

# Echoes of Eco

November, 2023

Vivekananda Kendra- **nardep** Newsletter

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## Telling the Bees



There was a time when almost every rural British family who kept bees followed a strange tradition.

Whenever there was a death in the family, someone had to go out to the hives and tell the bees of the terrible loss that had befallen the family.

Failing to do so often resulted in further losses such as the bees leaving the hive, or not producing enough honey or even dying.

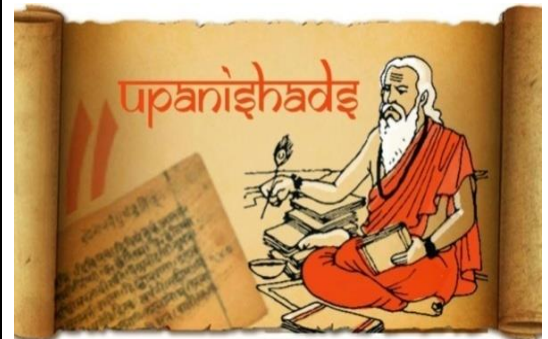
Traditionally, the bees were kept abreast of not only deaths but all important family matters including births, marriages, and long absence due to journeys. If the bees were not told, all sorts of calamities were thought to happen. This peculiar custom is known as "telling the bees".

The practice of telling the bees may have its origins in Celtic mythology that held that bees were the link between our world and the spirit world. So if you had any message that you wished to pass to someone who was dead, all you had to do was tell the bees and they would pass along the message.

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  - Frugality

### *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?"*



*Sri Vivekananda*



"Compassion will no longer be seen as a spiritual luxury for a contemplative few; rather it will be viewed as a social necessity for the entire human family"

- Duane Elgin



The typical way to tell the bees was for the head of the household, or "goodwife of the house" to go out to the hives, knock gently to get the attention of the bees, and then softly murmur in a doleful tune the solemn news.

Little rhymes developed over the centuries specific to a particular region. In Nottinghamshire, the wife of the dead was heard singing quietly in front of the hive,

"The master's dead, but don't you go; Your mistress will be a good mistress to you."

In Germany, a similar couplet was heard,

"Little bee, our lord is dead; Leave me not in my distress".

But the relationship between bees and humans goes beyond superstition. It's a fact, that bees help humans survive. 70 of the top 100 crop species that feed 90% of the human population rely on bees for pollination.

Without them, these plants would cease to exist and with it all animals that eat those plants. This can have a cascading effect that would ripple catastrophically up the food chain.

Losing a beehive is much worse than losing a supply of honey. The consequences are life threatening.

The act of telling the bees emphasizes this deep connection humans share with the insect.







"Simplicity of living means meeting life face to face. It means confronting life clearly, without unnecessary distractions. It means being direct and honest in relationships of all kinds. It means taking life as it is"

- Duane Elgin



Happenings this month:  
Holistic Health



Happenings this month:  
Holistic Health



### Green Health

Green health home worked for 14 days. 141 patients treated. In addition, 73 people underwent Varma massage



Varma massage is on ..... by masseur Ramesh

### Training programme on "Varma Bone Setting"

1<sup>st</sup> year, 5<sup>th</sup> module of "Traditional Siddha Varma Bone Setting Practices" was held at Technology Resource Center, Anjaneyapuram on 16<sup>th</sup> and 17<sup>th</sup> November. 36 participants attended this programme. Dr.V.Ganapathy and his team acted as resource persons.



Vai.Harish taking class on Varma chikitsa



Siddha varma medicine preparation is on ...



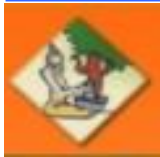
Dr.Ganapathy interacting with the participants



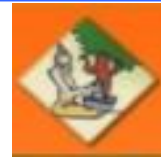


"We live almost completely immersed in a socially constructed reality that so fully absorbs our energy and attention that virtually none remains to experience the wonder of our existence"

- Duane Elgin



Happenings this month:  
Holistic Health



Happenings this month:  
Holistic Health

### Training programme on "Varma Bone Setting"

2<sup>nd</sup> year, 5<sup>th</sup> module of "Traditional Siddha Varma Bone Setting Practices" was held at Technology Resource Center, Anjaneyapuram on 24<sup>th</sup> and 25<sup>th</sup> November. 32 participants attended this programme. Dr.V.Ganapathy and his team acted as resource persons.



*Vai.Arasu Raja interacting with the participants*



*Live demonstration - Varma massage treatment*



*Before starting the medicine preparation, juices taken from different medicinal herbs*



*Medicine preparation is on ....*





"Simplicity of living, if deliberately chosen, implies a compassionate approach to life. It means that we are choosing to live our daily lives with some degree of conscious appreciation of the condition of the rest of the world"

- Duane Elgin



Happenings this month:  
Holistic Health



Happenings this month:  
Networking

### Planting and semi-processing of herbs - Project "Harit Aarogya" at Kanyakumari

In the month of November, implementation of the project started by planting different herbs. There was a setback because of heavy rains in Kanyakumari district and so some of the plants wilted in most of the places. L&T Technology Services, Bangalore, sponsored this project.



Smt.Kasturi of Swaminathapuram tending her beloved plant of Pippali (Long pepper)



Stakeholder from Perumalpuram talking with the plants



### Paper presentation



Orientation Workshop on "Strategies to work with Rural Communities through Participatory Approach" was held at Sarada Krishna Homoeopathic Medical College, Kulasekharam on 20<sup>th</sup> November. Shri.V.Ramakrishnan gave a power point presentation on "Developing appropriate and green technologies for Rural Communities". The programme was organized by Unnat Bharat Abhiyan, New Delhi and Gandhigram Rural Institute, Dindigul.



Shri.Ramakrishnan presenting the paper through power point





"Simplicity means to feel such a sense of kinship with others that we choose to live simply so that others may simply live"

- Duane Elgin



Happenings this month:  
Sustainable Agriculture



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Sustainable Agriculture



### "Green Livelihood technologies"- Project Harit Aajeevika at Rameswaram

In the month of November, focus was on developing compost, kitchen garden and Azolla nursery. L&T Technology Services, Bangalore, sponsored this project.



*Our Adviser, Dr.P.Kamalasanan Pillai visiting the stakeholders houses to check the progress - inspecting Vermi compost tank*



*Plantation of vegetable seedlings for nutritional security*



*Stakeholder is developing a mother nursery of Azolla - a wonder fern. It has multidimensional usages such as fertiliser for plants, as a cattle feed as well as poultry feed*

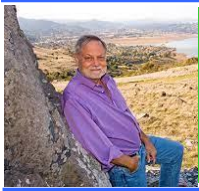
### Study tour

55 students from Kumari Ariviyal Peravai, Kanyakumari Dist. visited Gramodaya Park on 25<sup>th</sup> November. They learned Sustainable Development technologies.



*Smt.Premalatha interacting with the students*





"Living simply is not about living in poverty or self-inflicted deprivation. It's about living an examined life where one has determined what is truly important and enough ... and then just let go of all the rest"

- Duane Elgin



Happenings this month:  
New and Renewable  
Energy Sources



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### Commissioning of "Bio-methanation Plant"

In the month of November, 13 numbers of 6 cum Bio-methanation plants (Portable) commissioned at Tenkasi (11) and Kanyakumari (2) districts.



Panchayat union primary school, Kudampatti, Kuruvikulam union



Panchayat union middle school, Thuvarankadu, Keezhapavur union



Pandikona Govt. Hr.Sec.School, Vasudevanallur union



Govt. Hr.Sec.School, Pullukattuvalasai, Melaneelidanallur Union



"Simplicity means to choose ways of living that touch the Earth more lightly and that reduce our ecological footprint"

- Duane Elgin



## Visions of Wisdom



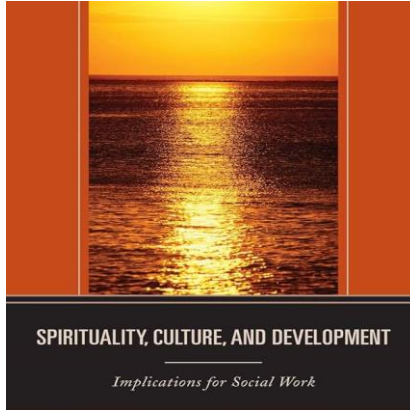
### Conservation - bedrock of sustainability

Conservation is the bedrock of sustainability and is a virtue, and using material beyond one's need is a vice. In Japan and Germany, there is an overwhelming realisation that future belongs to conservation and not to consumptive technologies. Therefore, my message is: Conserve; Waste not. In India, such an ethic has been part of Dharma; the West calls it Deep Ecology.

I am sure Indians will rise to the challenge and develop India in a manner that will lead to environmental harmony, conservation of natural resources, economic efficiency, local self-reliance and equity.



**Darbari Seth**  
Was a well known top ranking industrial executive of the TATA group

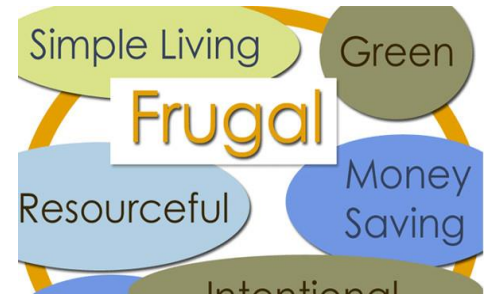


### Culture, Spirituality and Development

Our contention is that an understanding of cultures and their underlying spirituality and religious traditions can and should open the way to a new, less materialistic and technocratic development paradigm and to criteria for success which are people based and all embracing. It thus results in a broadening of the scope of both the objectives and of the methodology. This leads us beyond a dualistic approach, which separates spirit from matter, culture from economics, ethics from growth, and a sense of the sanctity of nature and human beings from rationalistic planning.



Extract from World Faiths Development Dialogue document – Culture, Spirituality and Development



### Frugality

If we live in the world of limited resources, and wish to live responsibly, then our life style must not impinge on the life style of others, our overconsumption must not lead to the impoverishment of others. In short, wholeness of life and reverence for it, implies frugality which is another of our ecological values. Yet we must think about frugality in appropriate terms, for it is not a form of poverty, self-denial or abnegation, but a positive value; doing more with less-something that nature does so beautifully so often. In the human universe frugality can be defined as grace without waste.



**Henryk Solimowski**  
Polish Philosopher settled in America