

# Balavin Kural

## Balambika Divya Sangam

### From the Editor's desk...

*Dear Readers,*

*The editorial committee has given me an opportunity to express my views and I have made extensive use of it; thanks to the team.*

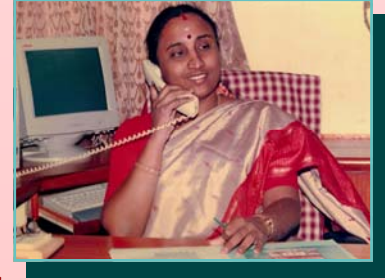
*This platform offers me an opportunity to defend the ancient system, both social and religious.*

*Here is one such case:*

*The common opinion about the ancient system is that general education was denied to some classes of people and that the majority of them knew only some trade and nothing else. This is completely untrue. While the preservation of the four Vedas was entrusted to four sages by Veda Vyasa, the Mahabharata and other Puranas were entrusted to Suta, who went about explaining these Puranas to the public. There are inscriptions which show*

*that exposition of the Puranas was made compulsory in temples every day. The truths expounded by the Vedas, relating to spiritual knowledge, rules of conduct and forms of righteous living, and other branches of general information were thus conveyed to the public through the exposition of the Puranas. In that way, culture permeated the masses.*

*The Vedangas include sciences like higher mathematics, astronomy and astrology. All knowledge was expressed in verses, and pupils listened to their teachers and committed these verses to memory. As a matter of fact, the Vedas are intended to be learnt by hearing. Likhita paathah (learning from manuscript) is considered an inferior method of learning the Veda. In*



*that way, every person learnt from his elders or teachers a trade for earning his livelihood. As everything was memorized, much attention was not paid to reading and writing. Whatever writing had to be done, was done by scribes who specialized in writing on palm leaves. A few people, who specialized in writing, wrote only such works as were required to be read everyday.*

#### Upcoming Events:

##### Bala Sahasranamam Parayanam:

Mythili Sundararajan's residence, Bangalore, India  
Contact: [myyasundar@gmail.com](mailto:myyasundar@gmail.com)  
Chakravarthy's residence, Ohio, USA.  
Contact: [95chikki@gmail.com](mailto:95chikki@gmail.com)  
Anuradha Srinivasan's residence, Chicago, USA  
Contact: [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 contributing towards this cause, please contact  
Smt. Asha Manoharan  
[asha.raji@gmail.com](mailto:asha.raji@gmail.com)

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#### Editorial Team

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Mr. Ramesh Chakravarthy  
Mr. Raghu Ranganathan  
Mr. Anthil Anbazhagan  
Mrs. Gargi Parthasarathy

### Malur-Temple Construction Updates







*“Self-discipline is required in every aspect of living.”*

## *Bala Speaks...*

*To attain liberation one should be disciplined in life. Self discipline comes from within. It is the capacity to overcome your perceived weaknesses and the ability to pursue what you want, even when those around you or your own inner insecurities attempt to derail you. You need self-discipline to control your five senses. You need it to manifest any project, fulfill a desire, to fuel self-development, or master any skill. Self-discipline is required in every aspect of living. So the five pillars of self-discipline are: Acceptance, Will-power, Hard Work, Industry, and Persistence.*

## Holy Items of Worship: Betel Leaves

The betel leaf is very important in all Hindu homes. According to Skanda Purana, the betel leaf was obtained by the gods during the churning of the ocean for the nectar. It is believed that different deities reside in the betel leaf.

Indra and Sukura are present in the top portion of the leaf. Goddess Saraswati resides in the middle part. Goddess Mahalakshmi resides in the lower tip. Jyesta Lakshmi resides in the part that connects the betel leaf to the stem. Lord Vishnu resides in the

inside of the leaf. Lord Shiva and Kamadev reside on the outside of the leaf. Goddess Parvati and Mangalya Devi live on the left side. Mother earth or Bhoomi Devi on the right side of the leaf. Lord Suryanarayana is there throughout the leaf.

The betel leaf is also one of the items in Ashtamangalya (flowers, mangala ashtaka [rice colored with turmeric], fruits, mirror, dhoti, betel leaf and betel nut, lamp and kumkum and kajal [or kanmashi, a black ointment used to

highlight the eyes]). Betel leaves with holes, betel leaves that are dry and ones that are torn in the middle are not utilized in pujas. In south India, dakshina to priests and elders are given by keeping betel nut and a coin in the betel leaf. All pujas contain betel leaves and betel nuts.



**“The Betel is the leaf of a vine belonging to the Piperaceae family, which is valued both as a mild stimulant and for its medicinal properties.”**  
-[Wikipedia](#)

## Did you know?

There is a rule for the Namaskaram done after ‘Pradikshanam’. For Gods facing east and west, Namaskaram should be done facing north. For those facing north and south, it should be done facing east. Namaskaram should never be done facing south and west. Even for human beings Namaskaram should be done only facing east or north and NOT in other directions viz., west or south.

In a temple, one

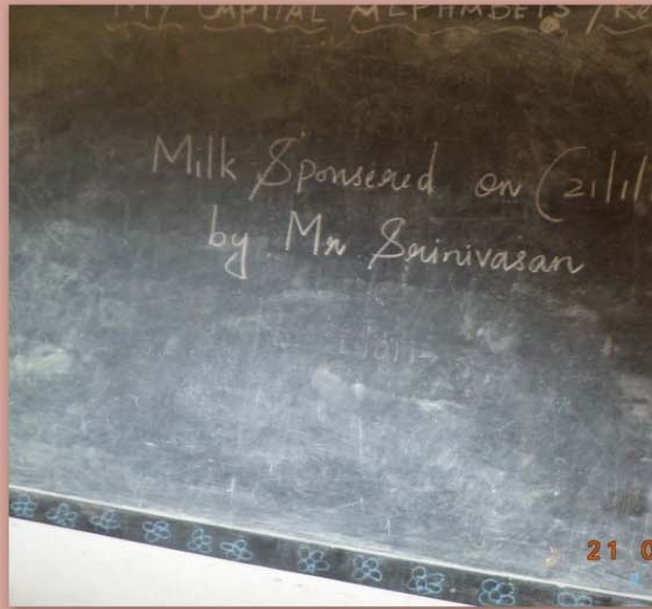
should not do Namaskaram wherever you want. Only ‘anjali’ should be done for every deity; this is because several of these deities face different directions and it will be offensive to any one of them if Namaskaram is done in a particular direction. So, Namaskaram in a temple should be done only before a ‘Dwijasthamba’ on the side of the main deity. If done this way, the Namaskaram will reach all

deities. But if one deity has a separate ‘dwijasthamba’, then Namaskaram can be done to that deity.

The ‘pradikshanam’ should be done slowly and steadily; this will help us to concentrate our thoughts towards God. Fast pace will detract our attention. Apart from this, the main reason is, slowness symbolises blending of motion with motionless ‘Shantham’ (tranquillity).

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### Annadanam & Milk Scheme



### Annadhanam & Milk Scheme





*The word 'Mudra' in sanskrit means 'sealing in the energy'.*

## You, Me and our cup of Yoga: Mudras

Mudras are specific hand gestures that facilitate an energy flow in the body. The word 'Mudra' in sanskrit means 'sealing in the energy'. There are many mudras associated with the practice of yoga. One of the reasons to use mudras is to quiet the fluctuations of the mind but these very simple hand gestures can also be used as a bridge between your inner spiritual experience and outer interactions with the world. There are innumerable mudras out there. They have been in use from time immemorial by both religious and people who prefer to not attach themselves to any religion. It is an outer expression of an enlightened mind.

Mudras work by creating subtle energy circuits that channel the prana (life-force) to affect the mind/body in specific ways. The subtle effects produced by incorporating mudras can be experienced by people with elevated awareness.

One of the most common mudras we come across is the 'Chin Mudra'. This mudra is used during meditation and pranayama. Touch the index finger to the pad of the thumb and extend the other three fingers to adopt the chin mudra. Chin mudra has a quality to draw the mind inward and bestows wisdom and insight. Every finger on the hand is characteristic of an element. The thumb is fire, the in-

dex finger is air, the middle finger is ether, the ring finger is earth and the little finger is water. When the index finger is pressed to the thumb, it creates a circuit for the pranic energy to flow through the nadis and be directed towards the brain which creates a positive sense of wellness and calmness. Creating a practice of pranayama by regularly adopting the chin mudra can bestow a general well being in the body and mind.





## Bala Prastha

Once upon a time, there was a rich merchant who had 4 wives. He loved the 4th wife the most and adorned her with rich robes and treated her to delicacies. He took great care of her & gave her nothing but the best. He also loved the 3rd wife very much. He's very proud of her and always wanted to show off her to his friends. However, the merchant is always in fear that she might run away with some other men. He loved his 2nd wife also. She is a very considerate person, always patient & in fact is the merchant's confidante. Whenever the merchant faced some problems, he always turned to his 2nd wife and she would always help him out and tide him through difficult times. Now, the merchant's 1st wife is a very loyal partner and has made great contributions in maintaining his wealth and business as well as taking care of the household. However, the merchant did not love the 1st wife, although she loved him deeply, he hardly took notice of her.

One day, the merchant fell ill. Before long, he knew that he was going to die soon. He thought of his luxurious life and told himself, "Now I have 4 wives with me. But when I die, I'll be

alone. How lonely I'll be!" Thus, he asked the 4th wife, "I loved you most, endowed you with the finest clothing and showered great care over you. Now that I'm dying, will you follow me and keep me company?"

"No way!" replied the 4th wife and she walked away without another word. The answer cut like a sharp knife right into the merchant's heart.

The sad merchant then asked the 3rd wife, "I have loved you so much for all my life. Now that I'm dying, will you follow me and keep me company?"

"No!" replied the 3rd wife. "Life is so good over here! I'm going to remarry when you die!" The merchant's heart sank and turned cold.

He then asked the 2nd wife, "I always turned to you for help and you've always helped me out. Now I need your help again. When I die, will you follow me and keep me company?"

"I'm sorry, I can't help you out this time!" replied the 2nd wife. "At the very most, I can only send you to your grave." Answer came like a bolt of thunder & the merchant was devastated.

Then a voice called out: "I'll live with you. I'll follow you no matter where you go."

The merchant looked up and there was his 1st wife. She was so skinny, almost like she suffered from malnutrition. Greatly grieved, the merchant said, "I should have taken much better care of you while I could have!"

Actually, we all have 4 wives in our lives. The 4th wife is our body. No matter how much time and effort we lavish in making it look good, it'll leave us when we die. Our 3rd wife is our possessions, status and wealth. When we die, they all go to others. The 2nd wife is our family and friends. No matter how close they had been there for us when we're alive, the furthest they can stay by us is up to the grave. The 1st wife is in fact our soul, often neglected in our pursuit of material wealth & sensual pleasure.



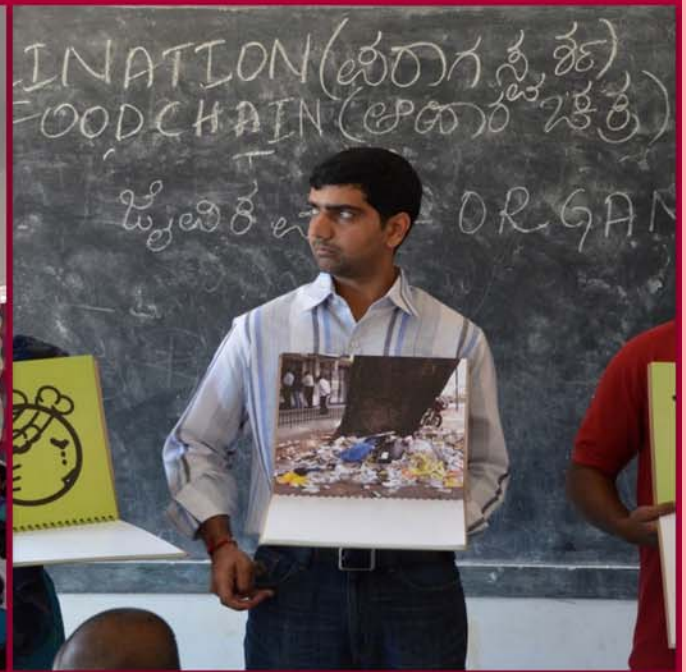
*"The 1st wife is in fact our soul, often neglected in our pursuit of material wealth & sensual pleasure."*

Balambika Yuva Sena-2013: Modern English School, Malur











## Lalitha Homam 2013

The festivities of Lalitha Homam was conducted with pomp and grandeur this year. As always, the patrons of Balambika Divya Sangam graciously and generously stepped up to sponsor the various events during the homam. We express our sincere gratitude to you from the bottom of our hearts for being our pillar of strength at all times.

### Other Sponsors

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9. Arjun Ram

Sl	Event	Date & Day	Sponsors
1	Lalitha Homam	13th May, Monday	Raghu Ranganathan & Family
			Shivakumar Sadasivam & Family
2	Ganapathy Homam	11th May, Saturday	Padma Srinivasan & Family
			Vivek Raman & Family
3	Mahalakshmi Homam	12th May, Sunday	Vijaya Devarajan & Family
4	Velakku Pooja	12th May, Sunday	Priya Rangan & Family
5	Suhasini, Kanya & Brahmacharyam Pooja	13th May, Monday	Raghuraman & Family
6	Annadhanam (on all days)		Srinivasan Chakravarthy & Family (U.S.A)
7	Vasthram (on all days)		Shankar & Family (Singapore)
8	Fruits (on all days)		Vaishnavi
9	Flowers (on all days)		Sripriya
			Padmapriya
			Indra Sampath

More for your eyes to feast upon in the next version!!!





## Balambika Divya Sangam

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6th D Cross, Venkatapura,  
Koramangala, Bangalore  
Karnataka—560034

Email: balambikathirupanitrust@gmail.com

If you would like to participate, contribute or require more details, please contact us via email. Contributions can be made in cash/cheque/DD/online transfer etc. Please give us your feedback and do share your ideas and experiences with us so that we can continue to give you the best.

*Sarve Janah Sukhino Bhavantu*

We are on the web!

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

## WE ARE THANKFUL TO...



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10. Padma & Srinivas
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