



PERMACULTURE NEWSLETTER NAVRATRI EDITION

An Initiative by Art of Living Permaculture

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Sharad Navratri-Its connection to Agriculture and to Spirituality

BY BINAY KUMAR SINGH

Navratri' means 'nine nights.' 'Nava' means 'nine,' and 'Ratri' means 'night.' During the night or in Dark, one experiences deep rest and rejuvenation. Life also gets unfolded in the darkness. A seed will sprout in the dark only.

During Navratri, we celebrate 9 different forms of Devi, Who is often associated with nature and fertility.

In the Eastern part of our country, during Navratri, a devi statue is formed, by constructing different body parts (Ang) day by day. On Ashtami (the 8th day), this statue is given a Jihba (Tongue), and it is the time of awakening.

In the southern part of India, this day is celebrated with Chandi Homa. On the 9th day, the farmers worship their tools, cattle with the rice powder which is supposed to be activated after chants (Mantra Sanan).

In Gujarat, the Garbha (meaning womb) dance is traditionally performed around a clay lantern, which is seen as representing life and fertility.

Another form of Devi is Bhoo-devi, the Mother Goddess of Earth who is revered as the source of all food.

These 9 days, Barley (Jau) grains are sown in a mud pot along with the Kalash and are nurtured, which in ayurveda is said to have purifying properties.

As this is the time of the year when monsoon season ends, so Navratri is that Yagna which is performed to pray to get ready for the agrarian activities of the coming season.

The Significance of Navratri:

“ ‘Ratri’ word means that which gives you deep rest. Deep rest or relief from three things or three tapas. ‘Tapas’ means three types of fire, three botheration, the physical, the subtle and the causal. The three type of botheration are aadi, bhautik, the worldly botheration. All these three botherations are relieved by a deep rest. So it is a time of prayer and rejuvenation. You know, a child is born in nine months. It takes nine month for a child to get formed and be born. So these nine days are like coming out of mother’s womb once again, having a new birth.”

-GURUDEV SRI SRI RAVI SHANKAR

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Everything one receives in life is a gift from the Divine, and should therefore be honored. When humanity falls into a bad habit of greedily taking more than that is needed, without bothering to show appreciation to the source providing such gifts, the world tends to fall out of balance.

As generation by generation, we have celebrated these festivals/rituals with honor and love, our children also need to understand this deep connection of our festivals/rituals with nature, with our food and with our Mind & Body. Hence it is imperative for us to celebrate it with reverence, full enthusiasm and decode it in right way for the coming generation.



Dance, Pray, Fast, Meditate & Rejuvenate

EDITOR'S NOTE

Navratri, these 10 days and 9 nights hold the power to heal your body and mind, if one looks within. As believed, this time of the year, when there is change of seasons, immunities are low, hence the fasting is done.

According to Ayurveda, fasting rekindles the digestive fire. An increase in the digestive fire burns the toxins in the body and it loses dullness and lethargy. All the cells of the body feel rejuvenated and it makes easier for us to go within and meditate.

“Why fasting is combined with prayer all over the world and in all religions, is because when you are fasting, you are detoxified, and your prayer becomes authentic and deep.”

- Gurudev Sri Sri Ravi Shankar

“Sivah saktya yukto
yadi bhavati saktah
prabhavitum.
na ched evam devo
na khalu kuslah
spanditum api”

United with Shakti, Siva is endowed with the power to create the universe. Otherwise He is incapable even of movement.

BY ADI SHANKRACHARYA



Permaculture Retreat Programme

HIGHLIGHTS

In Sep 2023, Permaculture Retreat programme was conducted at our beautiful Art of living Permaculture Farm at Art of Living International Center, Bengaluru. Some of the participants from this batch have bonded well and they are now looking out to purchase a piece of land in group, to practice permaculture collaboratively.



Upcoming Programmes

ONLINE & OFFLINE

1. New Year Special Permaculture Retreat Programme:- 9 days Residential Programme

Dates: 23rd- 31st Dec, 2023

Venue: Art of living Permaculture Farm located in Art of living International Center, Bengaluru.

Registration Link: <http://aolic.org/pr23dec23>

2. Home Grown Home Cooked: Online Permaculture Programme for Beginners

Dates: Nov HGHC - 4th, 5th & 10th November, 2023

Dec HGHC - 2nd, 3rd & 9th December, 2023

Jan HGHC - 6th, 7th & 13th January, 2024

3. Guest Lecture series and Success Story webinars are conducted online every month.

Activities Last Quarter

- Permaculture Retreat (An advance 9-days Residential Permaculture Programme)
- Monthly Online Permaculture for beginners (home grown home cooked)
- Guest Lectures by Experts
 - Dr. Pankaj Gupta (Ramanujan Fellow)
 - Ashish Singhal (Gaushala owner)
- Success Stories by our Permafalks:
 - Naveen TG (cyber security professional)
 - Madhu K. N. (Engineer and Permaculturist)





Indigenous Recipe Section

Hibiscus Tea

BY NISHA AGARWALA

- 1 cup water
- 4 Desi red hibiscus flowers(Remove its Stamen)
- 2 leafs of peppermint

Boil the water in a container. Once the water comes to boil switch off the burner. Add the hibiscus flowers(with removed stamen) and peppermint leaves. Cover the container and let it brew for 2 mins. Strain the tea into a transparent cup. Your delicious antioxidant tea is ready.

- * For a little magic add a few drops of lemon and see the colour change from red to violet.
- ** If you want to experiment more add an inch of ginger while boiling. Find a taste that suits your taste bud.
- *** Hibiscus flower in itself is flavourless. Peppermint, ginger, lemon etc adds taste to it along with all the goodness of the flower.



Hibiscus is used for treating loss of appetite, colds, heart and nerve diseases, upper respiratory tract pain and swelling (inflammation), fluid retention, stomach irritation, and disorders of circulation; for dissolving phlegm; as a gentle laxative; and as a diuretic to increase urine output. It prevents cancer. Helps in weight loss. Good for liver health.

Permaforks Corner

FLOWERS AND HERBS CAN BE BREWED TO MAKE DELICIOUS FLAVORED TEAS.

I LOVE THIS GORGEOUS PINK COLOR OF HIBISCUS TEA.

LEMON JUICE ADDS FLAVOUR BUT CHANGES COLOUR.

PEPPERMINT ALSO ADDS A ZING TO IT.



JUGAAD TECHNOLOGY

DIY REFRIGERATOR

MADE BY OUR PERMAFOLKS NAVEEN TG & MADHU KN IN THEIR HOMES

One do not need a refrigerator to keep your food fresh. Just gather some bricks, clay pots, soil/sand, water and you have got this non-electric, sustainable, carbon negative, DIY fridge, which can keep your vegetables & fruits cooler and fresh for a week atleast. Our Permafolks are using this amazing Jugaad to preserve their food in its high prana as it should be.



Another similar way is a Pot-in-Pot or Zeer Pot, which is quite popular and have been used since ages in some african countries like Sudan etc.

Food preservation is an important issue in the case of harsh climate. For farmers, when they have a good harvest, it is vital for them to save it in market saleable conditions. Hence this inexpensive Refrigerator is a good way to preserve the fresh produce.

The material which is needed here, is 2 clay pots, sand to keep in between both the pots, water to wet the sand and a wet cloth.

"A coolest way to keep your food fresh that too without a refrigerator"

DIY REFRIGERATOR/ZEER POT





Do You Know?

Our 7 acre Permaculture Farm at Art of Living International Center is the most visited permaculture farm: A perfect journey from waste to wealth ([Video Link](#)).

We not only produce around 7.3 tons of harvest year on year but also consume 1.5 truckloads of waste every day since our inception in 2013 onwards till today.

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<https://bangaloreashram.org/permaculture/>

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