

Echoes of Eco

August, 2024

Vivekananda Kendra- nardep Newsletter

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Totality: The Foundation of Freedom OSHO



Life is a vicious circle. One things lead to another thing until the circle is complete.

To go on moving in a circle is boring, is monotonous, is heavy on the heart. It destroys all playfulness, it destroys weightlessness; it takes away the charm, the magnetic pull towards life.

You go again and again in the same routine, in the same circle, unwillingly. You do not want to repeat; nobody wants to repeat. Repetition is the function of a machine.

Wherever there is a consciousness, there is a revolt against mechanical repetition.

So I can understand your tragedy. Moreover, it is the tragedy of millions of human beings. They are all caught in a circle and then they do not know how to jump out of it.

The problem can be reduced to very simple terms: You find it difficult to jump out of the routine because you have some vested interest in the routine. If it were a hundred percent boring, a hundred percent nothing but a nightmare, you would have jumped out of it without asking anybody. You don't need a map, you don't need a guide - all you need is totality in whatever life you are living.

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Its secret name
(Upanishad) is
Satyasya
Satyam, 'the
Truth of
truth'.

- Upanishads

“Materialism leads us to lose awareness of our inner life, which is bad enough; but to be hypnotized by our own feelings and sensations and forget about others and the world around us is worse”

- Messages from Upanishads



"In a very real sense we have two minds, one that thinks and one that feels"

- Daniel Goleman



You do not need a map, you do not need a guide - all you need is totality in whatever life you are living.

Totality is the foundation of freedom.

Whenever you live something totally, either it is nourishing to your being - then you start absorbing it; it is no longer routine, it becomes your love affair - or you find that it is nothing but complete boredom.

To see something as a hundred percent boredom and to ask how to come out of it is just stupid. It is as if your house is on fire and you are asking people from the window, "How to come out?" Just jump out of the window!

When the house is on fire, there is no question of manners, that you have to go from the right door, that you cannot go from the back door that you cannot jump from the window. All those manners are good when the house is not on fire. Your houses are on fire, and you go on asking how to get out of it.

Nobody is holding you in. There must be some subtle investments, which are forbidding you from coming out of a life that you don't like, that you don't love, that you don't rejoice in. Perhaps to be miserable helps you to get sympathy from people - from your wife, from your children, from your parents, from your friends. And because you have not known love, even sympathy is more than you can hope for.

Sympathy is not love. It is not even a poor substitute for love. And the mind which starts asking for sympathy is sick. So you have to go inside your mind and find out what it is that is holding you in a fixed style of life.

You cannot solve the problems of your life remaining in the same vicious rut. You have to jump out.

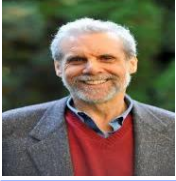
And the miracle is, the moment you jump out, all those problems subside and disappear.

The only problem is being in the mind.

And the only solution is to get beyond mind.

I call it meditation.





"In a very real sense we have two minds, one that thinks and one that feels"

- Daniel Goleman



Happenings this month:
Sustainable Agriculture



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Sustainable Agriculture

Harit Aajeevika

Under Harit Aajeevika project we started to implement the project for the 2nd phase. The project has mainly three components - (i) Terrace garden (ii) Poultry and (iii) Goatry. The project is sponsored by L&T Technology Services, Bangalore.



Stakeholders holding Silapuline sheet and Azofert in their hands



Stakeholders receiving Bucket and Jaggery for preparing Fish Amino



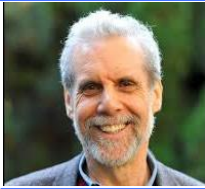
Stakeholder - Goats along with new arrivals



Stakeholders proudly posing with their Grow bags



Another stakeholder with goats



"Anyone can become angry —that is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way —this is not easy"

- Daniel Goleman



Happenings this month:
Holistic Health



Happenings this month:
Holistic Health

Green Health

Green health home worked for 19 days. 154 patients treated. In addition, 43 people underwent Varma massage.

Training programme on "Varma Bone Setting"

2nd year, 3rd module of "Traditional Siddha Varma Bone Setting Practices" was held at Technology Resource Center, Anjaneyapuram on 9th and 10th August. 28 participants attended. Dr.Muthushanti and her team acted as resource persons.



Thodu Varmam - Classification, Location, functions and its activating techniques - Dr.Kumaraesan



Dr.Balaji taking class on "Clinical Anatomy of Thorax and Abdomen"



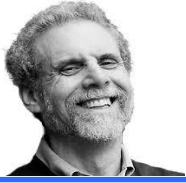
Padu Varmam - Definition, Classification, Location, functions Vai. Prabhu Aasan



Varmam and Adangals of Thorax and Abdomen and its activating techniques - Dr.Bindhuja G. Dharan



Practice of Varma silambam in a natural atmosphere

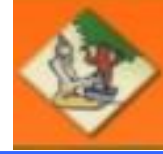


"People's emotions are rarely put into words, far more often they are expressed through other cues, the key to intuiting another's feelings is in the ability to read nonverbal channels, tone of voice, gesture, facial expression and the like"

- Daniel Goleman



Happenings this month:
Holistic Health



Happenings this month:
Holistic Health

Training programme on "Varma Bone Setting"

3rd year, 3rd module of "Traditional Siddha Varma Bone Setting Practices" was held at Technology Resource Center, Anjaneyapuram on 23rd and 24th August. 26 participants attended. Dr.Muthushanti and her team acted as resource persons.



Dr.Kannan Rajaram interacting with the participants



Practical demonstration by Vai. Suresh Aasan



Medicine preparation by Dr. Muthu Shanti



Vai. Ramesh doing live demonstration

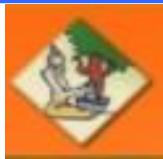
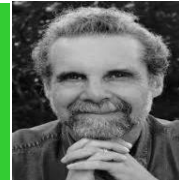


Medicine preparation is on

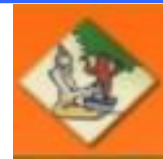


“There is perhaps no psychological skill more fundamental than resisting impulse”

- Daniel Goleman



Happenings this month:
Holistic Health



Happenings this month:
Holistic Health

Harit Aarogya

Follow up training programme on Harit Aarogya was conducted at Vivekanandapuram on 8th August. 45 stakeholders from the 1st phase attended the programme.

For 2nd phase, we distributed seedlings, vermi compost and grow bags to the stakeholders. The programme is sponsored by L&T Technology Services, Bangalore.



Shri.Ramakrishnan, Director, VK-Nardep asking the stakeholders about the experiences of cultivating medicinal plants



Stakeholders brought their semi processed products during the programme for feedback



Distribution of planting materials at Krishnanputhur



Attentive Stakeholders at our Green Health Home



Stakeholder from Panchalingapuram receiving material



"Leadership is not domination, but the art of persuading people to work toward a common goal"

- Daniel Goleman



Happenings this month:
Water Management



Happenings this month:
Water Management

Revival and Renovation of Chidambara Teertham



Revival and Renovation work of Chidambara Teertham at Rameswaram started in the month of August. The project is sponsored by CSR wing of Karur Vysya Bank.



Traditional Bhumi pooja conducted on 8th August



Removing thorny Prosopis Juliflora - in and around the Traditional water body



Pumping out the stagnant water and preparing for proper desilting

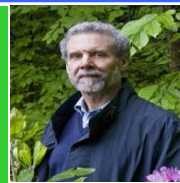


Desilting and deepening the area for constructing the Teertham



"Emotional self-control - delaying gratification and stifling impulsiveness- underlies accomplishment of every sort"

- Daniel Goleman



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



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New and Renewable
Energy Sources**

Harit Urja (Cow based circular Economy)

Under Harit Urja (Cow based circular Economy), we started supplying the Vermi compost tank, Silpauline sheet for growing Azolla, Bucket for preparing Fish Amino and Biogas plants etc. The project is sponsored by L&T Technology Services, Bangalore.



Shri.V.Ramakrishnan, Director, VK-Nardep handed over the material to the stakeholder at Perumalpuram



Our Supervisor Shri.Natarajan posing with the stakeholder after giving FRP Vermi compost tank, Silpauline sheet etc.

Study Tour

50 farmers from Sheald Trust, Dindigul visited J.C.Bose Nursery and Gramodaya Park on 1st August. They learned Sustainable agricultural technologies.



Participants learnt preparation of Bio-formulations at our J.C.Bose nursery



Stakeholders posing for photograph along with Shakti Surabhi Biogas plant



District Advisory Committee Meeting

Dept. of Horticulture, District advisory committee meeting was held at Collectorate, Nagercoil on 23rd August. Smt.S.Premalatha attended the meeting.

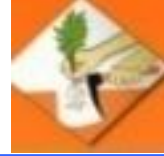


"Emotional self-awareness is the building block of the next fundamental emotional intelligence: being able to shake off a bad mood"

- Daniel Goleman



Happenings this month:
Holistic Health



Happenings this month:
Sustainable Agriculture

Visit of Evaluation team

Shri.Pradnesh and Smt.Vedanti from Makarand M. Joshi & CO., Mumbai visited Kanyakumari as well as Rameswaram from 27th August to 1st September for impact assessment study of the projects - Harit Aarogya and Hairt Aajeevika.



Evaluation team at Puviyur, Kanyakumari District



Smt.Shanti proudly showing the Azolla fed eggs at Rameswaram



Terrace garden visit at Rameswaram



Group discussion with stakeholders at Kanyakumari



Shri.Pradnesh and Sis.Vedanti at Rameswaram seeing the presentation



"Feelings are self-justifying, with a set of perceptions and "proofs" all their own"

- Daniel Goleman



Visions of Wisdom



Knowledge Society

Collin's dictionary defines science as a branch of knowledge that systematizes facts, principles and methods.

At this dawn of era of 'Knowledge Society', we remember the old words of Upanishads that knowledge is our destiny - 'Gnanam Parmo Dheyam'. What is knowledge and what is the ultimate goal? Is to know the God is the highest knowledge? It is that through knowing God, the man knows himself or vice versa. "Never before in our history, the pressure for a spiritual renaissance has been so strong and never before have the possibility of such a renaissance been so great".



Dr. Muni Mehta
Honorary Chairman,
Science Ashram and
KADEC



Purpose of Education

The purpose of education is to train man to live in harmony with other human beings, living being and all animate and inanimate Nature. True spirituality should teach man to realize the ONENESS that underlies all existence, the variety being superficial and non-essential. Development is the process of making every human realize his/her highest potential, physical, mental, intellectual, cultural and spiritual. That will be far away from today's competitive, market oriented, production processes that set man on a collision course with Nature, hacking reality into mind-torn compartments and pieces.



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



Spiritual Vision – Oneness / Wholeness

Modern studies recognise the necessity to reaffirm science as the search for truth, reality and more important Unity and Wholeness. A truly scientific vision or scientific temper would thus mean a capacity for the unified vision of the Whole, not of the parts but including the parts. In this vision, there is neither subject nor object. There exists only, an indivisible ONENESS. This value system can be termed as ecological, organic, yogic, vedantic or holistic. Out of this scientific spiritual vision, man should learn to fashion his life and fit it more and more harmoniously into the WHOLE.

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

