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## **Balavin Kural**





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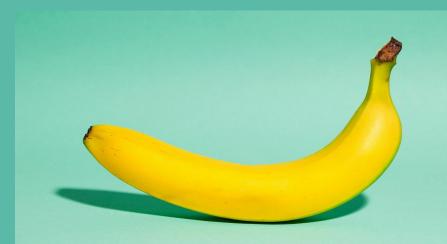


We worship the Goddess of wealth, Sri Mahalakshmi. Lakshmi is also called Shree.

We invoke Lakshmi for grain, gold, vehicles, children, fame, name, and glory. We have total faith in Sri Mahalakshmi, who is the abundance within us and prosperity.

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Science Snippets: "Does a banana a day,....keep the doctor away?", by Latha Chakravarthy



We have all grown up hearing the common English proverb...an apple a day keeps the doctor away! But why not consider our tropical yellow delight...the banana. Bananas have more protein, but less sugar than apples. Bananas contain resistant starch that doesn't digest, but instead stays in the colon, promoting healthy gut bacteria. They also neutralize acidity and help alleviate ulcers in the stomach. Their high vitamin B content helps calm the nervous system. Bananas also contain tryptophan – a protein that gets converted to the neurotransmitter called serotonin in our body, which influences learning, memory and happiness. The high potassium content helps reduce blood pressure and improves brain power. A banana

Know your Mythology: "Yayati: the fall from the celestial realm", by Thulasinathan Kandasamy





Yayati fell from the celestial realm. As he descended, Ashtaka, the protector of his religion and a foremost royal sage, saw him plummet. Ashtaka inquired, "Who are you, O youth, with beauty comparable to Indra and a radiance like fire, who fell from the heavens? Are you the sun emerging from behind the dark clouds? Seeing you fall from the solar path, with energy and brightness much like the sun, everyone is curious about what is happening and why you are unconscious. We saw you in the celestial path, shining like Sakra, Surya, or Vishnu, and came to learn the truth. Now we ask who you are and why you are here. Let your fears be dispelled and

Did you know? "Scientific Significance of a temple bell"



# Scientific significance of a Temple Bell



It is not just your ordinary metal. It is made of various metals including cadmium, lead, copper, zinc, nickel, chromium & manganese. The proportion at which each one of them mixed is real science behind a bell. Each of these bells is made to produce such a distinct sound that it can create unity of your left & right brain. The moment you ring that bell, bell produces sharp but lasting sound which lasts for minimum of seven seconds in echo mode

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# Devotee Speaks: "Money, wealth and prosperity", by Smt. Roopa V Rajan



#### **SRI MAHALAKSHMI**

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We invoke Lakshmi for grain, gold, vehicles, children, fame, name, and glory. We have total faith in Sri Mahalakshmi, who is the abundance within us and prosperity. During the churning of the milky ocean, Mahalakshmi came out last. She was holding the Amrith in her hand. If we are aware of the churning that happens within ourselves every day in our lives, we can churn and take the good things within us.

We all seek Goddess Lakshmi and her blessings, whether we are devas, asuras, yakshas, or Rakshasas. Lakshmi always chooses only Maha Vishnu. She is considered as our life force.

She is good and auspicious. When she enters our life, we feel we are in a paradise or Swaga. When she leaves or departs from our lives, it is considered inauspicious, and leaves us with debt, poverty, and the feelings of ourselves in an inescapable hell or Naraka. She is to be respected and we need to seek her blessings and grace. The symbol of her picture bedecked with a pot of gold coins and pots of overflowing food represents unlimited abundance and wealth. Lakshmi can never be equated with material transaction or money, Lakshmi is from the spiritual world and supreme consciousness, while the currency money only belongs to the material world. We all need to invite her lovingly in our lives and stop the limited lack of money.

The Artha shastras or economics talks about both at personal level which is called svadharma as well as at social level too. Lakshmi is considered chanchala, meaning not stable. Wealth brings value only when money is circulated and not locked up. When we lock the money we may get a profit, but that may be without happiness, when money is in circulation, a person is prosperous with happiness. That is shubhlabh and in India, many shopkeepers write this on their account books, with the symbol of Swastik on Deepavali day. Charity when given as bhiksha makes the receiver dependent. Dharma proclaims that whenever charity is given which makes the receiver independent, is called Dhana. Thus Dhanam is always advocated.

Wealth is the fruit which we call phala, that needs to be enjoyed and it is now. A fruit also has a seed which needs to be invested for the future, so that Lakshmi is always there with us in abundance for the future also.

Balambika Charanam

#### **Image courtesy:**

https://www.astroved.com/in/specials/mahalakshmi-jayanthi

# Know your Mythology: "Yayati: the fall from the celestial realm", by Thulasinathan Kandasamy





Yayati fell from the celestial realm. As he descended, Ashtaka, the protector of his religion and a foremost royal sage, saw him plummet. Ashtaka inquired, "Who are you, O youth, with beauty comparable to Indra and a radiance like fire, who fell from the heavens? Are you the sun emerging from behind the dark clouds? Seeing you fall from the solar path, with energy and brightness much like the sun, everyone is curious about what is happening and why you are unconscious. We saw you in the celestial path, shining like Sakra, Surya, or Vishnu, and came to learn the truth. Now we ask who you are and why you are here. Let your fears be dispelled and your troubles cease. You are now among the virtuous and wise. Even Sakra himself — the slayer of Vala cannot harm you here. You, with the prowess of the chief of celestials, will find support from the wise and virtuous in times of grief. Here, only the wise and virtuous like yourself are gathered. Therefore, you can tarry here in peace. Fire alone has the power to give heat, the Earth alone has the power to infuse life into the seed; the sun alone has the power to illuminate everything. Similarly, the guest alone has the power to command the virtuous and wise." Yayati replied, "I am Yayati, the son of Nahusha and the father of Puru. Cast off from the realm of celestials and of Siddhas and Rishis for disregarding every creature, I have fallen because my righteousness has diminished. I am older than you in years; hence, I did not salute you first. Indeed, the Brahmanas always revere those who are older in years, superior in learning, or ascetic merit." Ashtaka then responded, "You say, O monarch, that age deserves respect. But it is also said that true worship is for those superior in learning and ascetic merit." Yayati replied, "It is said that sin destroys the merits of four virtuous acts. Vanity leads to hell. The virtuous never follow the paths of the wicked. They ensure that their religious merit always increases. I once had great religious merit, but it is all gone. I will hardly regain it even with my best efforts. Seeing my fate, anyone striving for their own good will suppress vanity. Those who acquire great wealth perform meritorious sacrifices, those with all kinds of learning remain humble, and those who have studied the entire Vedas devote themselves to asceticism, withdrawing their hearts from mundane enjoyments, and go to Heaven. No one should boast about great wealth or studying the entire Vedas. People have different dispositions, but Destiny is supreme. Both power and effort are fruitless. Knowing Destiny to be all-powerful, the wise should neither exult nor grieve, whatever their circumstances. When people realise their fortune and misfortune depend on Destiny, not their exertion or power, they should neither grieve nor exult, understanding that Destiny is all-powerful. The wise should live contented, neither grieving at sorrow nor exulting at joy. When Destiny is supreme, both grief and exultation are inappropriate. O Ashtaka, I never allow myself to be overcome by fear, nor do I entertain grief, knowing for certain that I will be what the great disposer of all has ordained. Insects and worms, all oviparous creatures, plants, all crawling animals, vermin, fish in water, stones, grass, wood — in fact, all created things, when freed from the effects of their actions, are united with the Supreme Soul. Happiness and

misery are both temporary. Therefore, O Ashtaka, why must I grieve?
One can never know how to act to avoid misery. Thus, one mustn't
grieve over misery."
Image courtesy:
https://www.indica.today/quick-reads/
the-indulgences-of-yayati-part-2/

# Science Snippets: "Does a banana a day,....keep the doctor away?", by Latha Chakravarthy



We have all grown up hearing the common English proverb...an apple a day keeps the doctor away! But why not consider our tropical yellow delight...the banana. Bananas have more protein, but less sugar than apples. Bananas contain resistant starch that doesn't digest, but instead stays in the colon, promoting healthy gut bacteria. They also neutralize acidity and help alleviate ulcers in the stomach. Their high vitamin B content helps calm the nervous system. Bananas also contain tryptophan – a protein that gets converted to the neurotransmitter called serotonin in our body, which influences learning, memory and happiness. The high potassium content helps reduce blood pressure and improves brain power. A banana before taking a test will boost performance and alertness. Bananas are a powerhouse of vitamins and iron, the more they ripen, the sweeter they become. To preserve their freshness, simply wrap the stalk/stem in plastic wrap. Banana plants grow from corms – which are swollen underground plant stems. The green trunk is basically a pseudostem. Each banana plant produces a single hanging cluster, with about 9 tiers, and 20 fruits in each tier. After fruiting, the pseudostem dies, but new shoots emerge from the base, which is why the plant never really dies, and is essentially a perennial. That is why, all Hindu auspicious events, especially weddings, sport banana plants at entrances and doorways, symbolizing everlasting relationship and longevity. A banana plant is the MVP (most valuable player) of our farms – the core of their trunk (vaazha thandu) is edible and is considered also to be a super healing food. The leaves of the banana plant have been our biodegradable, environment friendly plates in the Indian sub-continent, and needless to say, the fruit seals the deal! Hygienically packed in an easy-to-remove-peel, this fruit is perfect for the young and old alike, and also as an offering to god. The tropical banana is certainly deserving of more respect, for it is indeed a healthy and wholesome treat....good enough to keep those doctors away!

#### **Image courtesy:**

**h**ttps://www.everydayhealth.com/diet-nutrition/diet/ what-you-get-from-banana-plus-answers-other-questions/

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