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# Balavin Kural



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Adi Shankaracharya, immersed in meditation, beheld a vision of Lord Ganesh and Shiva. Inquisitive, Lord Ganesh questioned Shiva about his appearance without the customary ash, longing to witness Shiva in that form.

With a gentle smile, Shiva allowed the Ganga to flow from his jata (matted hair), cleansing his body of ashes. Lord Ganesh, captivated by Mahadev's appearance, began to praise him

**Did you know? "Reason behind sitting on the floor and eating"**

**REASON BEHIND SITTING ON FLOOR WHILE EATING**



**THIS TRADITION IS NOT JUST ABOUT SITTING ON FLOOR AND EATING, IT IS REGARDING SITTING IN THE "SUKHASAN" POSITION AND THEN EATING. SUKHASAN IS THE POSITION WE NORMALLY USE FOR YOGA ASANAS. SITTING IN THIS POSITION WHILE EATING HELPS IN IMPROVING DIGESTION AS THE CIRCULATORY SYSTEM CAN FOCUS SOLELY UPON DIGESTION AND NOT ON OUR LEGS**

# Devotee Speaks: "The fire pot in Lord Nataraja's hand", by Smt. Roopa V Rajan

## Lord Nataraja of Chidambaram



Sri Nataraja of Chidambaram has countless secrets of nature under his control. He is the Lord of the powerful Akasha principle. The first movement that Nataraja created in the universe is called Arudra Dance. Knowing this through divine vision, our ancestors named the day as the day of Arudra Darshanam.

Lord Nataraja in his hand has the fire pot. The flame in the fire pot symbolises that gross and subtle bodies can come together only because of the addition of Agni. The fire pot in Lord Nataraja's hand

represents Agni Tatva. Agni is found only in the three worlds of Bhuloka, Bhuvanloka and Suvarloka. These lokas are called Agni mandala. Lord Nataraja helps us to escape the effects of Agni.

Chidambaram Rahasyam explains the concept of the dancing lifted foot, Chitrambalam and ponnambalam show yoga Siddhis. This is attained through Tapas. Lord Nataraja's grace is essential to attain Kaya Siddhi, which helps to rule Akasha Tatva.

The Kaya Siddhi is hidden in the human body in Vishuddhi chakra.

Conquering vishuddhi chakra is praised as Sri Kantam.

Vishuddhi chakra has been depicted on a stone near Sri Nataraja Sannidhi in Chidambaram and is covered by a screen. This is Chidambaram Rahasyam.

Sri Nataraja has five sabhas, i.e. dancing arenas.

1. Golden Sabha is Chidambaram.
2. Silver Sabha is Madurai.
3. Ratna Sabha is (arena of ruby) is Thiruvallangadu.
4. Copper Sabha is Tirunelveli.
5. Chitra Sabha (painting) is Kutralam.

To be continued....

Gratitude to divine worship based on Amarakavi Siddheshwara.

Balambika Charanam.

**Image courtesy:**

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## Know your Mythology: "karpūragauram karuṇāvatāram", by Thulasinathan Kandasamy



Adi Shankaracharya, immersed in meditation, beheld a vision of Lord Ganesh and Shiva. Inquisitive, Lord Ganesh questioned Shiva about his appearance without the customary ash, longing to witness Shiva in that form.

With a gentle smile, Shiva allowed the Ganga to flow from his jata (matted hair), cleansing his body of ashes. Lord Ganesh, captivated by Mahadev's appearance, began to praise him.

In that divine moment, the chant 'karpūragauram̐ karuṇāvatāram̐...' resonated from Adi Shankaracharya's lips. Its verses describe Shiva as pure as camphor, the embodiment of compassion, adorned with the king of snakes as a garland, and eternally residing in the lotus of the heart. It is a homage to Shiva, accompanied by Bhavani (Shakthi).

Chant:

**karpūragauram̐ karuṇāvatāram̐**  
**sansārsāram bhujagendrahāram 1**  
**sadāvasantam̐ hṛdayāravinde**  
**bhavam̐ bhavānīśahitam̐ namāmi 2**

Translation:

karpūragauram̐ karuṇāvatāram̐ - Pure like a camphor, avatar of compassion

sansārsāram bhujagendrahāram - Essence of the worldly existence, who wears the king of snakes as a garland

sadāvasantam̐ hṛdayāravinde - Always dwells in the lotus of the heart

bhavam̐ bhavānīśahitam̐ namāmi - I bow to Shiva, who is with Bhavani (Shakthi)

**Image courtesy:**

<https://cdn.pixabay.com/photo/2023/11/26/10/04/>

lord-shiva-8413252\_640.png

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# Science Snippets: "Nature's adapters", by Latha Chakravarthy



We humans are constantly adapting and evolving. We exhibit biological adaptation as well as behavioral adaptation. As seasons change, we bundle up with warmer layers or cool off in lighter outfits; we crank up our heaters, or turn on the air conditioners. We even adjust our day-to-day living habits to eat and work with the changing environment. Generations of people living at high altitudes develop biological adaptations that enable them to function while breathing air with lower levels of oxygen. So also, birds, animals and plants adapt in their own quaint ways to nature's whims and fancies, as the seasons roll on from spring, to summer, autumn to winter, and all



over again. Birds and butterflies migrate, sometimes across continents and thousands of miles; polar bears and arctic wolves grow extra layers of fur to insulate their bodies; bears, hedgehogs, wood frogs hibernate by going into a state of deep sleep by slowing down their heart rate, breathing rate, body temperature and metabolism. The world of plants is no different, and for their part exhibit similar behavior. Deciduous trees shed their broad leaves and move their sweet sugary sap into the body of the tree. However, evergreens or conifers such as pines, firs and spruces never shed their leaves. Instead, their thick needle shaped leaves are coated with a waxy substance that helps trap the moisture within them and survive the winter. Plants in dry climates survive drought by several techniques. In some of them, the stomata in the leaves stay shut during the day to avoid losing moisture; in some others, the plants enter into a state of low metabolic activity due to low cellular water levels; desert plants have thick stems that store water. All forms of life adapt to surrounding environmental factors for the sole purpose of survival. There is an inbuilt force that empowers every living being to battle the worst and weather every storm. It is this power of adaptation to change that enables better survival, eventually leading to evolution.

**Image courtesy:**

<https://www.britannica.com/plant/tree/Adaptations>