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# Balavin Kural

A BDS monthly newsletter



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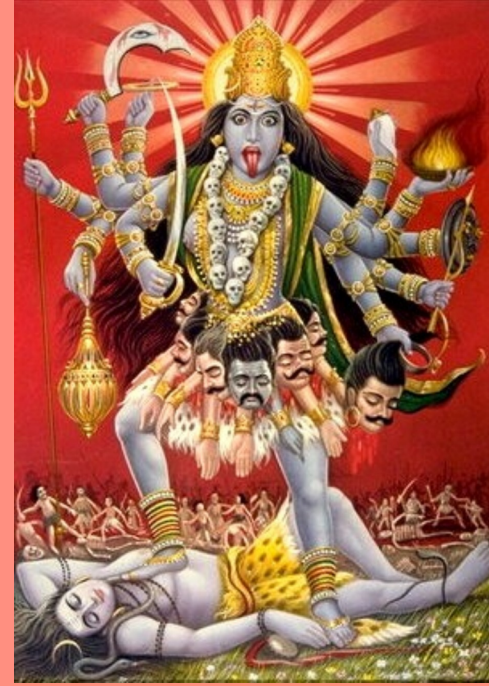
# What's inside:

**Devotee Speaks: "Ganesha our loving God", by Smt. Roopa V Rajan**



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**Know your Mythology: "Maha Kali", by Thulasinathan Kandasamy**



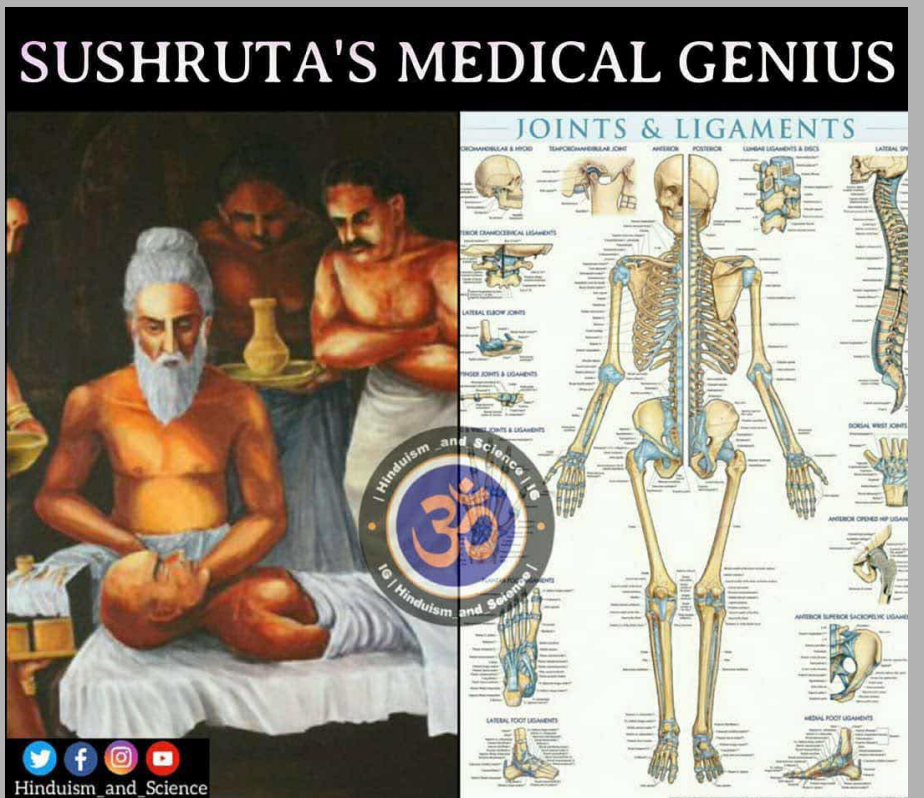
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## Devotee Speaks: "Ganesha our loving God", by Smt. Roopa V Rajan



Our religion is a God centric religion. For us, God manifests as pure and is the most perfect conceivable form. In any temple, we establish links to God through Pujas and rituals, and a priest invokes the inner worlds and beings within deities and idols. A priest is trying to establish a channel of connection. When there is a successful connection, the physical microcosm opens up to the divine microcosm. Priests' conscious efforts connect the inner and outer worlds, to such a point wherein devotees may see the transfiguration of God or Goddess superimposed over the stone image of the deity of the temple.

The deity doesn't travel from the altar of one temple to another temple. It's like a telephone which brings the voice across. It is the



connection between gross and subtle worlds. The world of matter and Spirit.

Once a connection is made with Lord Ganesha, He manifests in several forms, including remover of obstacles. The subtle can be a feeling or a personal visit to seek Ganesha in the temple itself, entering into one's own Muladhara chakra, governed by planet mercury.

Likewise, for every opening of other chakras, Ganesha is there; it is also an introduction to that deity who governs that consciousness and the planet to which that particular chakra is connected.

Ganesha is the personification of the material universe. Ganesha sits on the psychic lotus of Muladhara chakra, the ganglia of nerves at the base of the spine within everyone. Time, matter and memory are governed by Muladhara chakra.

Spiritual aspirants are lifted up from fear and confusion into conscious awareness of right thought, right speech, and right action, when muladhara chakra gets activated. When the heart is filled with love, it encounters the holy feet of Ganesha. When Muladhara is awakened, clarity of mind comes slowly and enters the path of enlightenment. Body and mind become harmonised. Personal likes and dislikes vanish. Limited faculties of reason and analysis are overpowered and subdued by greater will or cosmic will, or the will of Dharma.

Sufficient humility can be awakened. When this happens, it is easy to



surrender instinctive willfulness to the greater superconsciousness of Dharma.

It happens naturally, but very slowly, because Lord Ganesha of all the many Gods, proceeds with methodic liberation.

From Loving Ganesha.

Balambika Charanam

**Image courtesy:**

<https://www.rudraksha-ratna.com/articles/ganesh-the-god-of-root-chakra>



## Know your Mythology: "Maha Kali", by Thulasinathan Kandasamy



After hearing that neither the asura Chanda nor Munda lasted longer than an instant against Durga, the asura Sumbha decided to send Raktabīja up next to face her. Sumbha did so not just because of Raktabīja's enormous strength and battle experience, but because of the boon that Raktabija got from Shiva. The boon stated that; if Raktabīja's blood was drawn out during battle, for every drop that touched the ground, a new Raktabīja would spring forth and join the fray. Which was why he was named Rakta (blood), bija (or beeja), which means seed. On a different note, Beej mantras are seed mantras (a veej mantra for the people of Bengal). In short, this boon had made him invincible.



In the battle that ensued, Durga and the Dasa Mahavidyas fought and injured Raktabīja, but every drop of blood created another asura, this positive feedback loop eventually spawned an entire army of Asura. When the danger hit the point where the Devas themselves were shaken, Durga took on her dark and fierce form of Kali; when she set foot on the battlefield in her new form, every asura was terrified of her mere sight. Kali was adorned in a garland of skulls and dismembered arms in her hip. She was nature herself in a very fierce and extreme form, she wasted no time in striking every form of Raktabīja on the battlefield without mercy and when any other devi cut a Raktabīja, Kali drank the blood before it could reach the earth. Maha Kali extended her tongue at will and swallowed every drop of blood from every single Raktabīja. Now the multiplication of the asura slowly reduced and finally stopped due to her onslaught. She continued her spree till she killed every Raktabīja and finally, with her sword, decapitated the last and original Raktabīja, consuming his blood to finish him off once and for all. But consuming so much blood increased her bloodlust until she reached a state where she would kill anything that moved and dared to stand in her way. Her dance of destruction was growing increasingly violent by every second, she looked like Kalabhairav.. All the devas panicked and went to Lord Shiva and asked him to rescue them.

Lord Shiva obliged, he lifted his Trishul and set out to witness Kali in her Rudra form. He quickly came to the conclusion that there was no



fighting this. He simply laid down on her path and got into a deep meditative state. His immeasurable silence and depth of his being, started changing the nature of the area where he was in this posture. Kali continued her dance of destruction and felt a sudden change in her mood that further attracted her to come in the direction of Shiva. At first, she did not notice anything and went on with her fury and cut anything that came her way. Her violent nature was going through some unknown change. However, she did not stop, and suddenly Maha Kali felt something extremely pleasant and gentle at her feet, she stopped everything and looked down to see what she had stepped on. She saw Shiva. Her very own male form in which she is a part as Arthanari, and she had stepped on his chest. She was immediately swept over by embarrassment, and the tongue she kept extending to drink the blood of Raktabīja stuck out, but this time it was for a different reason. She felt bad. She threw the sword and the dead heads of the asuras that she was carrying. Shiva got up and told Kali that this sudden change of emotion was the option that he chose. After Shiva had finished calming her down, Kaalabhairavi danced again with him; however, this time, it was an Ananda Thandavam.

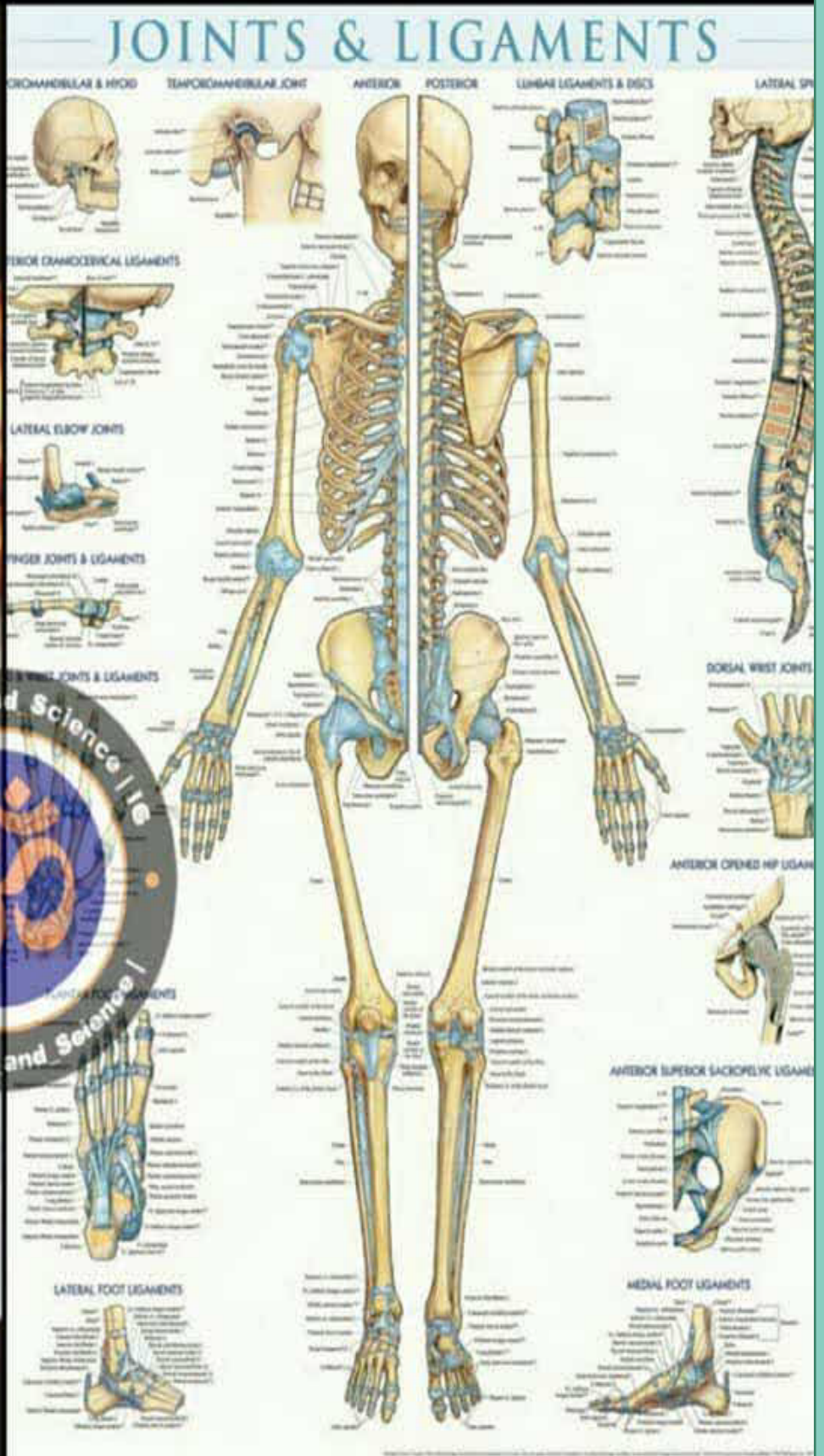
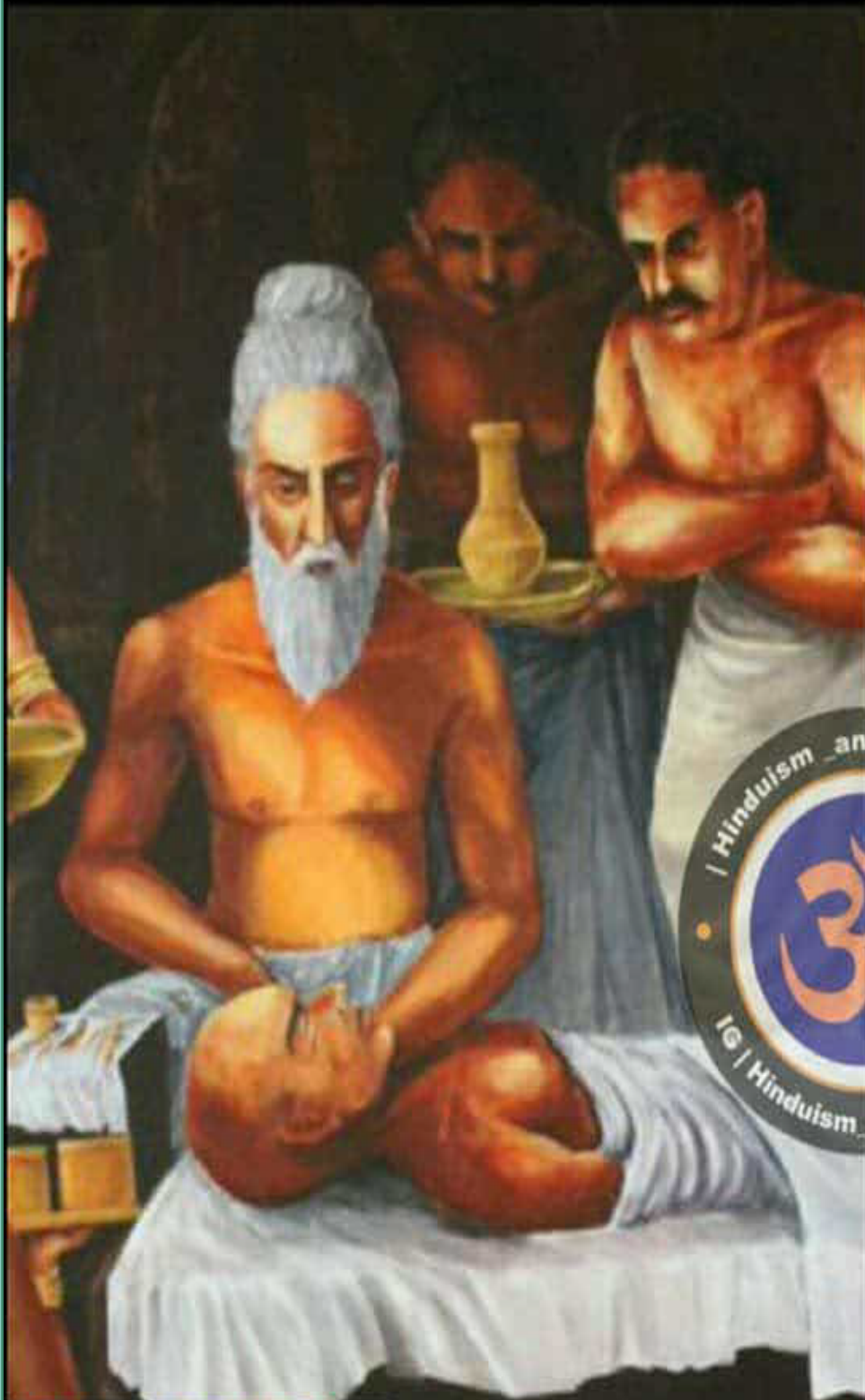
**Image courtesy:**

<https://www.hindudevotionalblog.com/2013/04/story-of-goddess-kali-demon-raktabija.html>



Did you know? Sushruta, a medical genius

# SUSHRUTA'S MEDICAL GENIUS



Sushruta wrote in Sushruta Samhita [3000 BCE] that there are 900 ligaments in the human body. He also wrote that in some parts of the body there are four types of ligaments. Compare with modern scientific facts.



अन्स्थां तु सन्धयो ह्येते केवलाः परिकीर्तिताः

पेशीस्त्रायुसिराणां तु सन्धिसङ्ख्या न विद्यते २८

नव स्त्रायुशतानि तासां शाखासु षट्शतानि द्वे शते त्रिंशच्च कोष्ठे ग्रीवां प्रत्यूर्ध्वं

सप्ततिः एकैकस्यां तु पादाङ्गुल्यां षणिचितास्तास्त्रिंशत् तावत्य एव

तलकूर्चगुल्फेषु तावत्य एव पादाङ्गुल्यां दश जानुनि चत्वारिंशदूरौ दश वङ्गणे

शतमध्यर्धमेवमेकस्मिन् सन्धिषु भवन्ति एतेनेतरसक्थि बाहू च व्याख्यातौ

षष्टिः कट्यां पृष्ठेऽशातिः पार्श्वयोः षष्टिः उरसित्रिंशत् षट्त्रिंशद्ग्री-

वायां मूर्ध्नि चतुस्त्रिंशत् एवं नव स्त्रायुशतानि व्याख्यातानि भवन्ति २६

भवन्ति चात्र

स्त्रायुश्चतुर्विधा विद्यात्तास्तु सर्वा निबोध मे

प्रतानवत्यो वृत्तास्तु पृथ्व्यश्च शुषिरास्तथा ३०

प्रतानवत्यः शाखासु सर्वसन्धिषु चाप्यथ

वृत्तास्तु कण्डराः सर्वा विज्ञेयाः कुशलेपिह ३१

आमपक्वाशयान्तेषु बस्तौ च शुषिराः खलु

पार्श्वोरसि तथा पृष्ठे पृथुलाश्च शिरस्यथ ३२

नौर्यशा फलकाम्नीर्णा बन्धनैर्बद्धधिर्यता

nava-snâyū śatâni

śata = 100 nava = 9

nava-śata = 900

snâyū = ligament

snâyus-caturvidhâḥ

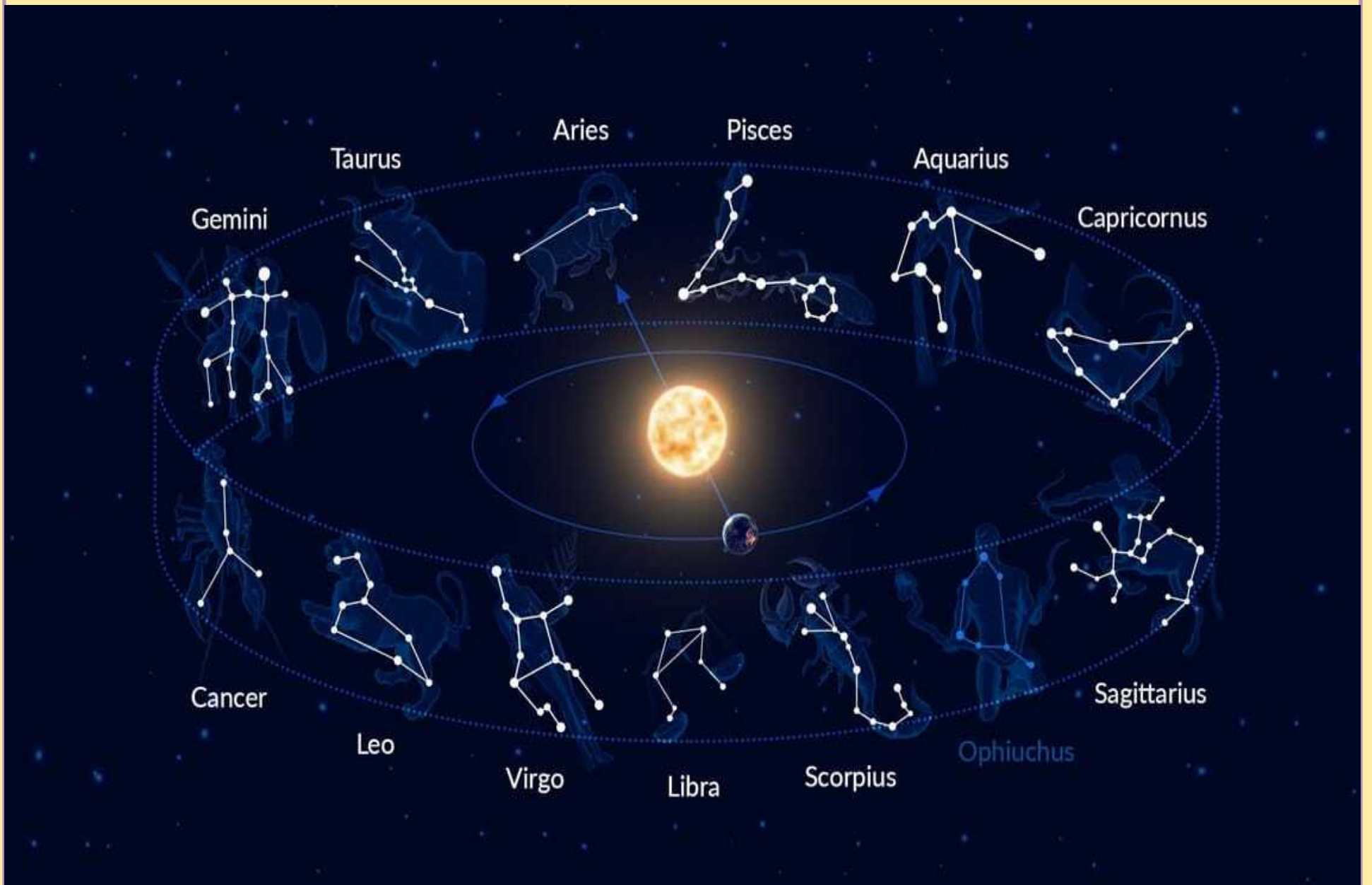
There are four types of ligaments

Hinduism\_and\_Science





# Science Snippets: "Constellations – Linking Astronomy with Astrology", by Latha Chakravarthy



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specific times of the year also signified the seasonal changes and marked the times for planting and harvesting. **So why do we only focus on the 12 constellations associated with our Zodiac signs?**

Assuming that one lunar cycle is approximately 30 days (29.5 to be exact), we know that it takes 12 lunar cycles for the Sun to return to its original position, when viewed from the Earth. This imaginary plane containing the Earth's orbit as it revolves around the Sun is called the ecliptic. For a viewer on the Earth, it is the path of the Sun in the sky over the span of a year. The constellations that fall along this ecliptic plane are the Zodiac. The Sun appears to pass in front of these 12 Zodiac constellations every year, with precise entry and exit times. It is these 12 constellations that astrologers connect our horoscopes with, in terms of how they influence our lives. The 12 Zodiac constellations that host the Sun are Aries (the Ram), Taurus (the Bull), Gemini (the Twins), Cancer (the Crab), Leo (the Lion), Virgo (the Virgin), Libra (the Balance Scales), Scorpius (the Scorpion), Sagittarius (the Archer), Capricornus (the Sea Goat), Aquarius (the Water-Bearer), and Pisces (the Fish).

**What is even more surprising is that the meaning of these Latin names exactly match the Sanskrit names as per our Hindu astrology:**

Aries - Ram/Mesha, Taurus - Bull/Vrishabha, Gemini - Twins/Mithuna, Cancer - Crab/Karkata, Leo - Lion/Simha, Virgo - Virgin/Kanya, Libra - Balance Scale/Tula, Scorpius - Scorpion/Vrischika, Sagittarius - Archer/Dhanush, Capricornus - Sea Goat/Makara, Aquarius - Water



Bearer/Kumbha, and Pisces – Fish/Meena.

Cultures and civilizations across the world such as Romans, Greeks, Babylonians, and Hindus, used the same meaning and identification for the shape of the constellation. The lenses of their naked eyes connected the same stars to form a shape that they all referred to by the same name, albeit in a different language. Our knowledge of the universe today dates back to times and civilizations almost thousands and thousands of years ago!

**Image courtesy:**

<https://starwalk.space/en/news/zodiac-constellations>