

BALAVIN KURAL

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From The Editor's Desk

Dear Members,
Namaskaram.

Hope you are all doing fine in this difficult and challenging time that we are in.

On April 6th, our Malur Sri Balambika temple crossed its 3rd anniversary milestone. Consecrated in 2017, due to the combined efforts of patrons, volunteers and members, we have come a long way in terms of spiritual fervor and more importantly, community service. As the world faces unprecedented hardships and challenges today, we, the common people are working together to overthrow this invisible enemy – the coronavirus. Never before in our times would we have seen people from all walks of life, from diverse cultures and races fight together, and strike back together. As part of the BDS Outreach program in Malur, our organization is donating groceries and essentials to those in need. We are taking great measures to identify such families and are providing them with supplies on a weekly basis. Please let us know if you would like to contribute and be a part of this noble cause.

This virus is hurting us, but on the other hand, we are also discovering an inner strength within us that we never knew of before. Families are coming together, huddled in the safety of their homes; education system has gone virtual – forcing discipline and commitment into

the minds of young learners, new techniques and innovative measures have crept into mundane kitchen recipes, and above all, never before have we come together in prayer as we have come together now. We are now appreciating simple blessings, realizing the value of freedom of space and motion that we so easily took for granted, and finally understanding that every person in this global village is an important link in the chain of life.

Despite this situation, we have to keep the wheel turning, and keep ploughing forward. The 3rd temple anniversary celebrations, although simple, invoked Ambal's blessings to lead us out of this storm. In Bala Sahasranamam phalasaruthi, it is mentioned that chanting Her namavali will cure all diseases – “maha jwara nivaram”, Her mere thoughts will accomplish miracles – “maha chatmatkara karam”, and She will lead us towards victory - “sarva vijaya vardhanam”.

Therefore, let us all chant Sri Bala's names and keep Her always in our thoughts and actions, to give us the patience and strength to overcome this situation.

Sarvejana Sukhinobhavanthu



Anger is a blanket provided by impatience and sadness. It doesn't solve your problems, it only makes matters worse. Never talk to anyone when you are angry, it abuses a person mentally, which leaves a scar that never heals. When anger is in motion, walk away. It is like a wild lion, fierce but controllable, so get rid of it as soon as it is formed, otherwise it will burn you and the people whom you love.

BALA SPEAKS

பாலாவின் வார்த்தைகள்

கோபம் என்பது பொறுமையின்மை மற்றும் துக்கத்தை மறைக்கும் ஒரு போர்வை. அது நம் பிரச்சனைகளை மோசமாக்குமேயன்றி அவைகளுக்கு தீர்வை அளிக்காது. கோபம் இருக்கும்போது ஒருவரிடமும் பேசக்கூடாது.

ஏனெனில் அப்போது நம் வார்த்தைகள் மற்றவரை நிந்தித்து, மாறாத தழும்பை அவர் மனதில் ஏற்படுத்திவிடும். நம் மனதில் கோபம் ஏற்படும்போது நாம் மற்றவரிடமிருந்து விலகிவிட வேண்டும். கோபம் கட்டுப்பாடற்ற மூற்கமான சிங்கம் போன்றிருந்தாலும், நாம் அதனை கட்டுப்படுத்தி அதனை விலக்கி விட வேண்டும். இல்லையேல் அது நம்மையும், நம்மை சுற்றி இருப்பவர்களையும் எரித்துவிடும்



FOOD FOR THOUGHT :

Q & A

With

Mrs Asha Manoharan



REBIRTH



We have talked about atma or soul earlier, today, we are going to talk about rebirth.

Along with the body, the atma experiences various forms of happiness and sorrows. The atma will leave the body if it reaches enlightenment, or due to a disease or accident to the body, or if it is time to enter another body.

You may then ask: Why does the atma go in search of another body?

This can be due to the bad karma the soul incurred when it was in the previous body, or due to some unfulfilled wishes or desires, or to enhance a previous experience to achieve perfection. This is beautifully outlined in the Bhagavad Gita.

Now, why does the soul take several births? This is because the soul has to evolve through multiple levels to attain the highest level of paramatman. It is very difficult to achieve this in one life, as the soul is limited by the age and capacity of the physical body. That is the reason yogis follow a healthy lifestyle and diet, to keep the physical body in good condition, to help them with their spiritual journey.

The soul gets easily swayed by the materialistic world or Maya, and believes that this is the truth. Instead of just being a witness to these experiences, the soul gets involved and attached to the physical world and desires, and wants to keep coming back to this earthly plane. It takes several births for the soul to realize that this material world is temporary and just Maya, and starts yearning to unite with the Paramatman to end this cycle of birth and death. In order to break this cycle, we have to do 3 things:

1. Be just a witness to the experiences and realize that this material world is just Maya.
2. We have to control our actions and desires, and perform our duties to the fullest capacity. It is fine to have desires, but not excessive desires.
3. Practice the four stages of human life or “ashramas” that has been prescribed in Hinduism: Brahmacharya (student stage), Grihastha (family stage), Vanaprastha (Gradual withdrawal from materialistic possessions and family life), and Sannyasa (complete renunciation and pursuit of the Ultimate truth or God)

We need to follow the above best practices and also inculcate these in our children from an early stage.

When this happens, the soul will start detaching from the physical possessions and begin moving on the path to attaining Paramatman.

வாசகரின் கேள்வியும் திருமதி
ஆஷா மனோகரன் பதிலும்



புனர்ஜன்மம்



ஆத்மா தான் இருக்கும் உடலை விட்டு புனர்ஜன்மம் எடுக்க இரண்டு காரணங்கள். ஒன்று, தான் செய்த தவறுகளுக்கு பிராயச்சித்தம் தேடவும், நிறைவேறாத இச்சைகளை அனுபவிக்கவும். இரண்டு, முன் ஜன்ம அனுபவங்களை புரிந்து ஞானத்தை அடையவும். இதுவே இயற்கை. பகவத் கீதையில், ஸ்ரீகிருஷ்ணர் பின்வருமாறு கூறுகிறார், 'ஒருவன் தன் வாழ்நாளில் நல்லவனாக, தர்மத்தின் வழியில் கடமை தவறாமல் வாழ்ந்து, யோகத்தை கற்பவனாக இருந்து, அந்த யோக நிலை பூரணத்துவம் அடையாத நிலையில் இறக்க நேர்ந்தால், அவன் மீண்டும் அந்த யோகத்தை தொடரும் சூழ்நிலை அமைந்த நல்ல குலத்தில் பிறந்து, விட்ட இடத்திலிருந்து மீண்டும் தன் முயற்சியை தொடர்கிறான்.

ஏன் இந்த ஆத்மா பல பிறவிகளுக்கு உட்படுகிறது?

இதற்கு பல காரணங்கள் உண்டு.

ஆத்மா, மிக உயர்ந்த நிலையான பரமார்த்த நிலையை இலக்காக வைத்துக்கொள்கிறது. அந்த ஞானத்தை அடைய பல பிறவிகள் வேண்டும்.

இரண்டாவது, மனம் மாயையில் மூழ்கி, இச்சைகளையும் அனுபவங்களையும் மீண்டும் மீண்டும் அனுபவிக்க பல ஜன்மம் எடுக்கிறது.

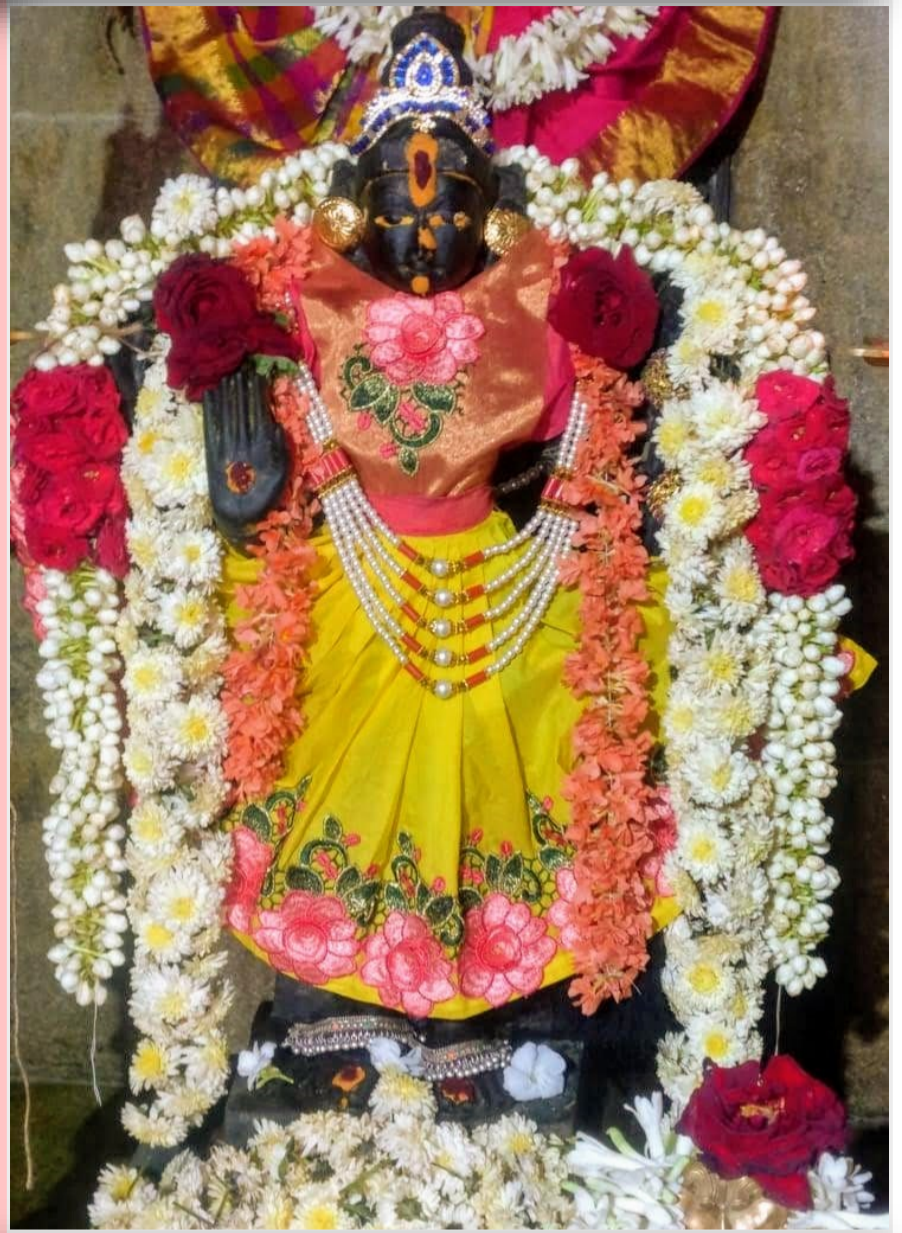
மூன்றாவது, இந்த பிரக்கிருதியில் மாயையால் உண்டாக்கப்பட்ட வர்ணஜாலங்களை சாட்சியாக பார்க்க நினைத்து, பின் அதில் மூழ்கி விடுவதால் பல ஜன்மங்கள் எடுக்கும் நிலை ஏற்படுகிறது. இந்த நிலை மாறி, மீண்டும் பிறவாமல் இருக்க நாம் மன உறுதியுடன் ஆத்ம ஞானத்தை அடைவது ஒன்றே சிறந்த வழி. அதற்கு நாம் சிறு வயது முதலே அறநெறி வாழ்வை கடைப்பிடித்து, நித்திய கர்மாக்களை முறைப்படி செய்து, பற்றில்லாமல் வாழ வேண்டும்.

PHOTO ESSAY: MONTH OF MARCH



Above: Raja Bala, Kutti Bala and Divine mother Sri Rajarajeshwari bejeweled with sparkling ornaments, adorned in flowers and colorful pavadais, look angelic while blessing all devotees.

PHOTO ESSAY: MONTH OF MARCH



All: Beautiful matching pavadai alankarams of Raja Bala with Her mother Raja Rajeshwari Ambal and Kutti Bala at the temple this month.



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Malur Sri Balambika Temple

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Karnataka—INDIA

Temple Timings:

Monday - Sunday

Mornings: 8:00 AM - 12:00 PM

Evenings: 5:00 PM - 7:30 PM



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