

Punarnava Community Newsletter

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Trust Activities from October 2017 – 1st January 2018

Rudrabhishekam



Rudra Abhishekam is an ancient Hindu ritual, with chanting, performed to appease Lord Shiva in one of his most popular forms, Rudra. Composed by the Hindu Bhakti poet, Tulsidas, Rudrashtakam narrates the deeds and qualities of Lord Shiva.

In Vaidyagrama Rudrabhishekam is performed every Monday evening by Swami Gurupriyananda ji, who hails from Uttarkashi. It is on a Monday that Lord Shiva drank the poison, that came out of the Samudra Manthan (the ocean churning by the gods and the demons). The poison that came out of the churning, would have harmed everything present; hence Lord Shiva offered to drink the same. It stopped in His throat, hence He is called Neela Kant. (Blue-throated). The snake, the moon, river Ganga, all came to cool Lord Shiva who was burning due to the heat of the poison He drank. Even the Abhishekam is the representation of the cooling of the burning caused by the poison.

When performed on Mondays, Rudrabhishekam is even more potent because Monday is the day of the moon, and the moon and mind are connected. Mantra, mind and the moon are all connected. Though the **moon** only reflects the light of the sun, its energy affects the **mind**. Chanting **mantra** nullifies almost 99% of the negative impact of the planets. For this reason, in India it is a tradition to have this chanting in the Ashrams every Monday.

Abhishekam is a Sanskrit word meaning “sprinkling” or “wetting,” and refers to the Hindu ritual of pouring water or other sacred substances on a statue of a deity, whilst chanting mantras. The ritual of Abhishekam is similar to a puja, another Sanskrit word that means ‘worship’. Other examples are Yagya or Arati, both devotional activities comprised of enacted prayer and a religious rite. All of the dharmic faiths, such as Hinduism, Buddhism and Jainism, practice such rituals.

Our Vision:

Live Simple
Live Well
Live Healthy
Live Happy

The main purpose of chanting is to create positive vibration. The performance of Rudrabhishekam creates positive vibrations and removes negative ones.

Rudrabhishekam Chanting: Part 1-

There are two parts to Rudrabhishekam. In the first part, 'Namo, Namo, Namo, Namo' is chanted continuously.

Mana means mind; the word 'mind' in English comes from the Sanskrit word mana. Nama is the reverse of the mind. When the **mind returns to its 'source' (Purusha) it is called Nama**. When the mind goes outside to experience the world, it is called *Mana*.

Rudrabhishekam Chanting: Part 2

In the second part 'Chame, chame, chame, chame' is chanted repeatedly. This means, 'Everything is in me'. Everything is yours, I am yours. I am offering myself to you, I surrender to you.

As this is being chanted, milk, water, turmeric, curd, honey, coconut water etc are poured drop by drop on the idol. These actions comprise the ancient ritual of Rudrabhishekam.

Reference-<https://www.artofliving.org/rudrabhishekam-ancient-sounds>

Dhanwantari Jayanti celebration on October 17th



Lord Dhanwantari is worshipped as the God of Medicine and revered by the practitioners of Ayurveda and indeed by traditional medicine healers the world over. It is believed that worshipping the Lord on Dhanwantari Jayanti (Jayanti means the anniversary of a special event in this context) brings blessings of good health. It is written in the scriptures that, "One who remembers the name of Dhanwantari would be released from all diseases".

Dhanwantari Jayanti was celebrated on Oct 17th at Vaidyagrama. Shri Praveen Nambudiri performed the Dhanwantari homam, and the staff of Vaidyagrama performed Vilakku Puja (the Puja of the lamps).

Dhanwantari Jayanti is the birthday of Lord Dhanwantari. The day is also known as Dhanwantari Triodasi. 'Dhanu' imbedded in the word Dhanwantari symbolizes sorrows, and Dhanwantari means destroyer of sorrows. Those of us who worship Dhanwantari, the God of Ayurveda, do so with devotion on this auspicious occasion.

About Lord Dhanwantari-The name Dhanwantari first appears in the ancient Hindu shastras as the twelfth avatar of Vishnu during the Samudra Manthan – churning of the ocean. Of the fourteen gems that sprung forth, one was Bhagwan Dhanwantari, who emerged with an urn of amrut the divine nectar of immortality. He is also known as the original, Adi Dhanwantari, the celebrated physician of devas. The second, down to earth Dhanwantari, was Kashiraj Divodas Dhanwantari, the King of Kashi. He was the first surgeon of Ayurveda. His teachings and surgical techniques were compiled by his foremost pupil, Sushrut, in the Sushrut Samhita. or compendium.

Article courtesy- Dr Ram Mani Bhandari & www.mysteryofindia.com

Trikala Puja



Trikala Puja on New year day (1st January 2018) This puja is performed to alleviate all disturbances and difficulty in the family and bring prosperity and harmony. The puja is performed in three Kala, or three different times during the day, morning, noon and at night.

Prior to Trikala puja, before sunrise, the Ganapati Homam is performed. Lord Ganesha, the Supreme being who removes all obstacles from life, is the first one that the devotees honour among all Gods in most worship rituals and services.

This is followed by Usha Puja, or morning puja, at 7.30 am. In Usha Puja, Devi is represented by the larger lamp, Vishnu and Shiva by a smaller one. Next is Ucha Puja (or the afternoon puja) at around 11.30 pm. The final puja, Athazha puja or evening puja, is performed at dusk when Lalitha Sahasranamam is chanted.

The Trikala puja performed at Vaidyagrama on January 1, 2018 by Shri Govindan Namoodiri and Shri Sankaran Namboodiri, were attended by all the patients and staff.

Project Annam, Community Lunch and free Ayurveda Medical Camp



At Punarnava, we consider the Community Lunch to be a platform for continuing interaction between villagers, volunteers of Punarnava Ayurveda Trust and any dignitaries who may attend the event as our honoured guest. This month, the villagers' woes were in painful evidence. New rules regarding ration cards (Government issued card to its citizens who are below poverty line, and using which they can avail Rice, wheat, sugar, lentils, oil etc at subsidized rates) are causing much heart break among the most vulnerable.

Under new rules, Smart Cards have now been issued by the Government in lieu of the old card, and this has created a lot of confusion for the elder folks in the village, nearly all of whom are illiterate. They also face problems related to the old age pension, lack of employment opportunities due to shortage of rain etc. The Annam meal programme helps these villagers to literally sustain themselves in the face of these added hardships. The Trust volunteers have vowed to help the villagers by advocating for them as they attempt to resolve their problems.

Balagrama Boys: A Positive Force!



The boys of Balagrama are a force to reckon with! This year for Christmas, the children got to work and made the Christmas Star themselves. They then surprised us with their Vedic chanting, and Yoga! They also are improving in their studies and are getting better and better marks! We are all so proud of 'our Balagrama boys!'

The community lunch is now being managed primarily by these children, who help by erecting the makeshift venue, transporting food and medical camp, serving, cleaning and generally being a positive force in the process! They are led by Dr Sam, Sooraj Roshan, Aruna, Shakti Ganesh and Neelakantan.

AuEra Living -

A retreat among the beautiful landscape of natural beauty and Ayurvedic living



The third house under AuEra living is now ready for occupancy and the construction of the fourth abode has already commenced. AuEra Living presents a unique opportunity to live in a community, serving and being served in return in times of need. A sustainable community is in the making at Vaidyagrama, comprised of the 30-staff residing at Agraharam, the 12 children and 6 staff at Balagrama, 30 cows at Lakshmigram, 150 staff at Vaidyagrama, and over 50 patients at the healing village. We also have over 12,000 villagers living in the surrounding villages, not to mention rare flora and fauna. In all, each of these components provides an opportunity to live in the unparalleled beauty of landscapes and to, above all, LIVE SIMPLE: LIVE WELL: LIVE HEALTHY; LIVE HAPPY, every day of your life. We invite everyone to visit the AuEra Living homes

Natural Farming – In-house



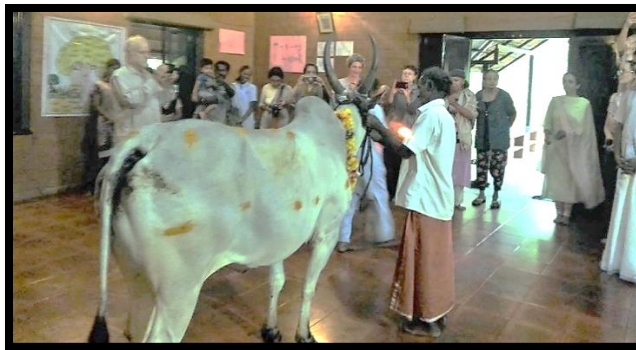
Punarnava is proud to report that almost all the vegetables needed for the hospital are being grown in the Trust Gardens. There are certain vegetables like carrot, beetroot and onion which are seasonal and require a particular climate to grow. With these exceptions, all the gourd varieties of vegetables, okra, egg plant (grown for staff consumption as eggplant is not a patient food) all the beans and all varieties of spinach are grown inhouse.

First year BSC Student Provides Village Tuition



Sandhiya is a first year BSC Maths student at Nehru college of Arts and Science. She is supported by the well-wishers of the Trust, who are sponsoring her education. In return, she supports the Trust by conducting the Study Centre at the village every weekday from 5 to 6 p.m. We have 15 children in the program, and they are all benefitting from her expert teaching!

Cow Puja



Our Kangayam cows are a sight to behold. Their majestic horns and very prominent hump gives this species of cow a truly regal appearance. Every Friday, the cows are bathed and brought to the Mandapam Hall for a puja, which is witnessed by all the patients. As well as the natural beauty of the animals, the patients are attracted to the mouth-watering Prasad, which is Sweet Pongal, lovingly prepared by our Staff working in the garden. They are an especially enthusiastic lot, tending to the plants, and taking part in all the community activities.

Narayaneeyam recital



Narayaneeyam was composed by Shri Narayana Bhattathiri in the 14th century at the Guruvayur temple. The Guruvayur temple is dedicated to the Hindu God Guruvayurappan (a four-armed affiliation of the Vishnu), located in the town of Guruvayur, in Kerala. Shri Narayana Bhattathiri was born in the year 1560 and Narayaneeyam was composed in the year 1587 when he was 17 years old! Bhattathiri had finished studying the Vedas by the time he was 16 years old, when his Sanskrit grammar Guru, Shri Achutha Pisharody, developed Rheumatism. Shri Narayana Bhattathiri, by the power of his bhakti, cured his Guru, though he himself got the disease. Lying down in front of the deity of Guruvayur, Bhattathiri composed the 1034 verses of Narayaneeyam, a summary of Bhagavatam. As he finished composing the Narayaneeyam, he himself was cured. Shri Madhavacharya, who built the Udupi Krishna Temple situated in the city of Udupi in Karnataka State, India, was another Guru of Shri Narayana Bhattathiri.

Lord Ganesha Consecrated at Vaidyagrama



On New Year's Day 2018, an idol of Ganesh was consecrated at Acharya Nivas, an annexe building close to the Go-shala. Swami Gurupriyananda ji led the prayers for the consecration. Ganesha is widely revered as the remover of obstacles and is the god of beginnings. He is therefore honoured at the start of all important rites and ceremonies

Cookery Corner

Rava (Semolina) Idly and Coconut Chutney



Ingredients for Rava Idli

1. Semolina (Rava) - 1 cup
2. Buttermilk - 2 cups+ additionally 1 cup to use if necessary
3. Salt to taste
4. Coriander leaves- ¼ cup
5. Mustard seeds- one teaspoon
6. Asafoetida - one pinch
7. Coconut Oil - 2 tablespoon
8. Ginger- one inch piece finely chopped
9. Carrot cut into small pieces - ½ cup
10. Beans cut into small pieces - ½ cup
11. Onion- optional- cut into small pieces ¼ cup
12. Ghee - 1 tablespoon



Method of preparation

For Rava Idli Batter

In one saucepan, add one tablespoon ghee and slightly heat (roast) the semolina for 5 mins. Remove from fire and keep it to cool. In the same saucepan, add 2 tablespoon oil and when heated add mustard seeds. When the seeds splutter, add asafoetida and ginger and stir for 2 minutes. Add onion (optional) sauté for 1 minute, add the cut vegetables, and sauté for a further 5 mins. Add salt and sauté for 1 min more and remove from fire. Add the finely chopped coriander leaves and leave the mixture to cool.

In the saucepan, take the roasted semolina, add the vegetable mixture and mix well. Now add 2 cups buttermilk and salt and mix well. Keep the mixture for 30 minutes to rest. After a time, the semolina will get fully soaked in the buttermilk. If the mixture gets solidified, add more buttermilk to get the consistency of idli batter.

Take the idli stand, remove the mould, add water below and put it on the gas for heating. Grease it and pour one ladle full mixture in each idli mould. Place the mould on the stand and close the lid. Let the idly cook for 15 mins. After 15 minutes, remove from fire. Open the lid and let it cool a bit, so that the rava idli can be easily removed from the mould. Serve hot with coconut chutney.

For Chutney

Ingredients for chutney

1. Grated coconut - 1 cup
2. Mustard seed - 1 teaspoon
3. Coconut Oil - 1 tablespoon
4. Curry leaves - 5 numbers broken into pieces
5. Ginger - ½ inch piece cut finely
6. Salt to taste

In a blender, add the grated coconut, ginger and salt and grind it to a fine paste. Keep a small saucepan on the gas, add coconut oil, and when heated, add mustard seeds and curry leaves. When the mustard seeds splutter, add the ground coconut mixture and mix well. Serve with Rava Idli.

How you can support us

If you feel you want to be a part of this vision, and would like to contribute to its realisation, here are some ways you can help: -

- **The Daily Annaam**-meals to poor project, Rs 2500/- (USD 50/- or Euro 40/-)
- **Community Natural Farming** by donating USD 100/- providing livelihood for families
- Monthly free **Medical Camp** (and feed an entire village) USD 300/- (Feeding USD 200/- + Cost of medicines USD 100/-)
- Eye Camp for 150 elderlies - Rs 26000/- (USD 450/-) half yearly.
- Sponsor a child in Balagrama- Rs 3000/- per month (USD 600/- per year)
- Feed one cow for one month- Rs 2000/- (USD 40/-)
- You can **Donate Your Skills**: graphic designers, content writers, publishers, educators, engaging social media, and publicity are all needed.
- **Spread the Message** to your 10 Best Friends:
- www.punarnavacommunity.org, **Vaidyagrama community group** on Facebook

How to donate (at www.punarnavacommunity.org)

For Indian Donors: -

Our Bank details are

Indian Overseas Bank, Nanjundapuram branch, Coimbatore

Account number 174602000005107 of Punarnava Ayurveda Trust.

IFSC code- IOBA0001746

SWIFT-IOBAINBB020

For International Donors: -

Citi Bank, Tristar Towers, Avinashi Road, Coimbatore India

Account number-0100768429 Punarnava Ayurveda Trust

IFSC code-CITI0000011

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Please state the purpose of donation while donating via banks.

USA Bank details:

Name: TD Bank

web: www.TD.com

Address: 235 Alewife Brook Parkway, Cambridge, MA. USA

A/c Name: **Punarnava Healing Community, Inc**

Routing No: [211370545](http://www.fedwire.com)

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Punarnava Ayurveda Trust is registered under Section 11 (1) of the Foreign Contribution Regulation Act (FCRA), 2010, and hence is eligible to receive International donations for the said purpose.

Donations to Punarnava Ayurveda Trust by Indian donors are eligible for tax exemption under Section 81 G of the Income Tax act.

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