

BALAVIN KURAL

ISSUE 1 | VOLUME 10 | YEAR 2020



A publication by
BALAMBIKA DIVYA SANGAM



Inside this Issue



Pgs 02/03

Editor's Desk

A message from the editor on the current events at the temple.

Pg - 05

Food for Thought

An interesting Q&A with our Founder, Mrs Asha Manoharan



Pg-04

Bala Speaks

Words of wisdom from our dear Bala

Pg - 06

வாசகரின்
கேள்வியும்
திருமதி ஆஷா
மனோகரின்
பதிலும்

Photo Essay

Pgs 07 & 08

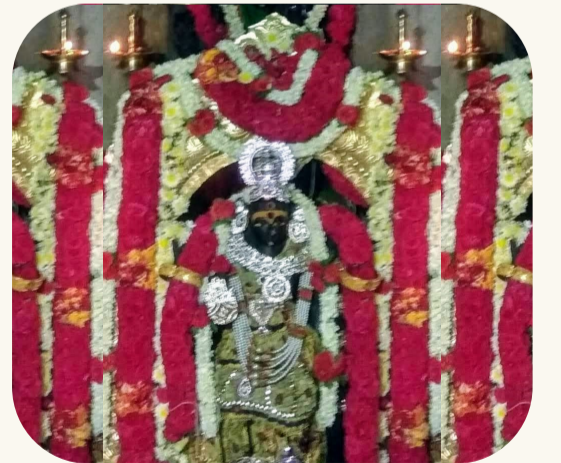


Photo of the month

Pgs 09 & 10

Sponsor's List

Our Sponsors list for the month



From The Editor's Desk

Dear Members,

Namaskaram.

Hope our daily abhishekams and pujas are providing you the strength and patience to cope with these difficult times.

I am excited to say that in the following months, we will be bringing you new and diverse content to cater to your individual interests. For this month's newsletter, we are introducing two new sections: Know your Mythology, where we take you back in time and provide snippets from our extensive mythology and Devotee Shares, where we present individual experiences from our members on Bala, our temple, or any BDS initiative that they were a part of.

Please share your experiences with us on editorial.bds@gmail.com, and we would be happy to bring them out in the newsletter.

Do take a listen to Bala Speaks, as She talks about self-confidence and how critical it is for our personal well being. She also provides valuable tips to help bring up our self-confidence levels.

Great poets, sages and seers have sung the praise of our divine Mother in their own spiritual fervor. Their works have spanned all the possible facets of devotion – as a 'dasan' who chooses to serve at Her feet, as one who beseeches Her to grant salvation, as a friend who wishes to walk hand in hand, as a mother who dotes on Her little one, and other such relationships deeply embossed by the unconditional nature of their love. As a common individual in this day and age, we may not be endowed with such literary skills, but who can stop us from experiencing the same fervor in our own personal way? In our humble homes, in a sanctified nook of the house, we place our holy idols, and pray to them. Our offerings may be simple, our recitals incoherent, but our love is pure and real. We try to learn the verses from renowned works and make earnest attempts to chant them well. We gather the young and old and sing bhajans and kirtans with music and melody. We too feel the bond becoming strong between us and the Supreme, as we learn and grow.

However, as we strive to stay in our path, we are troubled and tempted by the surrounding vices, to which our judgmental nature easily succumbs....



From The Editor's Desk

As long as beings are guided by instinct, they are pure 'karma yogis', where they care not for reward. But, humans have been gifted with a very refined brain that can think, analyze and evaluate, making them fall into the abysmal pit called 'maya'. Guided purely by instinct, a little toddler learns to walk, his only focus being the steps he takes forward. The determination and tireless efforts of the toddler are commendable! But somewhere along the long road to adulthood, we have shaken off some of that grit that knows no limits; our conscience is no longer driven purely by instinct; our diligence is conditional in nature. Our

judgmental mind leads us astray from the path we were intended to walk on. It is time to let our instincts guide us and seek Her. Our simple prayers and earnest chants in our own tongue is all that our divine Mother hears; our relationship with Her is unique that no two people share. Spirituality is not a conquest of slokas and mantras; on the contrary, it is a modest surrender of oneself into realizing how microscopically small we are, in this entire cosmos, yet how unfathomably important our existence is to the Supreme.

Sarvejana Sukhinobhavanthu!

Self-confidence is a state of mind. It is believing in yourself, accepting who you are, your ability, skills and experience. It works just like a muscle – it

grows in response to the level of performance required of it. Either you use it or you lose it. Look at a great win or success you've experienced and give yourself credit for your part in it. Recognizing your achievements is not egotistical, it's healthy. Stop doing these three things.

1. Stop playing different roles and squeezing yourself into boxes, based on what you think people expect you to act like.

2. Stop struggling against the things you don't like in your life. Create an environment that allows you to be you.

3. If there's something you've been struggling to understand for a while, stop trying to understand it. Accept it just as it is, fully and wholly.



BALA SPEAKS

பாலாவின் வார்த்தைகள்

சுய நம்பிக்கை என்பது ஒரு மனநிலை. அது, நம்மை அறிவதிலும், நம் திறமை, ஆற்றல், சக்தி, அனுபவம் ஆகியவற்றின் மீது நாம் கொள்ளும் நம்பிக்கையாகும். நம் சுய நம்பிக்கை தசைகள் போலவே செயல்படுகிறது - அது நம் செயல் திறனின் தேவைக்கேற்ப

வளர்ச்சியடைகிறது. அதை பயன்படுத்துவதும், தொலைப்பதும் நம் கையில் உள்ளது. நாம் அடைந்த மிகப்பெரிய வெற்றியில் நம் பங்கை அங்கீகரிப்பது தற்பெருமையல்ல. மாறாக மிக ஆரோக்கியமானதாகும். அதற்கு நாம் மூன்று விஷயங்களை தவிர்க்க வேண்டும்.

1 மற்றவர்களின் எதிர்பார்ப்பிற்கு ஏற்ப நம்மை மாற்றிக்கொண்டு ஒரு சிறிய வட்டத்திற்குள் செயல்படுவதை தவிர்க்க வேண்டும்.

2 நமக்கு பிடிக்காத விஷயங்களுடன் போராடுவதை தவிர்த்து, நாம் நாமாகவே இருக்கக்கூடிய சூழ்நிலையை உருவாக்கிக்கொள்ள வேண்டும்.

3 புரிந்து கொள்ள முடியாத விஷயங்களை புரிந்து கொள்ள போராடுவதை விடுத்து, அதனை முழுமையாக ஏற்றுக்கொள்ள வேண்டும்



FOOD FOR THOUGHT :

Q & A

With

Mrs Asha Manoharan



TATTVAS



In our previous conversations, we talked about *Atma* and *Paramatma*. *Atma* or soul, is a minuscule component of the *Paramatma*. The *Atma* moves from one body to the other, and in the process, acquires positive and negative karma, which decides its path.

True knowledge of the *atma* (*Jnanam* or Supreme knowledge) is required for the soul to attain enlightenment. This requires an understanding of the relationship between *Kshetra* and *Kshetrajna*. Chapter 13 of the *Bhagavad Gita* talks extensively about this topic.

Kshetra refers to matter or the body, and *Kshetrajna* deals with the Self, which is pure awareness or consciousness. Just like the *Kshetra* is a reflection of *Prakriti* or material nature which is constantly changing, *Kshetrajna* is a reflection of *Purusha*, which is the non-perceivable, non-material laws and principles of nature that are unchanging and uncaused.

Atma is an eternal entity, it is never born nor dies, but the body is temporary.

There are 24 *Tattvas* embedded within our body. These 24 *Tattvas* are broken down into:

5 *Pancha bhutas* or gross elements - prithvi (earth), water, air, fire, and space/ether

5 *Tanmatras* or subtle elements - sound, light, touch, taste, and smell

5 *Panchendriyas* or sense organs - ears, eyes, nose, tongue, and skin

5 *Karmendriyas* or organs of action - mouth, hands, feet, reproductive organs, and excretory organs

4 *Antahkaraṇa* or internal organs - *Ahaṁkāra* (ego), *Buddhi* (intellect), *Manas* (mind), and *Citta* (memory)

We first need to understand these 24 *Tattvas* and its relation to *Kshetra*. Once we assimilate this knowledge and merge it with an understanding of *Kshetrajna*, we will attain *Brahma Jnana*, or knowledge of God or the spiritual Self.

வாசகரின் கேள்வியும் திருமதி ஆஷா மனோகரன் பதிலும்



தத்வங்கள்



ஐனனம் என்பது ஒரு ஆன்மா, தான் வகுத்துக்கொண்ட பாதையை நடைமுறை படுத்த எடுத்துக்கொள்ளும் பிறவி. ஞானத்தை அடைவதே பிறவியின் நோக்கமாகும். ஞானம் இரண்டு தத்வங்களை உள்ளடக்கியது. ஒன்று சேஷத்ரம், மற்றொன்று சேஷத்ரமும். அவற்றை முறையே பிரக்ருதி, புருஷதத்வம் என்றும் கூறலாம். சேஷத்ரம் அபரவித்தையை குறிக்கிறது. வேதம், கலை, வியாக்யானம், பூத பௌதிக தத்வம் ஆகியவற்றை உள்ளடக்கியது. சேஷத்ரமும் பரவித்தையை குறிக்கும். தர்மத்தின் ஞானம், பிரம்ம ஞானம் ஆகியவை அடங்கியது பரவித்தையை. பிரக்ருதி என்பது உடலை குறிக்கும். புருஷ என்பது இறைவனைக் குறிக்கும். நாம் சேஷத்ர ஞானம் பெற உடலில் உள்ள 24 தத்வங்களை அறிதல் அவசியம். அவை 5 பஞ்ச பூதங்கள்- பிருத்வி, ஜலம், நெருப்பு, ஆகாயம் மற்றும் வாயு.

5 கர்மேந்திரியங்கள் - வாக், பாணி, பாத், பாயு, உபஸ்தா..

5 பிராணன் - சப்தம், ஸ்பரிசம், ரூபம், ரசம், கந்தம்.

5 ஞானேந்திரியங்கள் - கண், காது, நாக்கு, மூக்கு, தோவ்.

4 அந்தக்கரணங்கள் - மனம், புத்தி, அஹங்காரம், சித்.

சேஷத்ரமும் எனபது ஆத்மா, பரமாத்மா, காரிய காரணங்கள் ஆகியவற்றை பற்றி அறிவது. இவையே மஹாதத்வம் எனப்படுவது. இவை இப்புவி இயங்க காரணம்.

இதைத்தான் பகவான் ஸ்ரீகிருஷ்ணர் பகவத்கீதையில், 13

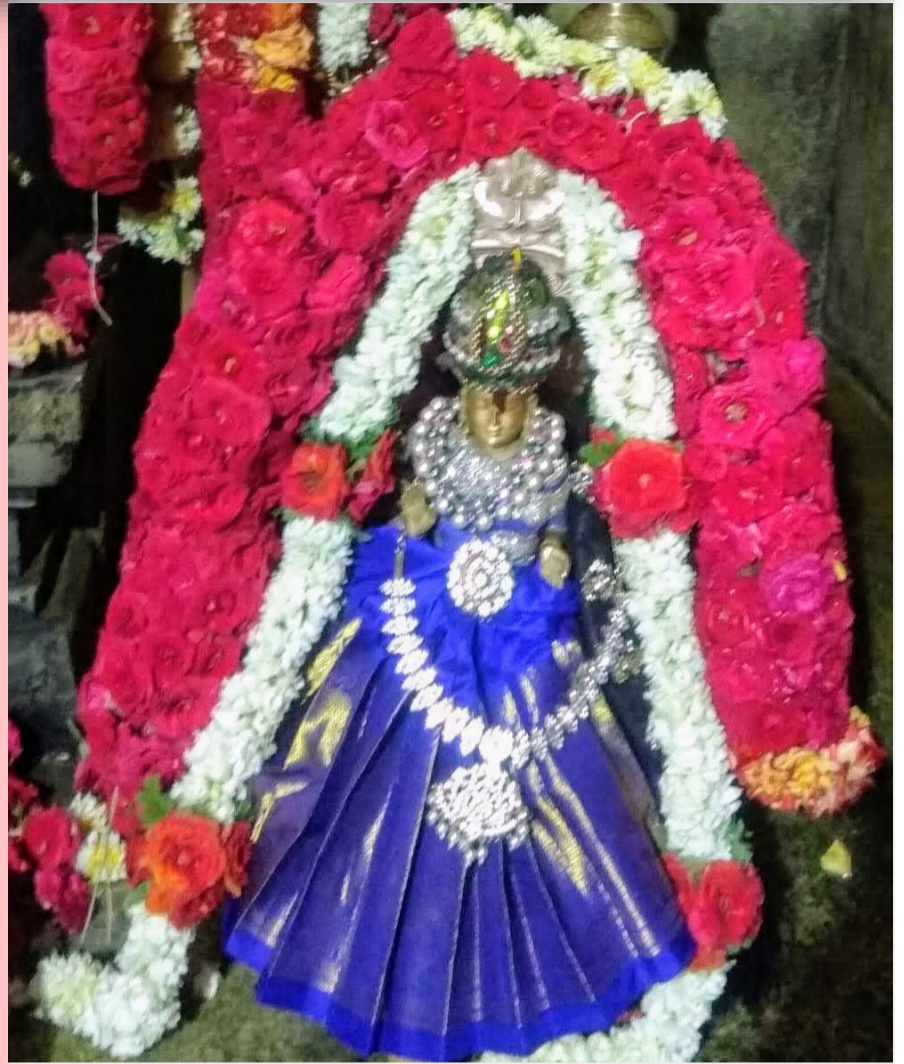
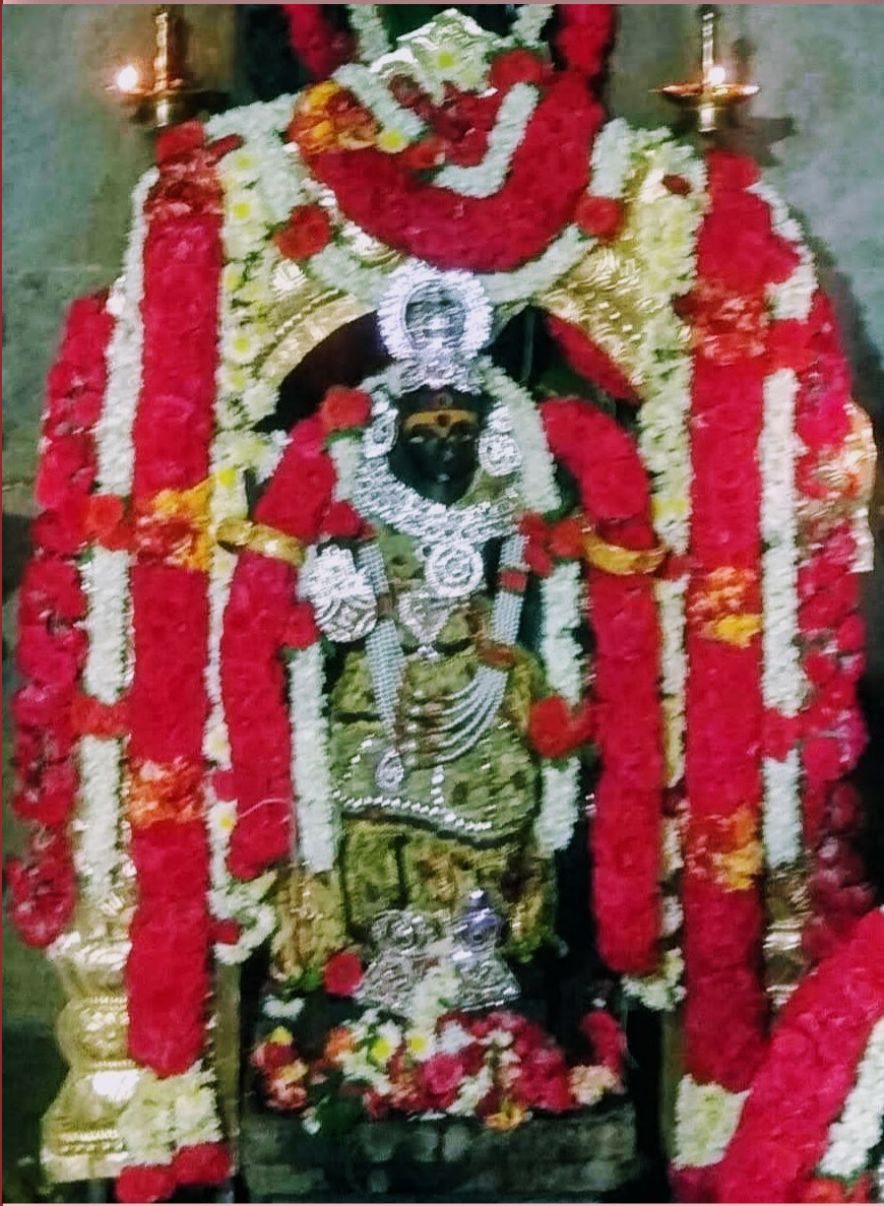
அத்தியாயத்தில் பின்வருமாறு கூறுகிறார்-

சேஷத்ரமும் சாபி மாம் வித்தி சர்வசேஷத்ரேஷு பாரத

சேஷத்ரசேஷத்ரஞயோர்ஞானம் யத்ஞானம் மதம் மம.

புருஷ தத்வம் ஊடுருவி இருக்கும் பிரக்ருதியை அறிவதே பிரம்மஞானம்.

PHOTO ESSAY: MONTH OF APRIL



Above: Beautiful Alankaram of Raja Bala & Kutti Bala, adorned in rose garlands, sparkling jewelry and colorful pavadais, looking angelic during the auspicious event of the Temple's Anniversary.

Below: Simple, yet colorful Rangoli decoration at the temple premises for the anniversary.

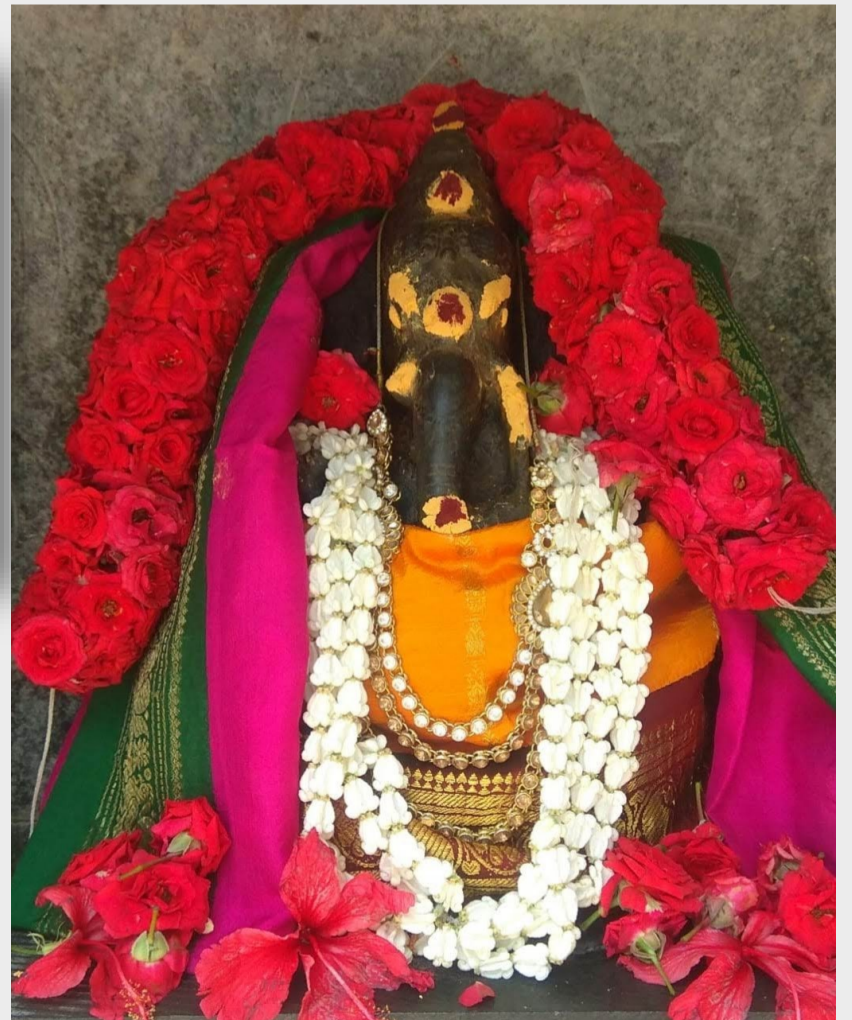


PHOTO ESSAY: MONTH OF MARCH



All: Raja Bala and Kutti Bala in their various beautiful alankarams at the temple this month, offering their blessings to one and all through these difficult times.



SPONSOR'S LIST : MONTH OF APRIL

COVID RELIEF SPONSORS

SRI. BHANU TEJ

SMT. RAMA MANI

MALUR DEVOTEES

SMT. MALA SARATHY

SMT. PADMA SRINIVAS

SMT. SASHIKALA VENKATESAN

OUTREACH SPONSORS

SRI. ANTHIL

SRI. VIVEK R

SMT. PADMA R

SMT. SHARANYA

SRI. ARJUNRAM

SRI. MANOHARAN

SRI. SUDHARSHAN

SRI. NAVIN MANASH

SMT. PRIYA K RANGAN

SRI. VINAY SRINIVASAN

SRI. VIVEK SRINIVASAN

OTHER SPONSORS

SMT. ANURADHA SRINIVASAN &
FAMILY

MALUR DEVOTEES

TEMPLE ANNIVERSARY SPONSORS

SMT. SOWMYA

SMT. KANTHA

SMT. LAKSHMI

SRI. MANJUNATH

SMT. RADHA KUMAR

SMT. ROOPA VARADHARAJAN

SMT. PRIYA KASTURI RANGAN

SPL ABHISHEKAM SPONSORS

SMT. ARUNA

SMT. PREMA

SMT. SOWMYA

SMT. NEELIMA

SRI. VIDYASRI

SMT. AKHILESH

SRI. AKHILESH

SRI. ARJUN RAM

SRI. SUNDARAJAN

SRI. NAVIN MANASH

SMT. MALAR SAMPATH

SMT. GARGI SARATHY

SMT. SUSHEELA KAMAT

SRI. BALAJI SANTHANAM

SRI. SHANMUKHA SUNDAR

SPONSOR'S LIST : MONTH OF APRIL

SPL ABHISHEKAM SPOSORS	POOJA ITEM SPONSORS
SMT. KANCHANA RAGHURAM	SMT. MALAR SAMPATH
SMT. ROOPA VARDHARAJAN	SRI. UDAY SRINIVAS
POOJA ITEM SPONSORS:	SMT. SWETHA SANDEEP
SMT. PREMA	SMT. INDIRA SAMPATH
SMT. SOWMYA	SMT. KOUSALYA RAMAN
SRI. ANTHIL	SMT. RADHA RAMASAMI
SMT. ROOPA V	SMT. RAJARAJESHWARI
SMT. NAGARAJ	SMT. SRIVIDYA MAHESH
SMT. CHITRA N	SMT. JANANI SARANATH
SRI. BALAJI S	SMT. SWATHI MAHALAKSHMI
SMT. USHA B S	SMT. SUMATHI RANGANATHAN
SRI. SHASHANK	SMT. GARGI & SRI. SARATHY
SMT. RAJASHREE	SMT. RAJESHWARI MUTHUSWAMY
SRI. MANOHARAN	SPL ARCHANA SPONSORS
SRI. ARJUN RAM	SRI. BALA PAVIT
SMT. RADHA KUMAR	SMT. PADMA SRINIVAS
SMT. MALA SARATHY	SMT. SRIVIDYA MAGESH
SMT. MYILA KANNAN	SRI. VANI MURALIDHARAN
SMT. LATHA RAMESH	SMT. CHITRA NARASIMHAN
SRI. GOWRI SHANKAR	SRI. ROHIT CHAKRAVARTHY
SRI. N CHIDAMBARAM	SMT. SASHIKALA VENKATESAN
SMT. SARANYA VINAY	SRI. SINDHU & SRI. VARDHARAJAN
SMT. GOWRI SHEKHAR	SRI. ANTHIL & SMT. RICHA ANTHIL
SMT. SWARNALATHA J	SMT. AKILA RAJENDRAN & SRI. RA- JENDRAN

Malur Sri Balambika Temple

Address:

Maruthi Extension 2nd stage,
Kasaba Hobli, Malur Taluk, Kolar District,
Karnataka—INDIA

Temple Timings:

Monday - Sunday

Mornings: 8:00 AM - 12:00 PM

Evenings: 5:00 PM - 7:30 PM



Email: contactus@malurbalambikatemple.org

Website: <http://malurbalambikatemple.com>