

Nandalala Mission

(A non-profit organization promoting the interests of children world-wide)
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Speech given by Pujyasri Mathioli Saraswathy
On the occasion of Durga Lakshmi Saraswathy Puja
Held October 24th, 2010 at Sunnyvale Hindu Temple, Sunnyvale, California.

Pujyasri Mathioli Saraswathy addressed the devotees after the puja for Sri Durga Lakshmi Saraswathy. SHE thanked Priest Ganesan and Priest Chidambaram for conducting the puja. In spite of the persistent cough which prevented Pujyasri AKKA from speaking comfortably, SHE spoke for about 20 mins, referring to the cough as creating a “shruthi” in her tone, and making a positive comment out of an interrupting cough!

Pujyasri AKKA expressed sensitivity to difficult times faced by some people in this day and age, such as not being successful in jobs, not performing well in school, not having a steady state of mind to stick to one thing and build a stable life. Unfortunately, there is no limit for desire and wants and needs in this materialistic world.

Pujyasri AKKA advised those who do not have a “Saaligramam” (Mukthi Narayana Kuzhi – a symbol of Lord Narayana), to get a small one and keep this stone at their homes. This holy stone is naturally washed by the rivers and has indentations like Naamam automatically created by the rolling movement of the river. This is an auspicious stone which brings good “Aura” or vibration at homes. After a brief introduction to Saaligramam, Pujyasri AKKA covered the following topics to explain ways of developing strength and confidence to bear and resolve problems in life and to lead a happy and peaceful life.

1. Idicha Puli (Pounded / Compacted Tamarind): Pujyasri AKKA beautifully explained the significance of this tamarind, also known as “Ural Puli” in tamil. During the process of making this type of tamarind, it undergoes a series of steps. It is not an easy task. This involves constant pounding of dried tamarind with a household device called a “ulakkai” in tamil (it is about 5 feet long wooden log and can be compared to a pestle). The tamarind is kept in a “ural” (a bigger version of a mortar) and the rhythmic pounding brings out the unwanted seeds and homogenizes the core. During the pounding process, one takes a rhythmic “in” and “out” breath like Pranayama. This provides the perseverance and energy to complete the process to yield the end product, a compacted piece of tamarind, which is very hard, and can withstand any type of weather or storage conditions. Similarly, one has to put in their best efforts in life, taking periodic breath (Pranayama) to develop strength and conviction to face good and bad in life. The siddhas refer to this state of mind as “Idicha Puli Nilai” (in tamil).
2. Pujyasri AKKA briefly touched upon the process of grinding black pepper to yield pepper powder with fresh aroma. We put the pepper seeds through pounding or grinding to enjoy the tasty food. Similarly, good things result from putting efforts on the fundamental stuff. This is another subtle message on the fruits of one’s labor.
3. In conclusion, Pujyasri AKKA offered some valuable tips about Turmeric (Varali Manjal, the thin long form, which is different from the round form of turmeric roots). Turmeric has many advantages or benefits if processed from a fresh rhizome or root. Generally, the turmeric is dried, ground and mixed well until it is in the form of fine powder. Freshly ground turmeric, especially the Varali type, has strong aroma. Dissolve the turmeric in water and do abhishekam on Saaligramam, Shiva Linga or other vigrahas in the prayer room. The abhishekam water is good to drink, as well as to feed to plants. One gets the benefit of breathing the fresh air generated by plants which are fed turmeric water. It is the belief in oneself to develop happiness and inner peace from these simple actions.
4. Drive away “NO” from your mind.
5. Go through pounding, grinding, mixing, homogenizing to develop a consistent or steady frame of mind, to balance the positives and negatives in life.
6. Practice breathing exercises like Pranayama to control your breath. This in turn controls actions.
7. Develop a pure soul to be happy, peaceful and free from anger.

Pujyasri Mathioli Saraswathy concluded by saying, “You can build a castle of peace and happiness in you put your mind and heart together! My Blessings to all of you!

- Translation by Smt. Shyamala Subramaniam, California.

