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What's inside:

Devotee Speaks: "Fear", by Smt. Roopa V Rajan



What is fear?

Fear is the word we use to describe our emotional reaction to something that seems dangerous. But the word "fear" is also used in another way, for example, to name something a person often feels afraid of, it is the fear of heights. People also fear things or situations that make them feel unsafe or unsure.

What part of the brain removes fear?

Know your Mythology: "Consequences: Ravana loses Chandrahas, the celestial sword", by Srivathsan Thulasinathan



In a tranquil forest during the Treta Yuga, a gentle breeze carried the enchanting fragrance of nature, accompanied by the soothing singing voice that captivated both mortals and the divine. A delicate sparrow, drawn by this irresistible melody, fluttered gracefully through the air, guided by instinct towards its source. It dived towards the direction of the voice and gently hovered to the open palm of a gorgeous woman who was singing at the entrance of a humble hut. She lovingly stroked the bird as she surveyed the forest line,

Science Snippets: "The Origin of Script", by Latha Chakravarthy



Have you wondered why the script in different languages around the world consists of curved, angular or straight strokes? Early civilizations used sharp stones to carve out pictures and figures on rocks and clay tablets. The hieroglyphs formed the primitive writing systems and were used to depict the sacred works and images of gods. The Indus valley civilization used a pictographic script, where the pictures were carved on stone and terracotta. Slowly, a defined form of script began to evolve, local to cultures and societies.

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Did you know? "Why do we worship the Tulsi plant in Hindu culture"



Why do we worship Tulsi plant in Hindu culture?



Tulsi is considered as a mother by Hindus, it has many medicinal properties. Tulsi is an antibiotic, consuming basil every day can give you a long and healthy life as the plant prevents diseases & stabilizes health. Tulsi gives out oxygen for 20 hours and Ozone for four hours a day along with the formation of nascent oxygen which absorbs harmful gases. It is also believed that snakes do not tread near Tulsi.

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What is fear?

Fear is the word we use to describe our emotional reaction to something that seems dangerous. But the word "fear" is also used in another way, for example, to name something a person often feels afraid of, it is the fear of heights. People also fear things or situations that make them feel unsafe or unsure.

What part of the brain removes fear?

The hippocampus and the frontal cortex of our brain process contextual information, and these inhibitory pathways dampen the part of the brain called amygdala. The fear response is created and its downstream results. Basically, our "thinking" circuitry of the brain reassures our "emotional" areas and shows that we are ok. Hindus apply Vibhuti on the forehead with Shiva mantra covering the frontal lobes to block the unwanted information. Fear is an unwanted

limiting factor which can inhibit our other faculties.

How do I release my fears to God?

We can not control everything on our own. Instead, we choose to trust God, the higher self. We Say, "God, you know I struggle with this fear, but I choose to trust you more than this fear within. I am going to invite you into my inner world and ask that you help me to feel peace." To exercise and demonstrate real faith in God, prayers are the best. To eliminate worry, fear and receive peace, ask God for help, and as the Scripture says, do it with a grateful heart. The divine comes from fully releasing control and trusting completely in God.

Bhagavad Gita 12.15 quotes: Those who are not a source of annoyance to anyone and who in turn are not agitated by anyone, anything who are equal in pleasure and pain, and free from fear and anxiety, such devotees of Mine are very dear to Me.

What does Krishna say about anxiety?

The verse conveys that in order to get rid of all negative tendencies, unhealthy thoughts, anxiety and worries, one should totally surrender to the Higher Power, which implies opening one's mind without any reservations and doubts, to the inflow of divine consciousness. The needed guidance will come spontaneously.

Balambika Charanam

Image courtesy:

<https://www.mahanidhiswami.com/dealing-with-fear>

Know your Mythology: "Consequences: Ravana loses Chandrahas, the celestial sword", by Srivathsan Thulasinathan



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the rumor the fellow animals communicated to him of the presence of asuras specializing in shapeshifting. He had relayed the same to Lakshmana who prior to fetching water from the stream, surveyed the land himself to purge any such creatures. Jatayu remained watchful as he immediately observed something out of the ordinary; a golden deer showed itself to the trio, immediately catching Sita's eye. With his incredible vision he watched as Sita spoke to Ram. Which led to Ram nodding with a smile on his face; who began to move swiftly while holstering his quiver of arrows and picking up his bow. He moved in pursuit of the deer darting through the woods. Jatayu immediately reared his wings and took to the sky in order to assist Ram. Ram reached a dense portion of the forest, and watched as the deer darted around him in circles which was highly unusual. Ram came to the conclusion that this was no animal and was something sinister. He reared his bow and in one swift breath guided by pure instinct, shot down the animal. He approached it warily as the golden skin of the deer was immediately engulfed in a translucent fluid which molded it into an Asura with Ram's arrow sticking out of his chest. Ram interrogated "Who are you? Why are you here?". The Asura, in laughter, opened his throat wide and emitted a sound that echoed across the forest, eventually reaching the ears of Sita and Lakshman. It sounded unmistakably like Ram himself and cried "LAKSHMAN! HELP ME MY BROTHER!".

Jatayu witnessed the trickery and swiftly began to sail towards the hut to warn Lakshman, the source of the sound was silenced out with another swift arrow from Ram. Jatayu moved towards the hut but was engulfed in dark magic that distorted his vision. The hut seemed to

never get closer no matter how fast he moved. Minutes went by and he saw Lakshmana who moved at breakneck speed towards Ram's location. He feared the worst and in one last spurt, broke free of the magic and moved to Sita's vicinity.

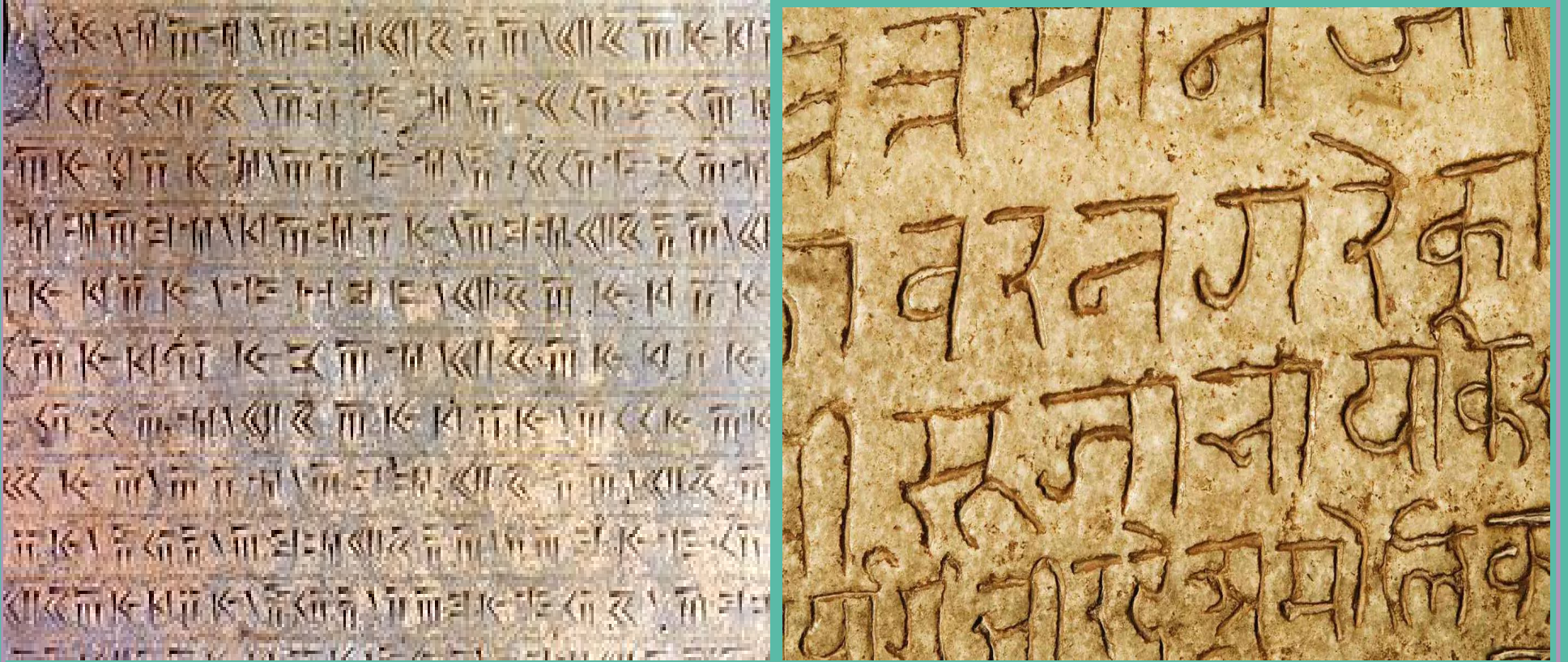
The hut remained as it was until he spotted a basket of offerings strewn on the ground indicating a struggle. His horror was matched by the combined sounds of roaring laughter and Sita's screams taking off into the sky. The demon lord Ravana had abducted her and was atop his flying chariot. Jatayu wheeled and broke into a chase moving at the speed of sound, catching up to Ravana who was trying to silence Sita immediately caught Jatayu's presence and growled "Move away bird, this is beyond you." Jatayu cried "Unhand her!" And dive bombed Ravana, who brushed him off with a shield that immediately cracked upon impact. Ravana, astonished, brandished a mace anticipating another strike, but the mace slipped his grip. Something that was unheard of for someone of his fighting prowess. He attributed it to his mind being preoccupied at Sita who was crying and instructing Jatayu to go fetch Ram. Ravana used his hands to ready a bow this time and unleashed a flurry of arrows that the valiant eagle deftly dodged. Ravana was running out of options and in a last ditch effort conjured serpents out of thin air that reared at the eagle. Jatayu caught and devoured them. Ravana was in a state of panic and his hand instinctively reached towards the sword whose power he had never been forced to employ ever since he received it. The hand, mere inches from its hilt, hesitated momentarily, a flicker of uncertainty crossing its path. But fueled by an unyielding surge of anger, it clenched around the handle with unwavering resolve. In that instant,

the sword erupted in a blaze of radiant light, awakening with a brilliance that illuminated the skies. Ravana moved closer and swung at Jatayu, who in his final moments recognized the sword and knew that this was the end. The blade cleaved through his body like a knife through butter. Instantly killing him. Ravana swished the sword to rid it of the blood as he watched Jatayu plummet to the ground. Then, the reality of what had just transpired sunk in. In silent agony, Ravana watched as Chandrahas, his divine gift, began to shimmer and fade. With each passing moment, the radiant glow of the sword diminished, until all that remained was a faint echo of its former brilliance. And then, with a final flicker of light, Chandrahas departed from his side, leaving Ravana alone with his regrets. The beam of light moved and moved, it caught the eye of a magnificent white bull who watched it travel towards its owner in a static Samadhi atop Mount Kailash. Vishwanatha, Sadashiva who knew of all that transpired in the universe despite his samadhi; observed that the sword he had gifted to a once great devotee of his had nestled itself on his hip once again. Ravana understood the consequences of his hubris and defiance. Chandrahas, the celestial sword, a symbol of his devotion, his connection to the divine. The departure of Chandrahas was not merely the loss of a weapon, but the severance of a sacred bond—Which sparked a series of events that cascaded into his own downfall.

Image courtesy:

<https://vedicfeed.com/jatayu/>

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Have you wondered why the script in different languages around the world consists of curved, angular or straight strokes? Early civilizations used sharp stones to carve out pictures and figures on rocks and clay tablets. The hieroglyphs formed the primitive writing systems and were used to depict the sacred works and images of gods. The Indus valley civilization used a pictographic script, where the pictures were carved on stone and terracotta. Slowly, a defined form of script began to evolve, local to cultures and societies.

The art of writing was influenced by history, culture, and tools. Cultural styles affected the nature of the strokes, making them artistic, with long decorative sweeps, possibly due to the use of the quill and the ink, as seen in Arabic and Persian letters. Perhaps the use of palm leaves and parchment paper such as those in the Devanagari script (which originated from Brahmi) enabled the use of curved and rounded letters to avoid making tears and cuts in the leaf surface. The

letters joined together with the line on the top, indicated that it was one word. Depending on the use of the tool and writing surface, the syntax and structure of the letters, and perhaps to avoid smudging, the script was written from left to right or right to left.

Today, we tap the letters into a computer, text on our smart devices, and rarely write on paper. There is a satisfying feeling of expression when writing with a pen on paper. It is the most primitive form of laying down our feelings, communicating with the world around us, and preserving our intents. Writing with physical instruments is an art....there is a need to preserve this form of expression. As we consciously pass down our legacy to our future generations, let us also remember to instill in them the passion to write...with pen on paper!

Image courtesy:

1. <https://www.persianstepbystep.com/are-persian-and-arabic-similar-languages/>
2. https://medium.com/@inz_30074/ancient-indian-languages-5809f520c111

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