

BALAVIN KURAL

Balambika Divya Sangam



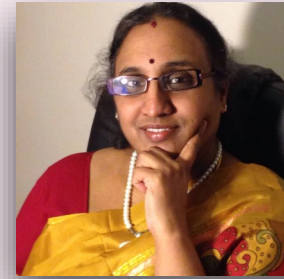
Editor's Desk...

Our human birth is considered to be the fruits of our good actions in the past. As a human, we are given a conscience and the intelligence to choose right from wrong, as compared to lower forms that are driven by instincts. This choice is like a tight-rope walk, always testing our focus and vision. Each of us is able to take that small step towards God; that delicate connection we make is so personal, that we have to experience it and grow spiritually. It is so easy to stray away, yet we keep trying to move forward, only to slip again, but nevertheless, we try. It is in fact, one of the spiritual significances of a Dolai – the celestial swing. When the swing sweeps towards us, we try to embrace God, but not being quick enough we miss it, as She moves away. Yet, on the next sweep towards us, we time better, and at the very least, try to touch Her thiruvadi. And the process goes on..., with each time being more divine than before. Balambika Divya Sangam's Sanchara Dolai Utsavams are proving to all of us that Bala's devotees are coming together in this divine journey of seeking Her thiruvadi.

Our Hindu culture abounds in mythological anecdotes of the leelas of Gods and Goddesses, constantly emphasizing God's will to bring us back on the path of dharma. The manifestations have attributes, ayudhas and vahanas tailored to suit the myriad of human minds and emotions, with a significance that speaks of His/Her intent. For example, Ambal's lion Manasthala, depicts Her aggressiveness to vanquish evil; Vinayaka's rat

Mooshika, represents the overcoming of useless thoughts and desires that disturb us uncontrollably; Murugan's Mayil was none other than the asura Surapadman, who after being defeated by Murugan, accepted His authority by becoming His beautiful peacock mount – a symbolization of how we can transform negativity into a positive outlook; Shiva's Nandi is the gatekeeper, arresting evil even before it enters the mind; Vishnu's Garuda portrays God's quickness in coming to the rescue of His devotees upon their surrender, as illustrated in Gajendra Moksham; Brahma's Hamsa shows how, just as the swan is able to separate milk from water – known as "neera-ksheera viveka", we too should discriminate good from bad.

Jagadeeshwari Neeye.... speaks of a bhaktha's devotion and quest for Ambal, that traverses several births, before being united with Her. Delve into the depths of our pristine roots, as we know more about our origin through the Indus Valley Civilization. Find out if technology is the privilege only of the current world, in this edition of our science snippets. And as always, indulge in Bala Sahasranamam Bhashyam and savor its articulate descriptions, as you feast your eyes on Bala's alankarams in the Delhi dolai celebrations. As all rivers ultimately reach the ocean, may we constantly cleanse and refine ourselves, so that all our good intentions reach Her divine feet.



Mrs. Asha Manoharan
President—BDS

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Bala Speaks...



Best education for a person is got at home, schools and colleges. What you fail to learn is, the way to understand yourself. Knowing yourself happens on three levels - action, speech and mind. You should try to know who you are (mind), so that you can function well in your life. You need to understand your habit patterns (action), to be independent of habits which hinders your growth process. You need to process your speech before you utter them (speech). True knowledge comes from within. So, take that journey inwards.

Special Pooja & Events

- ◆ The Dolai Mahotsavam now moves to New Delhi where the event has been organized for 14 days. Maha Dolai Utsavam and Maha Kanya pooja will be the star attractions during this trip.
- ◆ The Events team is also preparing for Navarathri celebrations during the first week of October.
- ◆ The Breakfast Meal program has been resumed and many patrons have come forward to sponsor.
- ◆ The Health & Hygiene and Reading Club activities as part of BOPS are also in full swing in the Government Schools of Malur.



Navarathri Special—Devi Mahatmyam

By Smt. Asha Manoharan

It is very auspicious to read Devi Mahatmyam during Navarathri.

There are two methods to start reading Devi Mahatmyam – Trayangam and Navangam.

Trayangam is a method in which we need to chant three prayers –

- I. Devi Kavacham,
- II. Argala Stotram and
- III. Devi Keelakam followed by Navakshari Mantram.

Navangam is a method in which nine prayers are recited, prior to reading the book.

Navangam stotrams are:

1. Devi Nyasa
2. Devi Avahana
3. Devi Namani
4. Argala Stotram
5. Keelaka Stotram
6. Devi Hrudaya
7. Dhala
8. Devi Dhyana and
9. Devi Kavacha

Devi Mahatmyam should be read in one sitting. But many prefer to read it for 10 days during Navarathri. After reciting it, Devi Suktam (slokas 7 to 36 of chapter 8) should be recited. Each chapter should be read in a single sitting. Due to any reason if parayanam is stopped in between a chapter, the whole chapter should be read again.

The order of reciting Durga Saptashati Parayana daily is:

1. Trayanga Mantra,
2. Devi Mahatmyam text followed by
3. Devi Suktam

Here is how you can read Devi Mahatmyam during Navarathri.

1st day: Chapter 1 (Madhu Kaitabha samhaaram)

2nd day: Chapter 2, 3 and 4 (Mahishasura samhaaram)

3rd day: Chapter 5 and 6 (Dhummralochana vadha)

4th day: Chapter 7 (Chanda Munda vadha)

5th day: Chapter 8 (Raktabeeja samhaaram)

6th day: Chapter 9 and 10 (Shumbha Nishumbha vadha)

7th day: Chapter 11 (Praise of Narayani)

8th day: Chapter 12 (Phalastuti – reciting merits or benefits)

9th day: Chapter 13 (Blessings to Suratha and the Merchant)

10th day: Chapter 14 (Aparadha Kshama Prarthana) on 10th day

You can also complete the recital on the 9th day by chanting Devi Aparadha Kshama Prarthana Stotram on the 9th day itself.

You should read Siddha Kunjika Stotram after completing the recital of every chapter.



Navarathri—day wise ready reckoner

Days	Goddess worshipped	Kolam	Flowers	Neivedyam & Sundal
Day 1	Maheshwari	Any kolam using rice flour	Jasmine and vilvam leaves	Ven pongal Brown karamani sundal
Day 2	Gowriamman	Any kolam in squares using wheat flour	Mullai and tulasi leaves	Puliyothare Konda kadalai sundal
Day 3	Varahi	Flower kolam using pearls/ beads	Champangi and maru leaves	Sakkarai pongal Mochchai sundal
Day 4	Sri Mahalakshmi	Sprinkle turmeric water with rice and make step kolam	Jadhi and green leaves	Kadamba rice Pattani sundal
Day 5	Vaishnavi Devi	Any bird figure using ground-nuts	Parijatham and Vibudhi green leaves	Curd rice Kadambam sundal
Day 6	Indirani	Devi's name using dals like moong, toor, urad dal	Hibiscus and sandal leaves	Coconut rice Verkadalai sundal
Day 7	Brahmi	Any house kolam using flowers	Thazhampoo and thumbai leaves	Lemon rice Peas mango sundal
Day 8	Narasimhi	Lotus kolam using coins	Roses and pannir leaves	Pal/milk rice Channa dal sundal
Day 9	Chamundi	Any weapons like sulam, vel, using fragrant powder like sandal, diraviya podi	Lotus and marukozhundu leaves	Kalkanddu (diamond sugar) sakkarai pongal Moong dal sundal

14th Aug'16: Dolai @ Shri Ravishankar's home

Dolai utsavam organised at Shri Ravishankar's residence in Bangalore. Ambal entered their house after poornakumbha swagatham, pada pooja and arati with pomp and happiness. With ganapathi pooja, punyaha for the house was performed with sprinkling of holy water. Maha sankalpam was done followed by Maha Abhishekam with 11 different items. It was a spectacular sight for about 50 people who were present there.

Thanks to the host Mr. & Mrs. Ravishankar for organizing this utsavam. Thanks to Mr. & Mrs. Chandrashekhar for coordinating with them and keeping everything ready that is required for pooja.





SRI BALAMBIKA TEMPLE

MARUTHI EXTENSION, MALUR, KARNATAKA

SANCHARA DOLAI MAHOTSAVAM—2016

(On account of upcoming Kumbhabhishekam)

Sri Balambika is a child Goddess—the nine year old manifestation of Goddess Parvathi. She is easily pleased and bestows boons to those who chant Her mantras. Her Moola mantra is also called as Lagu mantra, essential to learn the Srividya mode of worship.

Balambika Divya Sangam aims to realize the true path of devotion and elevate our souls. Our Sangam is in the process of constructing a temple for Sri Balambika at Malur, a town located 40 kms from Bangalore. In view of the Kumbhabhishekam which is to be held from the 8th to 10th of April 2017, the Sangam is organizing various events in different parts of the country. The devotees now have the opportunity of inviting the Goddess to their homes through the 'Sanchara Dolai' utsavam.

Sanchara Dolai utsavam will be held at various parts of New Delhi from the 9th to 22nd September 2016. The various poojas being offered are,

- ◆ **Dolai Utsavam**: It is an event in which Sri Balambika visits the devotee's house to bless the family with peace and prosperity. The utsavam begins with Ganapathi Pooja, moving on to Maha Sankalpam, Maha Abhishekam and Alankaram to the Goddess with flowers and ornaments. Bala Sahasranamam is chanted with fervour and bhajans are sung to delight the Goddess. The event concludes with Maha Mangalarati—a spectacle worth cherishing for eternity.
- ◆ **Archana Seva**: It is an event in which Sri Balambika will be glorified by chanting Her 1008 Namas. Ambal's naamavali reverberating in the air wipes out all the obstacles in the devotee's path.
- ◆ **Vilakku Pooja**: Sri Balambika is worshipped as Jyothi in the lamp. This is done to dispel darkness and bring in happiness, peace and prosperity into one's life. The congregation of devotees performing this Pooja is a sight to behold.

Maha Kanya Pooja: It is an event where 108 kanya girls between 3 to 10 years of age are worshipped as Sri Balambika. This is the first of a kind event ever to be conducted at this scale, and is very special to Balambika. It dispels fear and bestows blessings, both on the kanya and the devotee performing it.

As Sri Balambika steps into the threshold of every home, She sprinkles Her charm and bestows 16 different kinds of wealth on the families who have celebrated Her presence in their homes. These poojas are conducted to set the path to unite ourselves with the Goddess, to free ourselves from the past karmas and bring home love, peace and happiness.

We request devotees to come in large numbers to receive Ambal's blessings!

Turn the page over for the detailed itinerary...

For more details, please contact on 9654327963/8050511146/9902703113
Email us at: balambika.events@gmail.com



We invite one and all to participate in these Poojas to experience peace, prosperity and happiness...

(Sarve Jana Sukhinobhavantu)

DOLAI UTSAVAM, VILAKKU POOJA, KANYA POOJA & ARCHANA SEVA

Date/Day	Event	Timing	Place
9th Sep, Friday	Vilakku Pooja	10.00 am to 12.30 pm	Mookambika Temple, Vikaspuri, New Delhi
9th Sep, Friday	Dolai Utsavam	5.30 pm to 8.30 pm	Shankar Vidya Kendra, Vasanth Vihar, New Delhi
10th Sep, Saturday	Dolai Utsavam	10.00 am to 12.30 pm	South Indian Samaj, Sarojininagar, New Delhi
11th Sep, Sunday	Dolai/Vilakku Pooja	10.00 am to 12.30 pm	Sri Krishnan Temple, Ghaziabad
13th Sep, Tuesday	Vilakku Pooja	10.00 am to 12.30 pm	Kamakshi Temple, JNU, New Delhi
13th Sep, Tuesday	108—Maha Kanya Pooja	5.30 pm to 8.00 pm	South Indian Samaj, Sarojininagar, New Delhi
16th Sep, Friday	Archana Seva	10.00 am to 12.30 pm	Sankatahara Ganapati Temple, Vasundhara Enclave, New Delhi
17th Sep, Saturday	Dolai/Archana Seva	10.00 am to 12.30 pm	Ishta Siddhi Vinayak Temple, Mayur Vihar, Phase-3, New Delhi
18th Sep, Sunday	Dolai/Vilakku Pooja	5.30 pm to 8.00 pm	Karunya Mahaganapathi Temple, Mayur Vihar, New Delhi

Program List: Dolai Utsavam, Sankalpam, Archana Seva, Vilakku Pooja, Kanya Pooja followed by Mahamangalarati, Bhajans and Prasadam distribution.

Please refer to the table below for details pertaining to each Seva.

S No.	Types of Seva	Amount	Details
1	Kanya Pooja	Rs. 50	Girl child aged between 3 to 10 years
2	Lamp/Diya/Vilakku Pooja	Rs. 150	Kuthu vilakku (lamp) and a plate should be brought for the pooja
3	Archana Seva at Temple	Rs. 500	Individual performs archana for the Goddess
4	Archana Seva at Residence	Rs. 2500	Family members perform the archana
5	Dolai at Temple	Rs. 7000	Dolai utsavam can be done as a group
6	Dolai at Residence	Rs. 7000	Dolai utsavam at devotee's residence
7	Maha Dolai Utsavam at Residence	Rs. 25000	Goddess will be in devotee's house for 24 hours with a sequence of poojas and homams

Contributions are welcome for Dolai utsavam, Maha Kanya Pooja, Vilakku Pooja, Flowers, Prasadams and Pooja items



Regards:
Sri Balambika Divya Sangam®
Malur, Karnataka—India



SRI BALAMBIKA TEMPLE

MARUTHI EXTENSION, MALUR, KARNATAKA

SANCHARA DOLAI MAHOTSAVAM—2016

(On account of upcoming Kumbhabhishekam)

Maha Dolai Utsavam is a special event where the devotees welcome **Sri Balambika** to their homes and celebrate Her presence for an entire day. During the course of this event various homams and poojas are conducted. This is a very powerful pooja that charges your home with positive energy and removes all the hurdles or obstacles in your way.

The event commences by welcoming Sri Balambika to the devotee's residence with due courtesy. Then **Maha Sankalpam**, **Maha Ganapathy homam** and **Bala Tripura Sundari homam** are performed. This is then followed by **Maha Abhishekam** with 11 different dravyas. A **special Alankaram** of the Goddess with a variety of flowers and ornaments is definitely a sight to behold. In the evening, chanting of **Bala Sahasranamam** and singing of **Bala Bhajans** leaves the atmosphere vibrating with peace and happiness. The day ends with a **Sayana Pooja** where the devotee sings a special lullaby composed for Sri Balambika and puts Her to sleep. The next day morning starts with **Suprabhatam Seva** to gently awaken the Goddess. After the **Nithyapadi Pooja** and **Maha Mangalarati**, Sri Balambika is presented with a thamboolam and lots of gifts. Having become a part of the family, Sri Balambika leaves the devotees with blessings and memories that will be cherished for a lifetime.

Please find below the list of Maha Dolai utsavams that will be conducted as part of the Delhi Sanchara Dolai:

Date/Day	Timing	Place
12th Sep, Monday	10.00 am (Monday) to 9.00 am (Tuesday)	Mrs. Maitreyi's Residence, Ghaziabad, New Delhi
14th Sep, Wednesday	10.00 am (Wednesday) to 9.00 am (Thursday)	Mr. Balaji, Vikaspuri, New Delhi
19th Sep, Monday	10.00 am (Monday) to 9.00 am (Tuesday)	Mrs. Janaki's Residence, Ghaziabad, New Delhi
20th Sep, Tuesday	10.00 am (Tuesday) to 9.00 am (Wednesday)	Mrs. Sarojini Narayan's Residence, Sarita Vihar, New Delhi
21st Sep, Wednesday	10.00 am (Wednesday) to 9.00 am (Thursday)	Mrs. Chitra Narasimhan's Residence, Sarojininar, New Delhi

Sanchara Dolai Mahotsavam can be done till March 2017...

Sarve Jana Sukhinobhavantu

Regards:
Sri Balambika Divya Sangam®
Malur, Karnataka—India

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This song helps the readers to understand the simple basic truth – love and devotion.

My love for Bala can be felt in every syllable pronounced in this song, but I have encountered people who had been relentlessly loving Bala. Their devotion stands as an outstanding example of faith and how finally, they are rewarded.

I was fifteen when my school had taken us on a trip to Tanjore, to visit the ‘Periya Kovil’. As we were left free in the temple, Bala appeared from nowhere. I was shocked, but excited and She took my hand and we headed out onto the road. We ran down the main road into the streets and stopped at a street adjacent to Govindaraja Perumal temple. It was a small alley, She held my hand and took me in. There were few houses and She stopped at the second house. She stood outside and signalled me to go in. I didn’t know what to do. She pushed me forward and I stumbled into the living room of the house. The living room had two rooms and a small Pooja room. I saw a middle aged man seated and meditating, facing the deities in the Pooja room.

As soon as I entered, the lady of the house stepped out of the room. Seeing me, she came towards me smiling, “Who are you my dear, what do you want?” I didn’t know what to say. I mumbled, “Can I have a glass of water?” I said this and looked at the doorway, Bala was gone. I turned to the lady and asked again. Hearing my voice, the middle aged man turned around, got up from his seat and came towards me smiling, “Who are you and what do you want, my child?” I smiled at him and said, “I came in for a glass of water.” The man asked, “Did you come alone?” I was about to open my mouth, when Bala came up and said, “Subbu, I came with her.” I corrected Bala and said, “No, I came with Her.” Bala smiled, and sneaked near me. “I was trying to save you,” She said and nudged me.

Subbu mama smiled and came closer, and knelt on his knees and with folded hands said, “Amma, I am your humble servant, please forgive me for asking the question.” Bala replied, “Is it not true Subbu, that I always go with my beloved ones wherever they go, and not the other way around,” and laughed aloud.

Subbu mama prostrated before Bala and Bala turned into the Goddess Mother. Maami came running with a sombu of water and gave it first to Bala. After drinking, Bala gave it to me. I took it in disbelief, not knowing what to do and how to react.

Bala eased the situation and looked at maami and said, “Kamala, it has been a while since I had the taste of your lovely pal payasam, can I have some?”

Kamala maami with all humility ran into the kitchen and started preparing payasam. Bala went to the unjal and sat down with Her left leg folded. She smiled and asked Subbu mama to sing, “Subbu, can you sing that pasuram for me?” She then closed Her eyes.

Subbu mama sang the beautiful pasuram, slowly fanning Bala, as She sat on the swing. Kamala maami came in with hot payasam, as Subbu mama finished his pasuram on Ambal.

Bala opened Her eyes and called me to sit next to Her and as Kamala maami gave Her the payasam, Bala fed me before She had her’s. For the first time, I saw so much love in one place, there was total silence, only parasparam anbu between all of us. Afterwards, Kamala maami put nalangu for both of us, as Subbu mama was holding Ambal’s foot on his palm first, and then mine. They then prostrated in front of us. Kamala maami hugged me and said, “Thank you for coming.” She then smiled at Bala with love in her eyes mixed with devotion.

We said our goodbyes. Bala stepped outside to turn into the little girl I knew, both of us held hands and walked in silence.

Down Memory Lane

By Smt. Asha Manoharan

Background behind the song *Jegatheeswari Neeye...*

ஜெகத்தீஸ்வரி நீயே

ஜெகத்தீஸ்வரி நீதாயே, அருள் தரும் புவனேஸ்வரி நீயே
ஜெகத்தீஸ்வரி நீதாயே, அருள் தரும் புவனேஸ்வரி நீயே

எத்தனை காலம் தேடினேன் உன்னை
வரம் தர தாமதம் ஏனடி தாயே

அருள் ஜோதியும் நீயே, என் உயிரினில் கலந்தவளே..... (2)

ஜெகத்தீஸ்வரி நீதாயே, அருள் தரும் புவனேஸ்வரி நீயே

பிறவிகள் பலவும் எடுத்து வந்தேனே
உன்முகம் வேண்டி தவித்திருந்தேனே

சலங்கையின் நாயகியே, என் நினைவில் புகுந்தாயே..... (2)

ஜெகத்தீஸ்வரி நீதாயே, அருள் தரும் புவனேஸ்வரி நீயே

பாடல்கள் பலவும் படித்து வந்தேனே
வாழ்க்கையின் பாடம் உன்னிடம் கண்டேன்

அறிவின் சுடரொளியே, என்னுள் இரண்டன கலந்தாயே....(2)

ஜெகத்தீஸ்வரி நீதாயே, அருள் தரும் புவனேஸ்வரி நீயே

வேதங்கள் பலவும் பயின்று வந்தேனே
சுருப்பொருள் நீயென்று உணர்ந்து கொண்டேனே

வேதங்கள் நாயகியே, என் உணர்வினில் கலைந்தாயே....(2)

ஜெகத்தீஸ்வரி நீதாயே, அருள் தரும் புவனேஸ்வரி நீயே
ஜெகத்தீஸ்வரி நீதாயே, அருள் தரும் புவனேஸ்வரி நீயே

JEGATHEESWARI NEEYE

Jegatheeswari nee thaaye, arul tharum bhuvaneswari neeye

Jegatheeswari nee thaaye, arul tharum bhuvaneswari neeye

Ethanai kaalam thedinen unnai

Varam thara thaamatham Enadi thaaye

Arul jothiyum neeye..... En uyiriniil kalandavale.....

Arul jothiyum neeye..... En uyiriniil kalandavale.....

Jegatheeswari nee thaaye, arul tharum bhuvaneswari neeye

Piravikal palavum eduthu vandene

Un mukham vendi thavithirundene

Salangaiyin naayakiye, en ninaivil pukundaaye.....

Salangaiyin naayakiye, en ninaivil pukundaaye.....

Jegatheeswari nee thaaye, arul tharum bhuvaneswari neeye

Paadalkal palavum padithu vandene

Vazhkaiyin paadam unnidam kanden

Arivin chudaroliye ennul irandana kalandaaye

Arivin chudaroliye ennul irandana kalandaaye

Jegatheeswari nee thaaye, arul tharum bhuvaneswari neeye

Vedangal palavum payinru vandene

Karupporul neeyenru unarnthu kondene

Vedangal naayakiye, en unarvinil kalandaaye.....

Vedangal naayakiye, en unarvinil kalandaaye.....

Jegatheeswari nee thaaye, arul tharum bhuvaneswari neeye

ಜಗದೀಶ್ವರಿ ನೀ ತಾಯೇ

ಜಗದೀಶ್ವರಿ ನೀ ತಾಯೇ, ಅರುಳ್ ತರುಮ್ ಭುವನೇಶ್ವರಿ ನೀಯೇ
ಜಗದೀಶ್ವರಿ ನೀ ತಾಯೇ, ಅರುಳ್ ತರುಮ್ ಭುವನೇಶ್ವರಿ ನೀಯೇ

ಯೆತ್ತನೈ ಕಾಲಂ ತೇಡಿನೇನ್ ಉನ್ನೈ
ವರಮ್ ತರ ತಾಮದಮ್ ಯೇನಡಿ ತಾಯೇ

ಅರುಳ್ ಜ್ಯೋತಿಯುಮ್ ನೀಯೇ... ಯೆನ್ನೈ ಉಯಿರಿನಿಲ್ ಕಲಂದವಳೇ....(2)

ಜಗದೀಶ್ವರಿ ನೀ ತಾಯೇ... ಅರುಳ್ ತರುಮ್ ಭುವನೇಶ್ವರಿ ನೀಯೇ....

ಪಿರವಿಗಳ್ ಪಲವುಮ್ ಯೆಡುತ್ತು ವಂದೇನೇ
ಉನ್ನೈ ಮುಗಮ್ ವೇಂಡಿ ತವಿತ್ತಿರಿಂದೇನೇ

ಸಲಂಗೈಯಿನ್ ನಾಯಕಿಯೇ, ಯೆನ್ನೈ ನಿನ್ನೈವಿನಿಲ್ ಪುಗುಂತಾಯೇ....(2)

ಜಗದೀಶ್ವರಿ ನೀ ತಾಯೇ, ಅರುಳ್ ತರುಮ್ ಭುವನೇಶ್ವರಿ ನೀಯೇ

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ಕರುಪ್ಪೊರುಳ್ ನೀಯೆಂಡು ಉಣರ್ನ್ದು ಕೊಂಡೇನೇ

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జగదీశ్వరి నీ తాయే

జగదీశ్వరి నీ తాయే, అరుళ్ తరుం భువనేశ్వరి నీయే
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వరం తర తామదం యేనడి తాయే

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అరివిన్ శుడర్ ఒళియే, యెన్నుళ్ ఇరందన కలందాయే..... (2)
జగదీశ్వరి నీ తాయే, అరుళ్ తరుం భువనేశ్వరి నీయే

వేదంగళ్ పలవుం పయిండ్రు వందేనే
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జగదీశ్వరి నీ తాయే, అరుళ్ తరుం భువనేశ్వరి నీయే

BOPS: Health and Hygiene Programs at Malur

In the month of Aug, current season of H&H continued in two schools, PWD Higher primary school- Malur and KLE primary school-Malur. There were totally 2 sessions in each school – Oral and Bathing Hygiene in PWD school and Hand & Oral Hygiene at KLE school. The dedicated volunteers, committed teachers and enthusiastic children were part of this workshop.

This program is aimed at children who are in their adolescence, hoping to inculcate good personal hygiene practices in and around them.

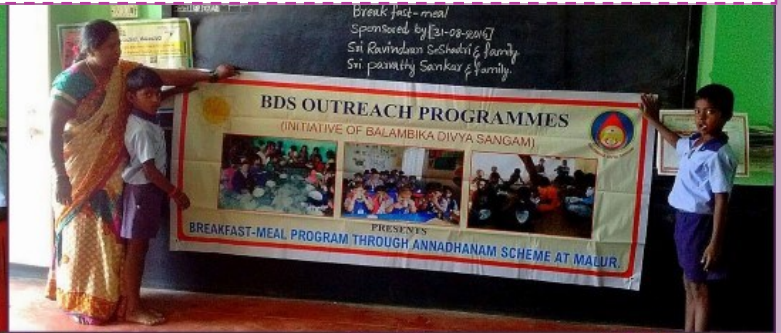
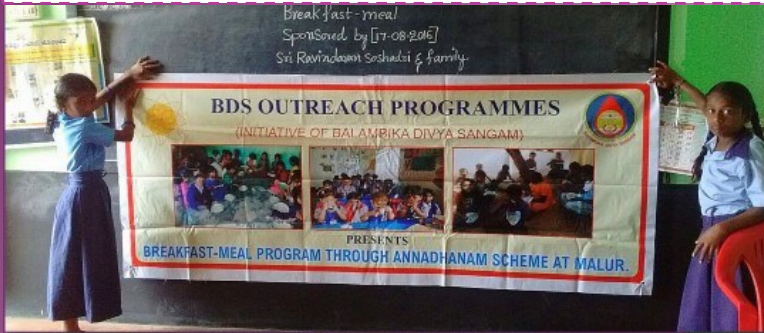




BOPS: Reading Club at Malur

BDS Outreach Team continued with the current season of Reading Club at Kumbarpet Govt. School, Malur. Reading Club is geared towards inculcating Reading habits for young children (age group of 7-8 years) with primary focus on vocabulary, pronunciation and to enable children to be comfortable with the English language. With the help of interactive activities, games and storytelling, the whole program is designed to make reading more interesting for kids. BDS outreach team has so far completed 5 weeks of the program in this season. In the month of Aug, children completed reading of the story of “Blue Jackal” and were made to enact the entire story as a short play.





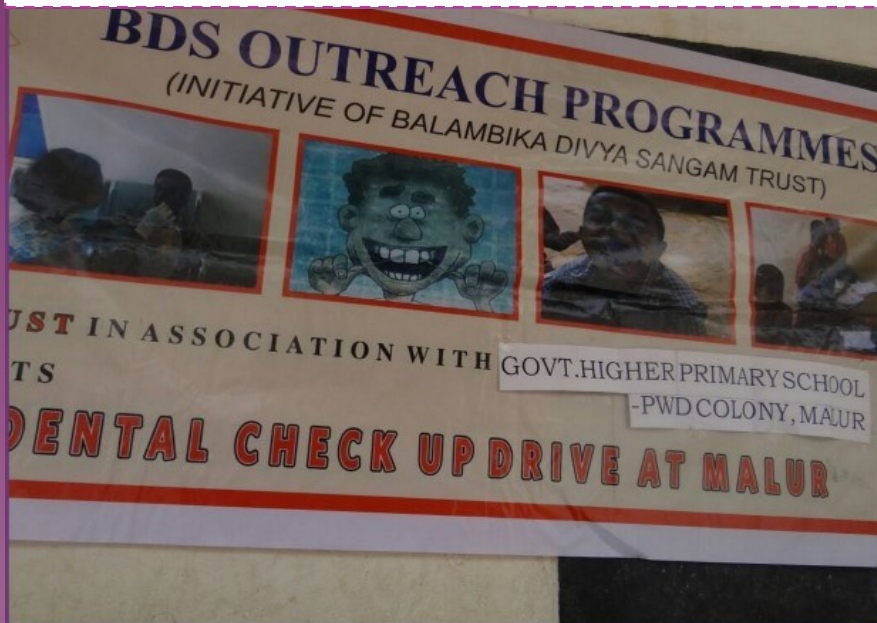
BOPS: Breakfast Meal at Malur

BDS outreach program has taken initiative to provide Breakfast meals to the children on every Monday and Wednesday every week. Two Govt. schools are covered under this scheme in which Breakfast meals are being provided to 100 under privileged kids. In Aug, Breakfast Meal was provided for 9 days. For a good cause, BDS outreach needs a lot of hands. So please join us and help the cause.

One day breakfast meal for 2 schools is Rs.1000. Contributions can be given either as cash to Temple Manager (Priya) / any BDS member or transferred to Indian bank account with the remark:

"Towards Annadhanam".





BOPS: Dental Check-up Drive at Malur

On 10th September, a free Dental check up drive was organized by BDS outreach team at 2 Govt schools in Malur:

- KLE Higher Primary school, Malur
- Govt Higher Primary School, PWD Colony—Malur

Dental program is aimed at making children aware of their Dental problems and to bring awareness about oral hygiene. Sincere thanks to Dr. Praveen for giving us his valuable time and conducting the checkup and to Vignesh for helping us during the event...

Dr. Praveen would be handing out the reports next week and in cases where immediate care is needed, the parents will also be sensitized on the same. A total of 84 students have been currently covered as part of this event.

Thayumanaswamy

By Thulasinathan Kandasamy

A while ago...

Shakthi (Mattuvar Kuzhali) opened her incredibly beautiful big wide eyes gently from dhyana. She looked into the palms of her hands, before looking anywhere. She felt that someone is in trouble, looked on her side to realize that the one with three eyes was getting up.

Looked at him and realized that he is going to help that someone who is in trouble. She knew that it was a pregnant woman that is in trouble, it is almost delivery time. The pregnant woman Rathnavathi, was expecting her mother to cross the Kaveri river and come to her aid. The river Kaveri, wasn't in the best of her moods. She was flooding everywhere. Rathnavathi's mother tried to seek help from boatmen. However, they refused sadly, pointing out that they can't reach the other shore, since Kaveri is angry/flooding. Not knowing what to do, Rathnavathi's mother and father prayed to Lord Shiva. Meanwhile, Rathnavathi started feeling acute labour pain.

Shakthi was wondering what Shiva was trying. Is he planning to go and aid in the delivery of the pregnant woman the way he is. He is not the most adorable Sundareswarar at the moment. He is covered with ash all over the body, matted hair, tiger skin around his waist, skulls and snakes as the ornaments. On this thought, she started laughing heartily. Shiva looked at her and realized what amuses her. With a lovely smile, he transformed himself to look just like Rathnavathi's mother. On seeing that, Shakthi gave an approving smile.

Shiva the Bholenath, showed up in the home of Rathnavathi. Suddenly, Rathnavathi felt unspeakable peace, the insects, birds and animals were extremely joyous. The still air became a gentle breeze. Flowers flowered out of season. Everything around that place became intense, rich and beautiful. Green looked greener. Shiva helped and the baby was delivered in great health. He showed the baby to Rathnavathi. Wiped her sweat and ensured that everything around her was comfortable. Not only Rathnavathi, everyone and everything around was experiencing tremendous peace.

Well, there was an exception. The only one that wasn't at peace was the river Kaveri. Shiva's presence in that area wasn't making her any softer. She became even more agitated and aggressive, since she realized that the feet that the Vedas and Upanishads are searching for, is right near her. She wanted to flood further and visit Shiva herself. Realizing this, Shiva himself went (still in the mother's form) to the river and gently touched it. That not only made Kaveri extremely joyous, but also made her very quite and calm. Shiva returned to attending Rathnavathi.

Since Kaveri alias Ponni became calm, Rathnavathi's mother got help from the boatmen and rushed home all worried and crying, only to see a person almost like a mirror image of herself, wiping her daughter's face. The baby was merrily giggling near its mother, trying to look into the face of Shiva. On seeing two mothers, Rathnavathi became confused. On seeing another person like herself, Rathnavathi's mother also got confused. Looking at both of them, Shiva laughed gently and disappeared. An asareeri (voice from the sky or Oracle) told that "Yamey Thayumanome (It was me that became Mother also)".

Now we know why, the Swamy in the temple of Rockfort (Trichy) is called "Thayumanaswamy".

Demystifying Science...

Technology in the days of yore...

The present generation takes great pride in standing on the cusp of technology – the latest and greatest in size, speed and



efficiency – in literally every aspect of scientific advancement! Just look at the cellular technology itself – that little phone in our hands, connects us with every possible facet of daily life – GPS, social media, entertainment, health... the list is endless. On the other hand, in the field of aviation, warfare, genetics and medicine, the scale is exponential, and endless. Truly, we should feel proud to be here today, to witness such marvels of science!!! But wait a minute – are we ignoring the fact that there was “technology”, back then, when there was “pushpaka vimanas” soaring through the skies, similar to private aircrafts? That brahma-astram, naaga-astram and agni-astram were preludes to our present day heat-seeking missiles and nuclear weapons of mass destruction? That there was remote control powering of palace doors through voice and speech recognition? Vedic incantations have unbelievable energy in them to invoke the elements. In fact, when the Pandavas had the Maya Sabha built for them in Indraprastha, it was a piece of scientific work – right down to the shimmering floor (or was it the pool?), based on the principles of refraction of light. If today’s skyscrapers stand lofty and tall, so did the rajagopurams and vimanam, which still are marvels of civil engineering! Today, we can put a satellite in orbit around the earth, but so did the great sage Vishwamitra, who created a special heaven for Trishanku with his ascetic powers, which still exists today as a constellation in our Milky Way galaxy. There is however a difference in these technological parallels – back then, it was the privilege and honor of a select few scholars, who mastered the sciences and became adept at using them within the limits of Dharma. But today, most of us common people can experience these scientific advancements for the most part. Today, our choices are at our disposal, only limited by how much we can control ourselves. Yes, technology at its finest has always existed. It is in our hands to use this double-edged sword for the benefit of mankind.



21st Aug'16: Dolai @ Shri Krishnamurthy's home

Dolai Utsavam at Shri Krishnamurthy's residence was a memorable one. This event was part of their house warming ceremony. The elaborate arrangements that were made for dolai was very nice. Ganapathy Vadiyar started the event with Maha Ganapathi pooja, Punyaha followed by Maha sankalpam. Very elaborate abhishekham to Ambal soaked the entire guests of about 100 people gathered there in bliss. Mahamangalarathi after shodashopacharam brought the entire crowd to a blessed state and silence prevailed there for a moment with only sound of chanting of hymns...

The uniqueness of this dolai was Unjalostavam. Ambal was placed on bed of flowers that was spread on the Unjal. Then lali songs were sung and Ambal was made to swing. It was a mesmerizing sight. All of us there, wished that that moment stayed for ever...





If you would like us to organize Dolai in your home, please contact:

Priya: +91 8050511146

Padma: +91 9902703113

**Refer to the flyers in this newsletter for further details on [Sanchara Dolai Utsavam](#) & [Maha Dolai](#)...

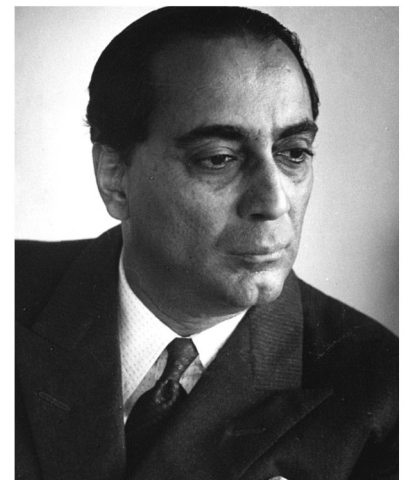


Who am I?

- 1) I was born on 30th October 1909 into a wealthy Parsi family.
- 2) Dorabji Tata was my uncle, who wished I would complete my Mechanical Engineering in Cambridge and join his Steel Mills in Jamshedpur.
- 3) My father understood my predicament and promised to finance my studies in Mathematics, provided I obtained First Class in my Mechanical Sciences Tripos exam, which I did.
- 4) I went on to excel in Mathematical studies under Paul Dirac.
- 5) Soon, I began working in the Cavendish Laboratory, working towards my doctorate in theoretical physics.
- 6) In 1933, I received my doctorate after publishing my first scientific paper - "The Absorption of Cosmic radiation".
- 7) During that period, I used to split my time between working at Cambridge and with Niels Bohr at Copenhagen.
- 8) My experiments helped calculate the cross-section of electron-positron scattering.
- 9) In September 1939, I was back in India for a brief holiday when World War II started; I decided to stay back.
- 10) I accepted an offer to serve as the Reader in the Physics department of the Indian Institute of Science, which was at that time headed by C.V Raman.
- 11) In 1944, I sent a proposal to Sir Dorabji Jamsetji Tata, to establish a school of research in fundamental physics.
- 12) This led to the creation of Tata Institute of Fundamental Research in Bombay.
- 13) In 1948, Nehru appointed me as the director of the nuclear program in India.
- 14) In the 1950s, I represented India in IAEA conferences, and served as President of the United Nations Conference on the Peaceful Uses of Atomic Energy in Geneva, Switzerland.
- 15) I was awarded the Padma Bhushan by the Government of India in 1954.
- 16) I was widely known as the "Father of Indian Nuclear Programme".
- 17) I died in a plane crash near Mount Blanc on 24th January, 1966.

Homi Jehangir Bhabha

was an Indian nuclear physicist and the founding director of TIFR. After his death, the Atomic Energy Establishment at Bombay was renamed as the Bhabha Atomic Research Centre in his honour. In addition to being an able scientist and administrator, Bhabha was also a painter and a classical music and opera enthusiast, besides being an amateur botanist. He is one of the most prominent scientists that India has ever had.



Indus Valley Civilization: Discovery

The Indus Valley Civilization spanned an area roughly the size of Western Europe. It was the largest of the four ancient civilizations of Egypt, Mesopotamia, India and China. However, the Indus Valley civilization seems to be the most mystical of all these, due to the fact that the Indus script has not yet been interpreted. There are many fragments of the script on pottery vessels, seals, and amulets, but without a "Rosetta Stone", linguists and archaeologists have been unable to decipher it. As a result, archeologists have had to rely upon the excavated cultural materials to give an insight into the customs and traditions of the Harappan way of life.

Discovery:

The discovery of the Indus Valley Civilization can be completely attributed to serendipity. The first sites of this civilization was unearthed in the 1920s, in what was then the Punjab province of British India, which now is in Pakistan. The discovery of Harappa, and soon afterwards, Mohenjo-Daro, was the result of work beginning in 1861, with the founding of the Archaeological Survey of India in the British Raj. Since 1920, excavations have been carried out, with important breakthroughs occurring as recently as 1999.

It all started when a British traveler named Charles Masson inadvertently came across several mounds of bricks in India in the 1820s. Little did he know that this would lead to uncovering the Indus Valley civilization. He documented the descriptions of these ruins of Harappa in his "Narrative of Various Journeys in Balochistan, Afghanistan and Punjab".

In 1856, General Alexander Cunningham, who later became the director general of the Archaeological Survey of Northern India, visited Harappa where the British engineers John and William Brunton were laying the East Indian Railway Company line connecting the cities of Karachi and Lahore. He made a few small excavations at the site and reported some discoveries of ancient pottery, some stone tools, and a stone seal. Cunningham published his finds and it generated some increased interest by scholars.

More Harappan seals were discovered by J. Fleet in 1912, half a century later, prompting an excavation campaign under Sir John Hubert Marshall in 1921–22 and resulting in the discovery of the Harappan civili-

zation by Marshall, Rai Bahadur Daya Ram Sahni and Madho Sarup Vats, and at Mohenjo-Daro by Rakhal Das Banerjee, E. J. H. MacKay, and Marshall. Much of Mohenjo-Daro had been excavated by 1931. However, further excavations continued, such as the one headed by Sir Mortimer Wheeler, Director of the Archaeological Survey of India in 1944.

After independence, the majority of these archaeological finds were inherited by Pakistan, where most of the Indus Valley Civilization was based. Excavations from this time include those led by Wheeler in 1949, archaeological adviser to the Government of Pakistan. Outposts of the Indus Valley civilization were excavated as far west as Sutkagan Dor in Pakistani Balochistan, as far north as at Shortugai on the Amu Darya (the river's ancient name was Oxus) in current Afghanistan, as far east as at Alamgirpur, Uttar Pradesh, India and as far south as at Malwan, in modern day Surat, Gujarat, India.

Major excavations had not been carried out for forty years until 1986, when the late George Dales of the University of California at Berkeley, established the Harappan Archaeological Project, or HARP. This multidisciplinary study effort consists of archaeologists, linguists, historians, and physical anthropologists.

Until 1999, over 1,056 cities and settlements had been found, of which 96 have been excavated, mainly in the general region of the Indus and Ghaggar-Hakra Rivers and their tributaries. Among the settlements were the major urban centres of Harappa, Mohenjo-daro (UNESCO World Heritage Site), Dholavira, Ganeriwala in Cholistan and Rakhigarhi. Deeper insight into these urban centers and the Indus Valley way of life will be provided in the upcoming articles.



Indus valley seals with Bull, Elephant, and Rhinoceros, 2500–1900 BC



"Great Bath" at Mohenjodaro

(Source: www.harappa.com)

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Sri Bala Sahasranamam

With Meaning & Commentary by Smt. Asha Manoharan

References to Goddess Balambika (Bala) can be found in the Brahmanda Puranam. Sri Bala Sahasranama Stotram describes and praises the various attributes of Sri Balambika in 113 verses. Since each *nama* represents a unique nature and quality of Sri Balambika, it can be interpreted and discussed to cater to the different needs of an individual. Along with a direct meaning of each *nama*, Smt. Asha Manoharan has provided us with intriguing commentary and examples that a common man can relate to and apply in everyday life. So the next time we chant Sri Bala Sahasranamam, we will not only know the literal meaning of the *stotram*, but will also find a unique way to connect and relate to Sri Balambika.

*citrā vicitrā citrāṅgī hema garbha svarūpiṇī /
caitanya rūpiṇī nityā nityā 'nitya svarūpiṇī //*

Citra: having different varieties

Ambal chose to fill the earth with different kinds of life. All over the world, we see this demonstrated in nature. Different creatures live in a variety of habitats, interacting with one another among a mix of geophysical factors like rain, rocks, soil, wind, and sunlight. But why does this happen? And how does it happen? Why did Ambal design earth's biodiversity the way that She did?

Two words summarize the answer: life and variety. She loves life. She is the essence and ultimate origin of all forms and levels of life. Ambal loves variety. Because She loves life and variety, we can understand why She favors different kinds of life forms, causing them to be fruitful, increasing their population, generation after generation. Ambal cares for plants such as lilies, field grass, and trees and animals such as ravens and sparrows. Ambal programmed and implemented care for plants and animals to ensure the success of their population growth and biodiversity.

Consider the following three examples of very different habitats and see how diversely She has created this world, it shows Her aesthetic sense, Her love, and Her grace.

1. Look at the ice dominated lands and super cold oceans presenting a chilling challenge to animals seeking a home. However, cold water creatures such as penguins have antifreeze glycoproteins in their blood and other body fluids, enabling them to tolerate the icy (sometimes below 0° Centigrade!) temperatures of Antarctica's coastal waters. Ice worms survive on Alaskan glaciers.

2. Deserts, are always often super hot, and pose a torrid threat to most life forms. Look at how they survive in such scorching heat with almost no water. Many desert reptiles such as scorpions, lizards, and snakes burrow underground or hide under rocks, avoiding the blazing daytime heat, moving out only at dawn, dusk, or at night to hunt. Water is another challenge. Desert creatures have a variety of ways to cope with the lack of water, by not sweating. Large Saharan antelopes get all their water from food, so they never need to drink. The thorny devil, a spiny Australian lizard, soaks up water from damp sand through special scales. Camels regulate their body temperature to conserve water reserves.

3. Tidal coastlines alternate between dry shore land and wet saltwater, requiring that resident life forms tolerate salinity, water immersion fluctuations, and other repeatedly changing conditions. Intertidal plants and animals must compete with a wide variety of environmental stresses. Twice daily, they tolerate submersion and exposure to air and sunlight. Storms with crashing waves threaten to rip organisms off their support. In the summer heat, animals can suffocate, since warm water holds less dissolved oxygen. Shallow tide pools have the widest range of salinity, as rain dilutes or the sun evaporates the water. Despite all these challenging habitats and difficulties, intertidal rocks are crowded with creatures competing for food and shelter.

These are a few to quote and to admire the diverse life on this planet. This is all due to Ambal and Her creativity.

She did not want a monotonous planet. So, She designed an earth that could and would host a huge variety of life forms. The ultimate source of (and ultimate logic for) all created life and variety; Her panoramic plan was for many different kinds of creatures to populate and fill this earth, because She loves beauty. She even chose to integrate Her eye-pleasing artistry into these creatures and the wide array of their respective habitats.

Yet, even in this mortal life, thanks to Ambal's grace, we are a prepared group of people living in a prepared place (with many dwelling places) on Earth, our temporary home.

Surely, Ambal's detail rich provisions for these little creatures; even "simple" sparrows, should encourage us to appreciate Her care, tailored for each one of us who uniquely bears Her image and who has received this life as a gift from Her. We should be grateful for that and look around us before we even start thinking about the things we don't have.

Vicitra: oddly brilliant.

When we look at Ambal's ways reflected in the life around us, they are oddly brilliant.

The web of relationship, peculiar nature of people, the ways in which they respond to us is all beautifully structured and engineered by Ambal. We are made in the image and likeness of Ambal. Her image is our soul, not our flesh. We are creators by nature. How is it possible that we can sing without voice lessons, dance without an instructor, and paint without a teacher. All this happened because of Ambal and Her brilliant ways.

She is oddly brilliant.

She founded this world with Her wisdom and stretched the universe with Her understanding. She makes the clouds use water from the earth and sends them down as rain along with lightning.

She created the ground to walk, a voice to talk, She created the elephants at the same time that She created the ants. She gave strength to the bear and wings to the eagle. She created the highest mountain and the deepest blue sea.

She creatively designed the falling snow, the blooming rose, the strong galloping horses and placed a beautiful rainbow after the summer rain. She placed the star in the sky and the dew drops on the grass. She kept love in a human heart and honey in the flowers. She has left space in our hearts, which belongs to Her and Her alone. No matter where you are socially, financially or physically, if you don't think of Her, no matter what you do, you feel emptiness inside you. You cannot fill it with money or comfort, you can fill the space only with Her love.

Such is the brilliance of Ambal, so we bow to Her brilliance and call Her Vicitra.

Chitrangi: charming and inspiring

Ambal is charming, light hearted and lovable.

She is very pure and kind and She has no hatred for anybody. Her love for us is charming, evergreen, never sappy, sentimental and romantic. It is very personal, She knows each one of us individually, and loves and inspires us everyday. She inspires us to be a better person. In doing so, She sets up definite goals.

1. Willing to do what She wants you to do:

Ambal has a plan set out for us and She expects us to follow that path, so that our journey on this earth is smooth, inspiring, knowledgeable and fulfilling. She guides us to our goals through our family, friends and strangers. So, as you live each day, understand what She has laid out for you before you take any decision.

2. Service to others:

Do not try to keep your life for yourself. You will lose it. The more you give yourself to the service of others, the more you will

enjoy your earthly life. Very often, we think that when our family member is sick, taking care of them is service, no it is not. It is our duty, doing something for somebody you know nothing about, is service. So learn to differentiate between duty and service.

3. Pray and continually seek guidance from Ambal in everything that you do:

Prayer is one way of doing it. It is a communication with God. It helps you to talk through your problem with Ambal, and Her hand will guide you into taking the right step for the problem you raised. So do not forget Her wisdom and never forget to take Her guidance.

4. Learn from the examples of others:

Never seek all experiences. Some are not necessary for you to go through. Learn these from others experiences. An intelligent man learns from his mistakes, but a wise man learns from others mistakes.

Hema: golden

This word expresses everything She stands for.

1. Golden era under Her guidance.
2. Golden nature of Hers which is untarnished by worldly things.
3. Golden Self which shines brilliantly to help Her devotees understand Her ways.

Ambal is lovable and warm to Her devotees. When She created us, She knew She would see someone who is imperfect. She knew we would commit mistakes and bad decisions, so She let us live and learn from them, sometimes more than we can take.

Her heart is golden, so She had plans for us the day we were born, gave us love, hope and faith. What She wanted us to have is patience.

So here, I am going to give you a few tips to develop patience. You may wonder why?

Many of us spoil situations because of our impatience. Ambal would have worked out a perfect situation for us to achieve what we wanted, but through our inexperience and impatient nature, we would have diverted the course of action and end up blaming Ambal for having denied us the success that we rightfully deserve.

So, here are a few cautious tips.

1. Expect the unexpected:

Yes, you have plans, but things don't always work out as planned. Accept the twist and turns in life gracefully. Keep your expectations realistic. This applies not only to circumstances, but also to the behavior of those around you. If you find yourself blowing up at your child or your spouse from accidentally spilling a drink, you're not in touch with the fact that people aren't perfect. Even if the occasion is not an isolated incident, but is instead caused by their repeated neglect and carelessness, losing your patience isn't going to make it any better. That's something to be addressed with self-control and discussion, if possible.

2. Let go of things that are not in your control:

If there isn't anything that you can do about a particular situation, then let go. Life is all about compromises. For eg., say that your mother is very sick and due to old age, she happens to die. She is the only soul on whom you can depend on, her loss is huge, but that should not shatter you, you should learn to let go of her love and your dependence on her.

3. Remind yourself that things take time:

We are impatient about everything in this world. We want our children to learn to walk quickly, speak quickly, go to school quickly, finish schooling as early as possible, finish education, start working quickly, and it goes on. We need to understand that things take time. Children need to grow through the process, and experience life for themselves.

4. Always remember that you will eventually get what you want:

If you have worked hard for something, this may be the truth, but most of the time, we have to be patient to get what we

want.

So stay focused, practice patience along with Ambal's golden trio (love, faith and hope) and you will achieve what you set out to do.

Garbha: embryo

This is a beautiful word by which we describe Ambal. She is the embryo or seed of every living entity in this world. It is a very social, political and universal word.

Ambal created everything in this world with a very socialistic view that guarantees stability and sustenance. Human beings have a seed within and it has two parts like the dicotyledons.

1. Biological side - DNA (one part of the seed)
2. Spiritual side - Conscience (other part)

The DNA regulates the biological side and our conscience controls the spiritual side. These two are inseparable, though they look like poles apart.

Let us for a moment forget the biological side and look at the spiritual side.

Our conscience governs us and always edges us to do the right thing. Conscience is the embryo which is often described as internalizing values. Conscience itself is primarily emotional. We associate feelings of pleasure and pride with right actions and feelings of shame and guilt with wrong actions. These emotions motivate us towards our choices and behaviour.

Again, I would classify conscience as two types.

1. Personal conscience
2. Social conscience.

You might be surprised to see me classifying it this way. Yes, there is a difference between the two. There are a lot of texts talking about personal conscience and how it leads us towards mukti. The less talked about is social conscience. This is demarcated as a social view and it is often debated about only by the socialists. Spiritualism has no such demarcation. Let us not forget that great socialists and revolutionists were all great religious leaders (Shri Ramanujam, Swami Vivekananda, to name a few).

Social conscience is basically awareness of the self to do the right thing in a society.

It has 3 features.

1. Structure
2. Consciousness
3. Man power

1. Structure:

What sets the social conscience separate from a personal conscience is the structure. For eg., you see a poor boy asking for food. The individual conscience will want to provide food for the boy immediately and remove his hunger, whereas the social conscience will think what can be done to remove hunger from people like this boy. You start looking for reasons for this poverty and come up with solutions on a social or political level.

2. Consciousness:

The awareness about a particular problem, not information and experience, because they are neutral, classifying situations as right or wrong is consciousness. For eg., donating large sums of money got by selling drugs and money laundering to charity - right or wrong. Here, identifying situations as just or unjust, safe or dangerous is consciousness.

3. Man Power:

The third element is a sense of personal power as well as personal responsibility. This will drive the situations into action. For

example, individuals built social structure in this world. Abraham Lincoln gave voice to the oppressed. Mother Teresa stood up against poverty, Nelson Mandela fought for democracy.

So all the three elements: consciousness, structure and man power must be in place for a strong sense of social conscience. This is the seed that is sown in every individual, which is often clouded by rage, jealousy, selfishness and greed. Remove these layers, and you will find Ambal frozen in your conscience waiting to reveal Herself.

That is why She is described as Garbha.

Chaitanya: universal consciousness

This is a wonderful word reminding us about the nature of Universal Consciousness. It is all knowing and all powerful. It reminds us about our nature as well. You have access to all this knowledge, known and unknown. You have access to an infinite power, for which nothing is impossible. You have access to the limitless creativity. All these attributes are present within you, but in limited amounts. If you know yourself, you will know the mysteries of the Gods as well. So you need to understand yourself.

Here are a few tips which will help you understand yourself.

1. Happiness is right here, in the present.

Happiness is a habit, some of us are born with it, some of us choose it. The fundamental thing that you need to do is to shift your perspective from the negative thing to a more positive thing. For eg., children run around the house and sometimes break glass. As elders, we shout at them and blame them for all the bad things that happens around you. It is a negative thing, instead talk to them and tell them, "It is ok, since it is the first time, but be careful when you run around the house." This is a positive thing. Shouting at children is not going to bring the glass back to its original form.

2. Your actions should inspire people.

People watch what you do more than what you say. So have clean habits, follow up on what you say, never try to overdo things. If you care about someone, show them you really care. Take a genuine interest in people. Share your experiences with others, that will help them understand you better and help them to know who you really are. It would also give them an aspiration to do greater things. You have motivated them.

3. No matter how bad you feel and what hardships you are going through, remember two things:

i. It is temporary.

ii. It could have been worse.

Everyone in this world goes through hardships. Accept support and kind words to pass through this phase, never try to push it away. This will only add more grief, because you are trying to suppress it. Be willing to open up and let your grief and sorrow flow through it, it is the only medicine that you can give yourself. This phase helps you to come to terms with your life, who you really are. This will help you to be a better person. Being a better person helps you to get closer to the Universal Consciousness.

This is the ultimate truth.

Rupini: Cute and Beautiful

This word spins me into a supernatural celestial world, where harmony and silence are the rulers.

How can I contemplate on its inner meaning, when I am here drowned in Her beauty.

My salutations turns into poetry and the words are, just the trembling of my senses.

My overwhelmed thoughts evades me and flies like a butterfly towards the Mother of creation, only to be touched and caressed with Her beautiful eyelashes.

Touched it did, returns carrying with it syllables of force known only to the innocent and the untouched.
Here is that force unleashed!!!

Oh! Beautiful Mother.

Your beautiful face presents laya, sthiti and srusti all at once.

I am speechless like cupid once did,

When beauty so divine, can elude even the sages,

Am I an exception here?

Oh! Charming Mother.

You are like the galaxy roaring inside me, bringing constant change and deliberate actions, are you empowering me or overpowering me?

I know not for in you, I melt readily dissolving.

Is this dissolution leading to delectation?

Oh! Magnificent Mother.

You are the spring moonlight,

My thoughts are drenched in it and feels like a drunken bee swimming in honey, milk and grape juice all in one.

I wondered what it is to surrender unto you, until such time my touch reached you,

surrendered I did, know not what I did then.

Oh! Mesmeric Mother.

You are the morning sunshine to my troubled heart,

You are the moonstone to my enquiring mind,

You are the Himalayan fragrance to my disturbed thoughts,

YOU, the Persona of beauty, standing in front of me

What can I write, other than poetry!!!

Nitya: eternal

Ambal is forever, perpetual, old and ancient, implying that She has an infinite past and an indefinite future. She is also considered to be everlasting. Ambal is completely independent or distant from the events that occur in our lives, because She has no beginning or succession of events in Herself. She sees all time equally, yet She sees events in time and acts in time. Our days on this earth are limited compared to Her time. So She has seen us born, reborn and reborn again, but our knowledge about our self is very much limited. So to understand the events in this birth, our life is divided into four orders which streamlines our effort on this earth, so that we seek justice to an eternal life, never to be reborn again.

The four orders and their duties are listed, which are quite simple, but very strong in potential.

1. Order of students (Brahmacharya)
2. Order of householders (Grihastha)
3. Order of ascetics (Vanaprastha)
4. Order of Hermits (Sanyasa)

These four orders in our life give us a great opportunity to prepare us for an exalted status. In terms of duties and responsibilities, the four stages are not equal. If the lifespan of a human being is compared to a day, morning is brahmacharya, midday is grihastha, evening is vanaprastha and night is sanyasa. A person needs to perform his duties to the highest level in each stage.

1. Order of students (Brahmacharya):

- a. Students enter into this stage at the age of 5 and complete at 25 years of age.
- b. Students have a responsibility never to abandon their education under any circumstances.
- c. They need to learn the aspects of dharma, skill for their livelihood and set up moral practices for the days to come.

2. Order of householders (Grihastha):

- a. At the age of 25, the boy is eligible to marry and start a family.
- b. He should work in order to increase the wealth of his family, pay religious debts he owed to his father, ancestors, rishis, and other people.
- c. He should take care of his parents, grandparents, children, wife by performing necessary duties of a householder towards his family, in addition to him performing his social duties such as preservation of dharma, honouring guests who visit, helping the poor and needy.
- d. He should perform religious ceremonies as prescribed by the scriptures.
- e. Respect his wife and approach her at the proper time, is an important aspect of dharmic life.

3. Order of Ascetics (Vanaprastha):

- a. This stage begins when one becomes a grandfather.
- b. He needs to move away from worldly matters and get himself ready for a spiritual life ahead.
- c. He needs to delegate his duties to his children and distribute his possessions to them.
- d. Restrain from unwanted speech, actions, and senses.
- e. Give gifts, but receive none.
- f. Develop detachment from worldly life.
- g. Be a companion to his wife.

4. Order of Hermits (Sanyasa):

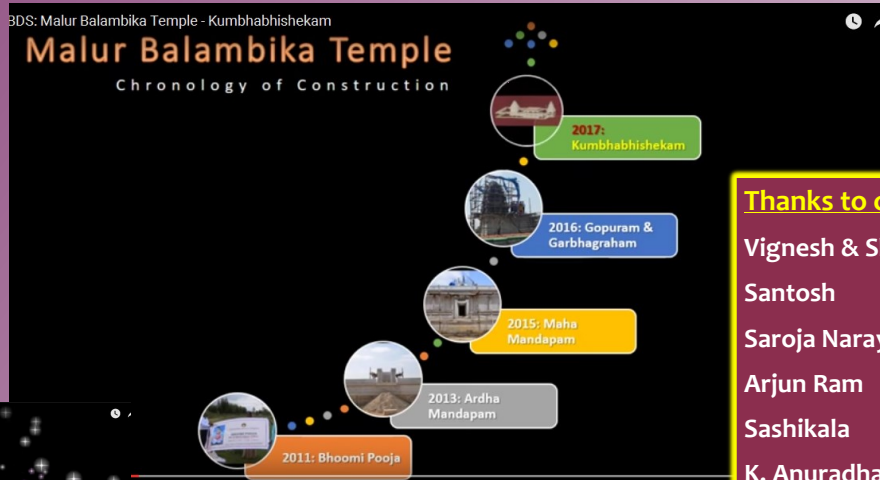
- a. At this stage, one should constantly seek in his heart, the knowledge of the Universal soul.
- b. One needs to practice a yogic life.

These rules are prescribed in our texts to help us lead a structured, moral, dharmic life and to experience the eternal bliss of Nitya, our Supreme Mother!!!

So read them, understand them and follow them.

Bala Sahasranamam on Website, Facebook and YouTube





Thanks to our Building Donors

Vignesh & Sharanya
Santosh
Saroja Narayanan
Arjun Ram
Sashikala
K. Anuradha
Ravishankar
Ramachandraiah



8th to 10th April, 2017

Malur Balambika Temple

Kumbhabhishekam

2017



BDS: MALUR BALAMBIKA TEMPLE -
KUMBHABHISHEKAM

As we fervently move towards the completion of the Temple construction and Kumbhabhishekam, here is a video which traverses through this beautiful journey. The Kumbhabhishekam is the divine culmination of a beatific dream and we want all of you to join hands and be a memorable part of it.

<https://youtu.be/HuUSJdzg4Fg>

Kumbhabhishekam: 10th April, 2017

BDS: Upcoming Events...

Fri Sep 16	10:00am – 11:00am 4:00pm – 7:00pm	⊕ ABISHEKAM TO SRI BALAMBIKA AND SRI MAHALAKSHMI ☐ ⊕ POURNAMI PUJA
Mon Sep 19	10:00am – 11:00am	⊕ ABISHEKAM TO SRI NITHYA SUNDARESHWARAR AND SRI ANNAPOORNESHWARI - BALA'S HOUSE ☐
Tue Sep 20	10:00am – 11:00am	⊕ ABISHEKAM TO SRI BALAMBIKA AND SRI SIDDHI VINAYAGAR - AT BALA'S HOUSE ☐ 👤
Fri Sep 23	10:00am – 11:00am	⊕ ABISHEKAM TO SRI BALAMBIKA AND SRI MAHALAKSHMI ☐
Mon Sep 26	10:00am – 11:00am	⊕ ABISHEKAM TO SRI NITHYA SUNDARESHWARAR AND SRI ANNAPOORNESHWARI - BALA'S HOUSE ☐
Tue Sep 27	10:00am – 11:00am	⊕ ABISHEKAM TO SRI BALAMBIKA AND SRI SIDDHI VINAYAGAR - AT BALA'S HOUSE ☐ 👤
Fri Sep 30	10:00am – 11:00am	⊕ ABISHEKAM TO SRI BALAMBIKA AND SRI MAHALAKSHMI ☐
Sat Oct 1	All day	⊕ MAHA NAVARATHRI - MALUR
Sun Oct 2	All day	⊕ MAHA NAVARATHRI - MALUR
Mon Oct 3	All day	⊕ MAHA NAVARATHRI - MALUR
Tue Oct 4	All day	⊕ MAHA NAVARATHRI - MALUR
Wed Oct 5	All day	⊕ MAHA NAVARATHRI - MALUR
Thu Oct 6	All day	⊕ MAHA NAVARATHRI - MALUR
Fri Oct 7	All day	⊕ MAHA NAVARATHRI - MALUR
Sat Oct 8	All day	⊕ MAHA NAVARATHRI - MALUR
Sun Oct 9	All day	⊕ MAHA NAVARATHRI - MALUR
Mon Oct 10	All day	⊕ MAHA NAVARATHRI - MALUR
Tue Oct 11	All day	⊕ MAHA NAVARATHRI - MALUR
Fri Oct 14	10:00am – 11:00am	⊕ ABISHEKAM TO SRI BALAMBIKA AND SRI MAHALAKSHMI ☐



Navarathri Photos

Watch out for the colorful spread in the next month's newsletter...

BDS Contacts

Bala Sahasranamam Parayanam:

Chakravarthy's residence, Ohio—USA.

▪ 95chikki@gmail.com

Anuradha Srinivasan's residence, Chicago—USA

▪ 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 Temple Manager:

balambikadivyasangam2015@gmail.com

Annadhanam Scheme:

We are feeding the under nourished, low income children in government higher primary school.

Those who are interested in sponsoring, please contact Temple Manager :

balambikadivyasangam2015@gmail.com

BDS Outreach:

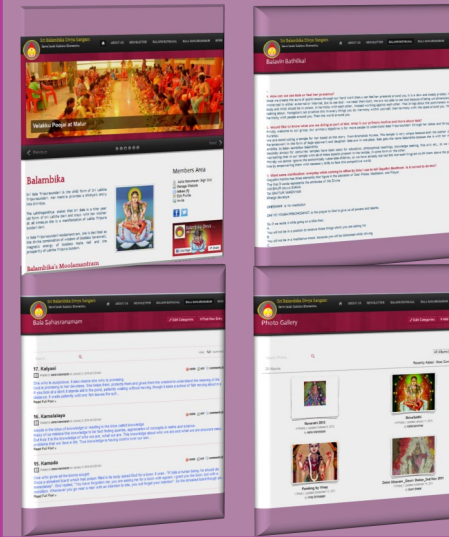
We are having health and hygiene awareness and also dental care for children , if you could sponsor for this program, we would cover more children and help them have proper dental care.

Those who are interested in contributing towards this cause, please contact Temple Manager:

balambikadivyasangam2015@gmail.com

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.



We are on the web!

<http://balambikathirupanitrust-webs.com>

This is a good place to catch up on all the Sangam activities such as About Us, Temple Updates, Balavin Bathikal, Bala Sahasranamam, archives of earlier Newsletters etc.

Join us on WhatsApp!

To join Balambika Divya Sangam WhatsApp group, please send an email along with phone# to our President Smt. Asha Manoharan at asha.raji@gmail.com



Archana Contributions

Roopa Varadarajan

Venkatesh & Sasikala

Bala Kaira

Sundararajan & Mythili

Mythili Sundararajan

Annadhanam

Ravindran Seshadri & family

Bhuvaneshwari & family

Maithri Savi & family

Parvathy Sankar & family

Pournami Pooja/Dolai Sponsor

Ravishankar & family

Krishnamurthy & family

Vanitha & family

Murali Chakravarthy & family