty-first century. Another flower is the truth of suffering. There has been so much unnecessary suffering in our century. If we are willing to work together and learn together, we can all benefit from the mistakes of our time, and, seeing with the eyes of compassion and understanding, we can offer the next century a beautiful garden and a clear path.

Take the hand of your child and invite her to go out and sit with you on the grass. The two of you may want to contemplate the green grass, the little flowers that grow among the grasses, and the sky. Breathing and smiling together this is peace education. If we know how to appreciate these beautiful things, we will not have to search for anything else. Peace is available in every moment, in every breath, in every step.



*Thich Nhat Hanh  
Buddhist Monk*