

Balambika Divya Sangam

# Balavin Kural

## BDS Events

### Bala Sahasranamam

#### Parayanam:

Mythili Sundararajan's residence,  
Bangalore, India

• [myyasundar@gmail.com](mailto:myyasundar@gmail.com)

Chakravarthy's residence,  
Ohio, USA.

• [95chikki@gmail.com](mailto:95chikki@gmail.com)

Anuradha Srinivasan's residence,  
Chicago, USA

• [asriniv65@gmail.com](mailto:asriniv65@gmail.com)

### Dolai Utsavam:

Dolai Utsavam will be performed for  
Sanchara Bala, in the privacy of one's  
home, amidst a social gathering.

Devotees who are interested,  
please contact Smt. Asha Manoharan

• [asha.raji@gmail.com](mailto:asha.raji@gmail.com)

### Annadanam and Milk Scheme:

Annadanam and serving of milk to  
nursery children, is performed at  
Modern English School, Malur.

Those who are interested in contrib-  
uting towards this cause, please con-  
tact

Smt. Asha Manoharan

• [asha.raji@gmail.com](mailto:asha.raji@gmail.com)

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## Editor's Desk...

Namaskaram,

In the last edition we saw the concept of Dharma and what it implies. In the matter of Dharma, the Vedas are the ultimate authority. You cannot know the truth about Dharma through any source of knowledge other than the Vedas. Reason cannot be the authority in the matter of Dharma.

Dharma can be classified under two heads: Samanya or the general, universal Dharma; Vishesha or the specific, personal Dharma.

The Gita enumerates the following virtues as Daivi-Sampat or divine qualities: fearlessness, purity of heart, steadfastness in the Yoga of Wisdom, alms-giving, self-restraint, sacrifice, study of the scriptures, austerity, straightforwardness, harmlessness, truth, absence of wrath, renunciation, peacefulness, absence of crookedness, compassion to living beings, non-covetousness, mildness, modesty, absence of fickleness, vigour, forgiveness, purity and absence of envy and pride. All these virtues are manifestations of the four fundamental virtues: 1. Non-violence, 2. Truth, 3. Purity, 4. Self-control. Ahimsa or non-violence is the most important virtue. That is the reason why Patanjali Maharshi has placed it first in Yama. Practice of Ahimsa must be in thought, word and deed. Truth must be observed in thought, word and deed. If you are established in truth, all other virtues will cling to you by themselves. Purity comprises both external purity and internal purity. Self-control implies both control of the body and control of the mind. Self-control does not mean self-torture. You must lead a well-regulated and disciplined life. You must keep all the senses under your perfect control.

**When these are practiced you are for real walking in the path of Dharma.**



**Mrs. Asha Manoharan**  
President of Balambika Divya  
Sangam

## EDITORIAL TEAM

1. Mrs. Asha Manoharan
2. Mrs. Latha Chakravarthy
3. Mr. Ramesh Chakravarthy
4. Mr. Anthil Anbazhagan



## Bala Speaks

There are three types of people in this world. One who knows dharma and follows the path of it. The other is, who does not recognize dharma and follows the path of adharma. There is a third type of people who are the most dangerous ones. They are, the ones who know what is dharma and has full knowledge of dharma, but choose to follow the path of adharma for their own mean ends. These are people who will never come out of the karma cycle and are destined by their own deeds to be born and reborn again and again, they are worse off than the adharmi themselves.

## Schedule of Events

Mon—Fri all working days—Milk distribution at Modern English School—  
Malur

[ MAY 2014 ]

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16 Abhishekam	17
18 Chaturthi	19 Panchami	20 Abhishekam Shashti	21	22 Ashtami	23 Abhishekam	24 Ekadesi
25	26	27 Abhishekam	28 Amavasya	29	30 Abhishekam	31

[ JUNE 2014 ]

SUN	MON	TUE	WED	THU	FRI	SAT
1 Chaturthi	2 Panchami	3 Abhishekam Shashti	4	5	6 Abhishekam	7
8	9	10 Abhishekam	11 Bala's B'day (Vaikasi Visakam)	12	13 Abhishekam	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## Upasana

What is *upasana*? *Upasana* is a mental process or activity. It is again a misconception that *bhakti* itself is *upasana*. But as the *shashtra* says *Bhaktim Anupastha* - "one should do *upasana* with *bhakti*" - and hence *upasana* requires *bhakti*. *Bhakti* has been discussed in various scriptures by great saints like Shandilya. *Upasana* is classified into two sections (please note that these are not two independent 'types' but complimentary halves of a single entity): *Japa* and *pooja*. *Japa* is necessarily a mental process, though in types such as *upamshu*, *vachika* etc., (*vachika* is not allowed

in *shrividya*), along with the mind, physical organs like the mouth are used. *Pooja*, though seemingly physical, is in actuality a mental process. Throwing some flowers on Meru or spilling some milk on Banalinga does not give any merit. It is the *dhyana* of the Devata which brings the presence, the offering of various *upacharas* with *bhava* of 'nama' - is what constitutes of *pooja*. Thus, in essence, *upasana* is a mental activity where the *pradhanya* or importance is to *bhava*. When this *bhava* is complimented by *bhakti*, *upasana* is complete.



One should do *upasana* with *bhakti*

## Rudraksha

The word *rudraksha* is derived from two words - *rudra* and *aksha*. *Aksha* means eye. One who is capable of looking at and doing everything. *Aksha* also means axis. Since the eye can rotate on one axis, it too is known as *aksha*.

*Rudra* means the one who weeps. 'Aa' means to receive and 'ksha' means to give. Hence, *aksha* denotes the ability to receive or give. *Rudraksha* is the one that has the ability to wipe our tears and provide happiness.

Through their righteous conduct and devotion unto Shiva, Tarakasur's sons Tadinmali, Tarakaksh and Kamalaksh, attained divinity. After some time, seeing that they have returned to their original unrighteous conduct, Shankar was grief-stricken, and His eyes were filled with tears. A few of these tears fell onto the earth; a tree sprang up from these, which came to be known as the *rudraksha* tree. Later, Shiva destroyed the sons of Tarakasur.

*To be continued...*



## While Taking a bath (Gange cha Yamune)

**"Gange cha Yamune chaiva Godavari Saraswati,  
Narmade Sindhu Kaveri jalesmin sannidhim kuru"**

*In this water, I invoke the presence of holy waters from the rivers Ganga, Yamuna, Godavari, Saraswati, Narmada, Sindhu and Kaveri.*



## Chandi Homam—June, 2014



DATE	TIME	PROGRAMME		
10.06.2014	8.00 AM - 12.00 NOON	Ganapathy pooja		
		Anukyai Sangalpam		
		Punyakavajanam		
		Maha sangalpam		
		Sakthi Ganapathy homam		
		Navagraha Homam		
		12.00 PM - 1.00 PM	Lunch	
11.06.2014	9.00 AM - 12 NOON	4.00 PM - 6.00 PM	Bala kalai Vaibhavam	
		6.00 PM - 7.30 PM	Velaku Pooja	
		7.30 PM	Prasadam distribution	
		12.06.2014	6.00 AM - 2.30 PM	Ganapathy Pooja
				Anukyai Sangalpam
				Sangalpam
				Maha lakshmi Homam
12.00 PM - 1.00 PM	Lunch			
4.00 PM - 8.00 PM	Kalasa Sthaapana			
8.00 PM	Prasadam distribution			
12.06.2014	6.00 AM - 2.30 PM	Ganapathy pooja		
		Ankyai Sangalpam		
		Sangalpam		
		Chandi Homam		
		Kho pooja		
		Suhasini pooja		
		Kanya pooja		
		Bharmachari pooja		
		Thambathi pooja		
		Vasodhara Homam		
		Poornaahuthi		
		Maha Naivedyam		
		Balatripurasundari Abishekam		
		Alankaram		
		Maha mangalarthi		
		2.30 PM - 3.30 PM	Lunch	
		6.00 PM - 7.00 PM	Pournami pooja	
7.00 PM	Prasadam Distribution			



## Chithirai festival in Madurai



The Chithirai Festival is one of the biggest festivals in Madurai. It goes on for around two weeks and represents a re-enactment of the wedding of Goddess Meenakshi and Lord Sundareswarar (Lord Shiva). According to Legend, Lord Kallazhaga (Lord Vishnu), brother of Goddess Meenakshi, came mounted on a golden horse to Madurai from Azhagar Kovil to participate in the celestial wedding of his sister. However, he misses the wedding as he arrived late. Infuriated, he gets into the river and goes back home. The whole festival re-

volves around this legend.

The celebrations begin with a flag hoisting ceremony. A chariot is decorated, which carries the two idols of the couple. (Meenakshi and Sundareswarar). It is then taken around in a procession accompanied by loud music with beating of drums.

As the procession passes through the streets, devotees offer flowers, coconuts, camphor and incense sticks. Fairs and trade exhibitions are also organized on this occasion. The festival attracts a massive crowd.

## Akshaya Tritiya



Akshaya Tritiya is an important day in the Hindu calendar. It is the third day of the waxing moon in the month of Chithirai. Its auspiciousness arises from the belief that one year in the life of humans is equivalent to a day in the lives of celestial beings. So, the month Chithirai is considered the morning of a celestial being's day. This, combined with the waxing of the moon is a symbol of the rising energies that will last through the year.

According to the scriptures, the celestial specialty of Akshaya Tritiya makes it a particularly good day for four kinds of activities. They are Yajanam (performance of auspicious activities like yagnas and homams), Yaajanam (enabling the performance of auspicious activities by others), Dhaanam (charity) and Pratigraham (acquisition and accumulation of wealth of any sort). Any of these four acts performed on Akshaya Tritiya will have sahasragunabalam, or 1,000 times the normal effect.



## Mahavidyas— Tara

Tara, like Kali is four-armed and holds a sword in her upper left hand and a severed head in the lower one. The sword symbolizes the power of consciousness to cut away whatever is misleading, divisive, fragmentary. It is called *jnanakhadga*, the sword of knowledge. That ego is represented by the severed head. In her upper right hand Tara wields a pair of scissors, which symbolize the same cutting action as the sword; in particular they represent the ability to cut off attachments. Her lower right hand is often shown holding a blue lotus, said to represent her open heart. Tara is bejeweled, signifying her beauty and infinite wealth. There is nothing lacking, for she is absolute perfection. Her complexion is dark blue like the night sky. That also signifies her boundlessness. Unlike Kali, whose hair flows loose and wild, Tara wears hers in a carefully coiffed topknot (*jata*) a symbol of yogic asceticism. Her tongue is in constant motion, framed by fearsome teeth, showing that she controls everything in this universe.

## Arutsomanatheswar temple

This temple is located at a place called Tiruneedur near Mayiladuthurai. Here Lord Shiva is called Arutsomanatheswar and Ambal is called Veyuru Tholiyammai or Aalalasundara Nayagi.

The Shiva Lingam here is said to have been installed by Indran, the King of Devas. The Shivalingam is made out of sand. Sun God and Chandran are also said to have worshipped Lord Shiva at this *sthalam*.

The temple faces east with two *prakarams* and Ambal faces south in this temple.

The temple can be reached from Mayiladuthurai in the north. Town bus service to Needur are also available from Mayiladuthurai.



## The Science Behind Wearing Toe Rings

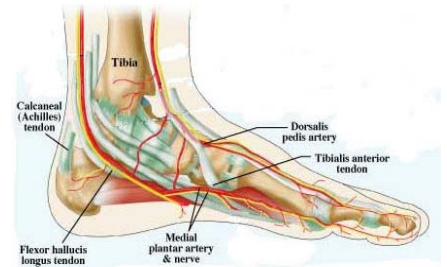
Medial plantar nerve is the one that runs through toes in the human body. Medial Plantar communicates with the great and second toes. It first connects to the uterus and then to the heart. Continuous pressure of the ring regulates the blood flow to the uterus and hence strengthens the uterus. Since acupressure was used in those days they suggested ladies use toe ring regularly.

The electronegativity in a healthy toe is about 25mV. At 50mV, body blood vessels dilates and allows proteins, carbohydrates, fats, vita-

mins, and minerals into the damaged part of the body. To keep the body equally polarized its required to balance the polarity. Silver has a higher electronegativity rate than the human body. It helps to balance the polarity of the body.

Most women have irregular periods due to stressful lifestyles. Wearing toe rings could solve menstrual problems for such women.

Toe rings are always worn on both feet. This is to maintain a balance of energies.



## Eating with hands

The ancient tradition of eating with hands is derived from mudra (postures) practices and are widespread in many aspects within Hinduism. As per Vedic knowledge, our hands and feet consist of the five elements - Space, Air, Fire, Water and Earth.

The skin sends the senses to the brain about the temperature, texture of the food and this acts like a catalyst in the action of generating the necessary salivary juices.

Eating with the hands, one can verify the temperature of the food before and it can prevent one from burning of the mouth.

\* Some people believe that hands behave as energetic cleanser when the food passes via hand to mouth. Similar kind of tradition is followed in other religions also .



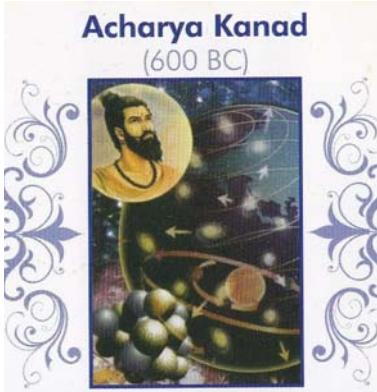
The skin sends the senses to the brain generating the necessary salivary juices.







## Siddhar Tharesanam



### Kanad (600 BC) Founder of Atomic Theory:

He is the founder of "Vaisheshik Darshan" which is one of six principal philosophical schools of India. Acharya Kanad was a genius in philosophy. And is believed to have been born in Prabhas Kshetra near Dwarika in Gujarat. He was the pioneer expounder of realism, law of causation and the atomic theory. He has classified all the objects of creation into nine elements, namely: earth, water, light, wind, ether, time, space, mind and soul. According to him "Every object of creation is

made of atoms which in turn connect with each other to form molecules." His statement ushered in the Atomic Theory for the first time ever in the world, nearly 2,500 years before John Dalton . Kanad has also described the dimension and motion of atoms and their chemical reactions with each other. The eminent historian, T.N. Colebrook , has said, "Compared to the scientists of Europe, Kanad and other Indian scientists were the global masters of this field."

## Rajasic foods



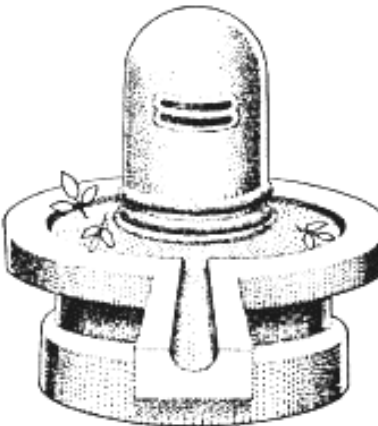
Rajasic foods generate more fire, outward motion, creativity, aggression, and passion. Any canned, sweetened fruit, all fermented food, all bottled fruit juices are rajasic. Sattvic food can be turned into rajasic when eaten too hot, too cold, or too spicy. Here are some rajasic foods:

Avocado, beans (garbanzo, kidney), black pepper corn, buttermilk (not freshly made), cabbage (raw), cacao, cheese (hard, cottage), chili, chocolate, coffee, dates (dried), egg-

plant, guava, grapefruit (sour), lemon, lentils (red), lime, malt syrup, mango (unripe), peanut oil, peanuts (salty), peppers, pickles, peas (green dried), pine apple (sour), potatoes, radish, red beets, rhubarb, rice bran syrup, salt (all kinds), sour cream, sugar (white, brown, date, fructose, jaggery), sugar cane juice, tea (green and black), tomatoes, vinegar, yogurt (not freshly made).

*To be continued...*

## Idol Worship



During the Vedic period there were no temples or idols. Atharva Veda preaches, 'Tvam stree, tvam puman' - God is neither male nor female in nature. Idol worship in India, according to historians, started during the reign of Kanishka (127 AD - 151 AD) when people started making idols of Lord Buddha. The scholars believe that Hinduism from Buddhism borrowed idol worship. Thus they started construction of temples and worshipping idols. There had been destruction of temples during the Mogul reign.

## Dresses worn by people during Vedic period

The Vedic costume seems to have consisted of three parts – an undergarment styled nivi, a garment called vasa or parichana and a mantle styled adhivasa, atka or drapi. The clothes were of different colours and were made of cotton, deerskin or wool. The use of gold ornaments and of floral wreaths was common, especially on festive occasions. Both the sexes wore turbans. The hair was long and combed.



## Women during vedic period

Women would seem to have enjoyed equal status with men. Upanayana (initiation) was performed for girls also and they received education and observed brahmacharya like boys. Women studied the Vedas, and we hear of several women 'seers' composing Vedic hymns such as Visvavara, Ghosha and Apala. The institution of marriage was established, although symbols of primitive practices survived. There are no examples of child marriage and the marriageable age in the Rigveda seems to have been 16 to 17. Monogamy was

the general rule. Widow remarriage was also prevalent. Custom of sati was unknown.

Monogamy was the general rule, though polygamy prevailed among the rich and ruling classes. We have some indications of polyandry. For instance, the Asvin brothers are represented as living with Surya, the daughter of Sun God. We also notice the practice of levirate and widow remarriage in the Rig-Veda. Custom of sati was unknown. The wife occupied an honoured place and participated with her husband in religious ceremonies.



## Education during vedic times

Ancient system of education was aimed at moulding young pupils into individuals capable of living a perfect and full life – based on the principles of Dharma. Brhadaranyaka Upanisad prescribes three steps of learning 'sravana', 'manana', and 'nididhyasana' Hymns of the four Vedas were given prime importance. Other important subjects were Brahmanas, Aranyakas, Upanisads, Vedangas, the six systems of philosophy – Nyaya, Vaisesika, Samkhya, Yoga, Mimamsa and Vedanta. The Vedic system of education imparted knowledge at two levels or stages – one about the world of senses – science, humanities, arts and crafts of the times; and two, about Brahman – the eternal pure consciousness which is the higher stage of education called para-vidya. Subsidiary subjects such as Siksa, Kalpa, Vyakarana, Nirukta, Chanda, and Jyotisa were also taught as they are aids to the study of the Vedas – Vedangas. Other subjects developed in the Vedic age were Philosophy, Yoga, Physiology, Arithmetic, Geometry, Algebra, Astrology, Astronomy and Music were also taught.









## Bala Prastha

**Story-1:** A greedy hunter chanced upon a strange animal in the forest, which he had never seen before. He killed the creature without remorse. The creature roared aloud as it fell down. Immediately angels from above showered flowers on the hunter. The animal he had killed was a dangerous demon in disguise who had eluded the gods for a long time. For his act of killing an animal he did not even recognize, the hunter earned a place in heaven.

**Story-2:** There was once a sage living in the forest who had sworn to tell the Truth, whatever the circumstances. One day a few men who were pursued by robbers ran past his hermitage. The robbers who followed accosted the sage and asked him about the fugitives. The sage, true to his vow to always tell the Truth, pointed out to the robbers where the fugitives were hiding. The robbers caught the men, killed them and made away with the loot. By speaking the Truth, the sage had only committed a sin for which he was sent to hell.

**Moral:** There is a thin dividing line between dharma and adharma.

## Brain Teaser



If I said that in three days' time it would be a Thursday, I am sure that most of you would have no difficulty telling me that today was a Monday.

Try this one then. Yesterday was two days before Monday. What day is it today? Yes, you're right again. It's Sunday. Do you get the idea?

Now let's tackle a similar question from The National Mathematics Contest (1991) Paper:

Three days ago, yesterday was the day before Sunday. What day will it be tomorrow?

Solution:

Three days ago, yesterday was the day before Sunday, so three days ago was itself Sunday. That means today is Wednesday, so tomorrow is Thursday .

## Riddles



1. What kind of rooms have no doors or windows.

Ans: Mushroom

2. You wear me every day but you never put me on.  
I will change colors if you leave me out too long.

Ans : Skin

3. I can be cracked, I can be made. I can be told, I can be played.

Ans : Joke

4. Who gets paid when they drive away their customers?

Ans : Taxi Driver.

## Festivals around the world—May

- |  |   |
|--|---|
| 1. Buddha Purnima festival             | 10. Festa dei Serpari—Italy                               |
| 2. Belive Nochi—Russia                 | 11. Festa del grillo—Italy                                |
| 3. Chelsea flower show—England         | 12. Moatsu Mong—Nagaland                                  |
| 4. Cheese rolling festival—England     | 13. Mother’s day—USA                                      |
| 5. Cheung Chau Bun festival— Hong kong | 14. Rhine in flames—Germany                               |
| 6. Dresden Music festival—Germany      | 15. Sikkim Summer festival—India                          |
| 7. Grand festival of Spring—Japan      | 16. Summer festival—Mt. Abu                               |
| 8. Escape festival—Uttarkand           | 17. Tulipmania—CanadaVivid Sydney festi-<br>val—Australia |
| 9. Vesak Festival—Indonesia            | 18. Spirit of Speyside—Scotland                           |



Rhine in flames—Germany

## Logic Works

You have a basket containing ten apples. You have ten friends, who each desire an apple. You give each of your friends one apple.

Now all your friends have one apple each, yet there is an apple remaining in the basket.

How?

*Solution:*

*You give an apple each to your first nine friends, and a basket with an apple to your tenth friend.*

*Each friend has an apple, and one of them has it in a basket.*

## Mathlogic

What number comes inside the circle?



*Answer : 6*

*Explanation: Looking at the diagram in rows, the central circle equals half the sum of the numbers in the other circles to the left and right of the Centre.*

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## Vision of Balambika Divya Sangam

As passionate devotees of Goddess Balambika, and overwhelmed by her grace and benevolence, we have come together from diverse scenarios as one unifying force to form Balambika Divya Sangam. The principal focus of the Sangam is to pursue the age old tenet—**sarvejana sukhinobhavanthu** and pay obeisance to the divine Mother, who is the cause of welfare of the world. Through worship we realize that cast, creed, religion and social status, all melt away before her, for in her eyes, we are all her children.

### Sarve Janah Sukhino Bhavanthu

We are on the Web!

<http://balambikathirupanitrust.webs.com/>

## We thanks our Sponsors!

#### Archana Contributions:

1. Jaya Subbarathinam
2. Lakshmi Ambujam Shivakumar
3. Suresh Nagaraj
4. Gargi & Sarathy
5. Priya & Kasturi Rangan
6. Vijayalakshmi B
7. Anirudh
8. Nirmala
9. Sudha and Gopal
10. Padma & Srinivas
11. Vijaya Devarajan

#### Pooja Items—Bala's House:

1. Vasanthi
2. Lakshmi V
3. Roopa V
4. Banumathi
5. Jayalakshmi A
6. Sowmya Ganesh
7. Gowri Shekar
8. Radhika Venkat
9. Shashikala V
10. Thothadri
11. Bhuvana K
12. Lalitha R
13. Purnima Prasad
14. Indumathi Sundar
15. Usha Srikanth
16. Muralidharan & family