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Balavin Kural



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What's inside:

Devotee Speaks: "Divine Cow", by Smt. Roopa V Rajan



Why are cows divine and sacred for us?

The products we get from cows are also considered sacred.

Siddhas claim that the cow is sacred because of its unsplit breath. All Celestials are present in the body of the cow. Cow is the only animal which can absorb Prana Vayu from outside and turn it into the power of Prana shakti. A

Science Snippets: "Resolve to save our planet", by Latha Chakravarthy



Bhu Devi, our Mother Earth has been providing us with the best of flora and fauna, the best of land and water, and the absolute balance of life. She gave us the finest for life to start, thrive and flourish. From flint stones to start our first fires, floating masses of ice to save our underwater life, pollinator bees to raise our fruits and vegetables, to the perfect blend of atmospheric gases, we have been pampered and raised well. In return we have dug deep into Mother Earth's resources, and used them selfishly. It is now time to take simple, but strong steps to save Her. Our commitment and resolve to save Mother

Know your Mythology: "Happily Ever After: The Nala and Damayanti", by Thulasinathan

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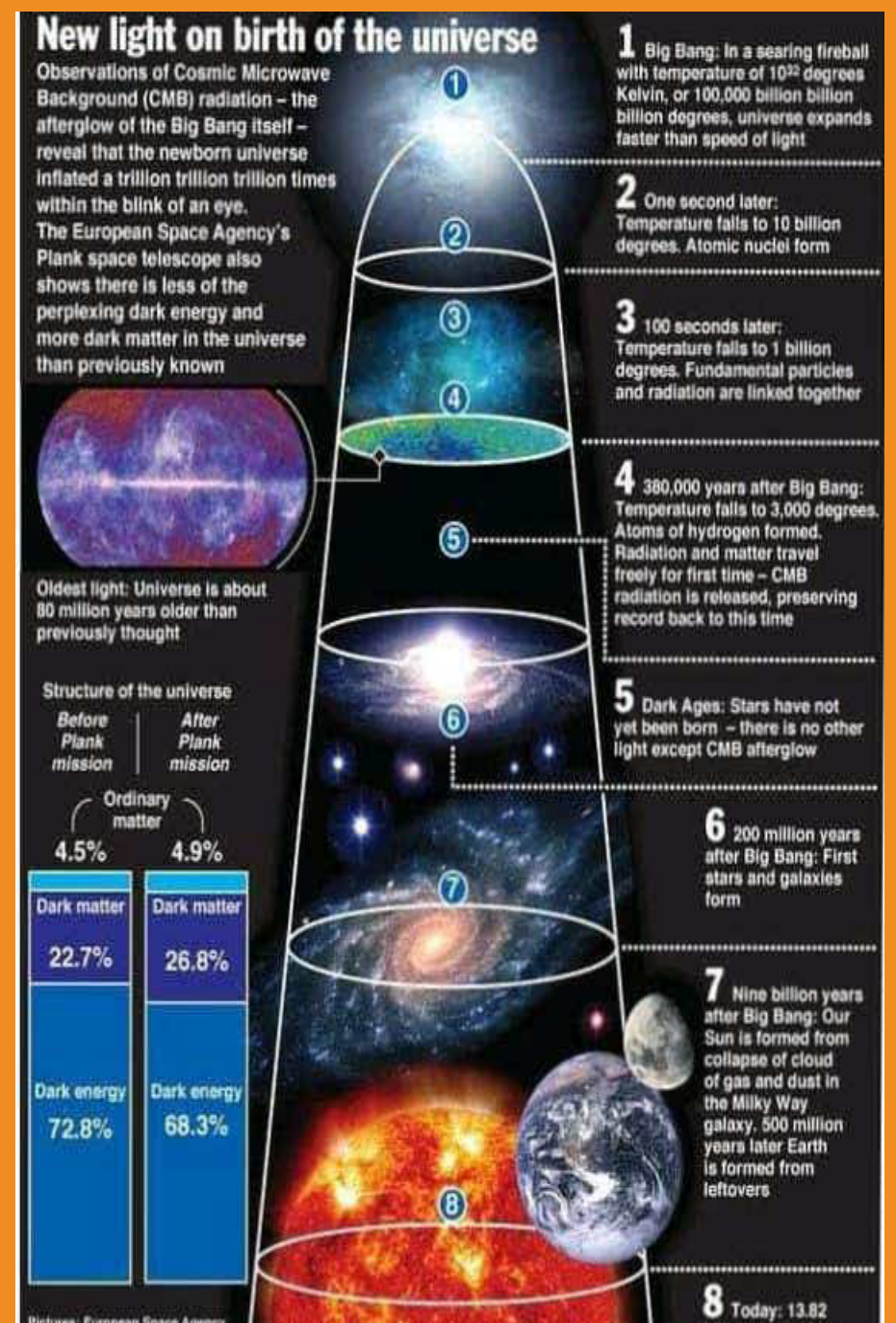


Nala and Damayanti Story

With a heavy heart and a strong desire to see Nala, Damayanti sent Kesini to her mother, the queen, informing her about the suspicion that Vahuka might be Nala. She had tested him, but her doubt now only concerned his appearance itself, and she intended to confirm it herself.

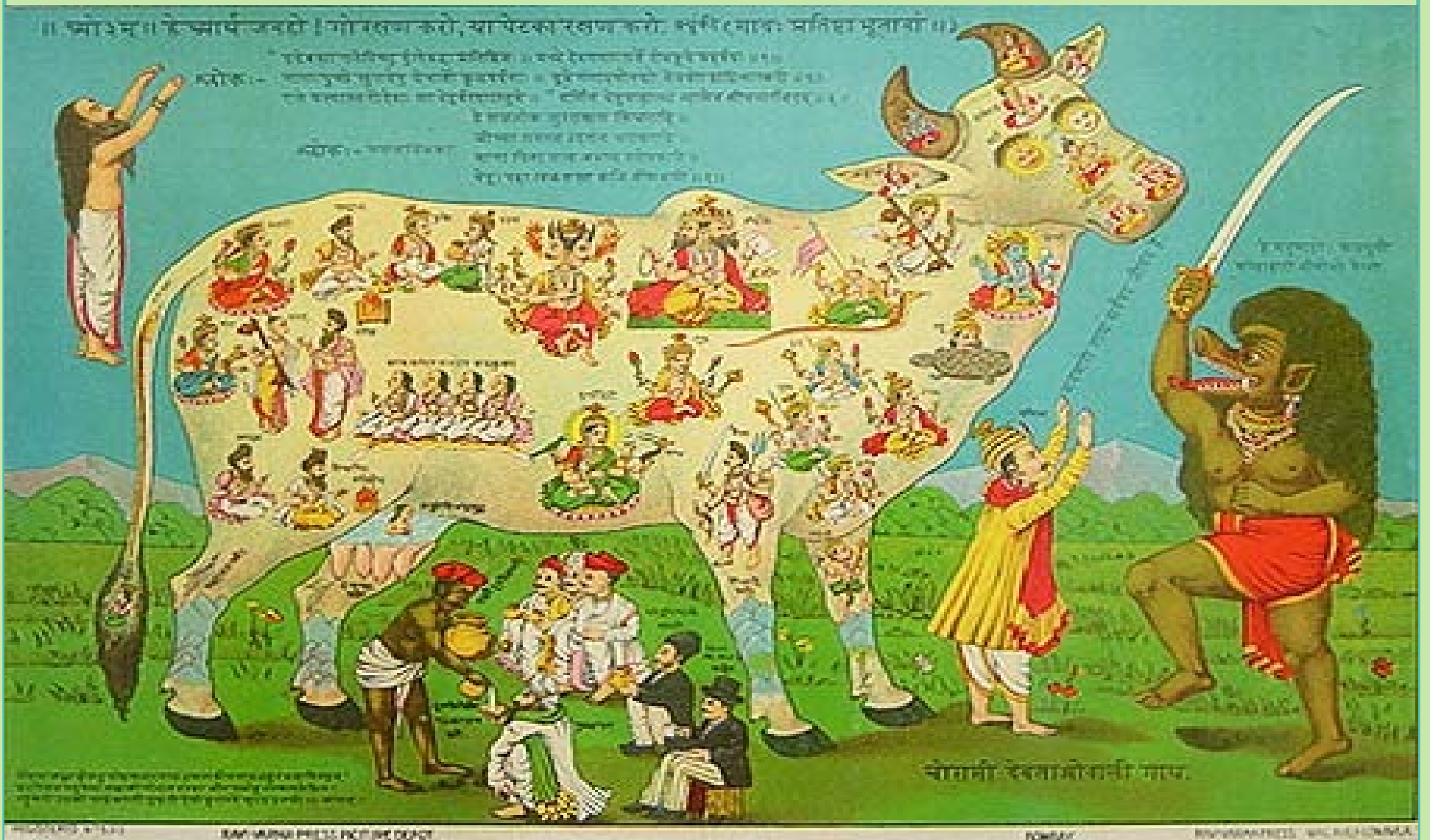
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Rajan



Why are cows divine and sacred for us?

The products we get from cows are also considered sacred.

Siddhas claim that the cow is sacred because of its unsplit breath. All Celestials are present in the body of the cow.

Cow is the only animal which can absorb Prana Vayu from outside and turn it into the power of Prana shakti. A human being who has split breath, loses his prana through exhalation. A yogi can attain unsplit breath only through sadhana.

Because of these reasons, the products obtained from cows are also considered sacred.

During abhishekam, milk is poured over the deities, thereby these

idols are protected from the heat of agni mandala. To keep the idols in a cool state, the abhishekam ritual is also done with tender coconut water, turmeric powder and sandalwood paste.

Milk, curds, ghee have a great amount of oxygen in them, and idols do absorb Prana from this.

Cow dung is burnt to make sacred ash. When this sacred ash or Vibhuti is adorned on the forehead, which is also called Pranava Peetam, it is protected from ultraviolet rays. Sacred marks of Vibhuti at specific points in our body are said to control wastage of prana shakti through the hair follicles.

The prana shakti can now be used to control the mind through deep contemplation.

Our Gross body needs food. Food nurtures and protects the body. The devas reside in a subtle body and derive their food through the Havis offered in the yaga or homa.

When ghee is offered in the homa fire, it becomes prana shakti and food for gods. The celestials protect mankind from various calamities.

Balambika charanam.

Taken from secrets behind divine worship.

Image courtesy:

<https://en.wikipedia.org/wiki/Kamadhenu>

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Nala and Damayanti Story

With a heavy heart and a strong desire to see Nala, Damayanti sent Kesini to her mother, the queen, informing her about the suspicion that Vahuka might be Nala. She had tested him, but her doubt now only concerned his appearance itself, and she intended to confirm it herself.

The queen conveyed her daughter's intention to Bhima, and upon learning it, the king consented. Having obtained consent from both her parents, Damayanti had Nala brought to her chambers.

Upon seeing Damayanti unexpectedly, Vahuka (King Nala) was overwhelmed with grief and had his face covered in tears. Damayanti, dressed in a piece of red cloth, with matted locks, covered in dirt and dust, addressed Vahuka, asking if he had ever seen a person

acquainted with duty deserting his sleeping wife in the forest. She questioned the virtuous Nala's abandonment of his dear wife who was overcome with fatigue in the woods.

Damayanti expressed her guilt for any perceived offence that led Nala to desert her in the woods while she was asleep. She questioned why he, whom she had chosen over the gods, would abandon his ever-devoted and loving wife. Damayanti reminded him of the vow he made before the fire and in the presence of the celestials.

While Damayanti spoke, tears welled up in her eyes as well. Nala, explained that the loss of his kingdom and his desertion of her were not his acts but were due to fate. He described how fate, dwelling in his body, suffered due to Damayanti's curse and had been overcome by his observances and austerities.

Nala assured Damayanti that the sinful wretch had left him, and that he had come back for her sake. He admired Damayanti's loyalty; however, he questioned if any other woman could forsake her loving husband and choose a second lord like her. Messengers were spreading the news that Bhima's daughter would choose a second husband, and on hearing this, King Rituparna arrived.

Frightened, Damayanti told Nala not to suspect any fault in her, declaring that she chose him as her husband over the gods. The Brahmanas had gone in all directions, singing her words in ballads, to bring him back.

“O king, a learned Brahmana named Parnada found you in Kosala in Rituparna's palace. Upon your apt response to him, I devised this

scheme to recover you. Other than you, O lord of earth, none can clear a hundred yojanas with horses in a day. I swear I haven't, even in thought, committed any sin. May the all-witnessing Air take my life if I have sinned. May the ever-flowing Sun take my life if I have sinned. May the Moon, dwelling within every creature, take my life if I have sinned."

The Wind-god spoke, chanting that Damayanti had done no wrong. "She guarded your family's honour and enhanced it. We, her protectors for three years, witness that she devised this unrivalled scheme for you. Monarch, you obtained Bhima's daughter, and she obtained you. Entertain no suspicion; be united with your partner."

After the Wind god spoke, a floral shower fell, celestial drums played, and auspicious breezes blew. Nala, seeing these wonders, cast away doubts about Damayanti. Remembering the king of serpents, he wore the pure garment and regained his native form. Seeing her loving husband, Damayanti embraced him and wept. Nala hugged her, his children, and felt great delight. Overwhelmed with sorrow, they stood together, and the queen-mother told Bhima all that passed between Nala and Damayanti.

The mighty monarch said, "Let Nala pass this day in peace; tomorrow, I shall see him after his bath and prayers, with Damayanti by his side."

They spent the night pleasantly, sharing past incidents. With joy, the princesses and Nala passed their days, intent on making each other happy.

Nala reunited with his wife in the fourth year after losing his kingdom,

fulfilling his desires and experiencing the highest bliss. Damayanti rejoiced in recovering her beloved husband, like fields of tender plants after a shower. Bhima's daughter, regaining her love, blazed forth in beauty, free from weariness and anxieties, swelling with joy like a night lit by the bright Moon!

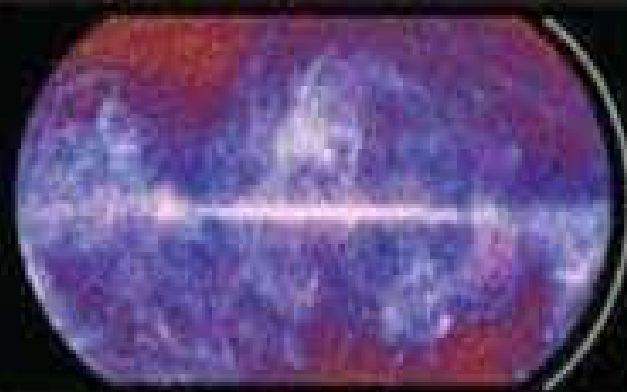
Image courtesy:

<https://storiespub.com/nala-and-damayanti-story/>

Did you know? "New light on birth of the universe"

New light on birth of the universe

Observations of Cosmic Microwave Background (CMB) radiation – the afterglow of the Big Bang itself – reveal that the newborn universe inflated a trillion trillion trillion times within the blink of an eye. The European Space Agency's Planck space telescope also shows there is less of the perplexing dark energy and more dark matter in the universe than previously known



Oldest light: Universe is about 80 million years older than previously thought

Structure of the universe

Before
Planck
mission

After
Planck
mission

Ordinary matter
4.5% 4.9%

Dark matter	Dark matter
22.7%	26.8%
Dark energy	Dark energy
72.8%	68.3%

Pictures: European Space Agency, NASA, AFP/Getty Images
© GRAPHIC NEWS



1 Big Bang: In a searing fireball with temperature of 10^{32} degrees Kelvin, or 100,000 billion billion billion degrees, universe expands faster than speed of light

2 One second later: Temperature falls to 10 billion degrees. Atomic nuclei form

3 100 seconds later: Temperature falls to 1 billion degrees. Fundamental particles and radiation are linked together

4 380,000 years after Big Bang: Temperature falls to 3,000 degrees. Atoms of hydrogen formed. Radiation and matter travel freely for first time – CMB radiation is released, preserving record back to this time

5 Dark Ages: Stars have not yet been born – there is no other light except CMB afterglow

6 200 million years after Big Bang: First stars and galaxies form

7 Nine billion years after Big Bang: Our Sun is formed from collapse of cloud of gas and dust in the Milky Way galaxy. 500 million years later Earth is formed from leftovers

8 Today: 13.82 billion years after Big Bang

Science Snippets: "Resolve to save our planet", by Latha Chakravarthy



Bhu Devi, our Mother Earth has been providing us with the best of flora and fauna, the best of land and water, and the absolute balance of life. She gave us the finest for life to start, thrive and flourish. From flint stones to start our first fires, floating masses of ice to save our underwater life, pollinator bees to raise our fruits and vegetables, to the perfect blend of atmospheric gases, we have been pampered and raised well. In return we have dug deep into Mother Earth's resources, and used them selfishly. It is now time to take simple, but strong steps to save Her. Our commitment and resolve to save Mother Earth takes root in our homes, our kitchens, our gardens, and in every simple and conscious action during our everyday life. It can be as subtle as using less water, turning off lights, unplugging electronic devices after use,

composting our organic kitchen wastes, using eco-friendly cleaners such as baking soda, vinegar and lemon juice, and by not wasting food. An interesting analysis also reveals that printing on paper using 'Garamond' font or 'Century Gothic' verses Times New Roman or Arial font saves you almost 30% ink and paper!! Reducing, reusing, recycling and finally repurposing household items will go a long way in extending the value of each and every commodity that we once paid for. It is a clever and creative way to view an object unconventionally, once its conventional use is over. Going green to save the planet does not mean expensive choices such as electric vehicles and solar panels. It can simply be a smart way to harvest rainfall or use grey water to irrigate our lawns and gardens. It can also mean planting a vibrant flower garden for bees to survive and even thrive, for they are the reason we have fruits and vegetables. Going green does not cost you money, it actually saves you a lot. As we follow these easy ways to save our Mother Earth, Bhū Devi in turn blesses us with the perfect balance of rainfall and sunshine. As the popular quote goes, "We do not inherit the Earth from our ancestors, we borrow it from our children". So beware, we have to return this precious fertile ball of life intact, for future generations to come!

Image courtesy:

**[https://www.cuyahogawcd.org/
euclid-creek/euclid-creek-blog/
2021/03/09/](https://www.cuyahogawcd.org/euclid-creek/euclid-creek-blog/2021/03/09/)**

saving-planet-earth-one-small-step-at-a-time