

# KALARIYIL DHARMIKAM ASHRAM



## Happy Onam!



*Onam Harvest*



**He, the God of gods, seeks those who seek Him.**

**Adhyatma Ramayana- Kishkindha Kandam Ch. 3 Verse 17**

### Calendar Events - September

- 1 1st Onam (Harvest Festival of Kerala)  
Guru Pooja
- 2 Thiru Onam
- 4 Kalariyil Dharmikam Ashram Anniversary  
Pournami - Full Moon
- 11 Sri Krishna Jayanthi (birthday)
- 16 Ayilyam - Naga Temple Pooja
- 17 Ganapathi Homa- 1st Kanni
- 18 Amavasi (also called Black Moon or New Moon)
- 19 Navratri Begins (Nine Nights of Durga)
- 27 Maha Navami (Ninth Day of Durga festival)  
Ayudha Pooja (weapons Pooja)
- 28 Vijaya Dashami (tenth day)  
Vidyarambham (Saraswati Pooja-for starting studies)
- 29 Ekadasi-Namajapam for World Peace

**“Knowledge is made of four quarters. One quarter you get from your teacher, the one quarter you develop yourself, the third quarter you get by exchanging it with people who are doing the same thing, the fourth quarter comes to you by experience. Even to the last breath we are experiencing something.”**

**Sat Guru Hanuman Das- (NY Satsang)**

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## Onam Pookalam

The origin of Onam is a story connected with a mythical king known as Mahabali. The people of Kerala believe that thousands of years before, a king named Mahabali ruled Kerala. When Mahabali was ruling Kerala there was no poverty, famine and people never used to lie. Since his rule was so good, his name spread all over the earth and heaven. Due to this, the king of heaven Lord Indra got upset and thought that if Mahabali's name spreads like this, soon he will lose heaven to him. So he prayed to Lord Vishnu for help to protect heaven from Mahabali (who is a demon King). Accordingly Lord Vishnu visited King Mahabali in the form of a small Brahmin boy who pushed him down to a place called Pathalam (the world under the earth as per Hindu mythology) with his leg. Just before pushing him down, Lord Vishnu blessed him and permitted him to visit Kerala once in a year as long as the world exists. Kerala people celebrate this day as Onam.

In Malayalam, pookalam means fresh flower drawing or artwork. Pookalam is one of the main attractions of Onam. Kilos and kilos of flowers, a lot of dedication, creativity, technique, and team effort are the basic essentials of an eye catching pookalam. Idols of Mahabali and Vishnu are placed in the center of the pookalam and worshiped. There will be a pookalam laid in front of each house of Kerala on Onam day. It is considered auspicious to prepare a pookalam.

### Onam Pookalam



### Flower Carpet

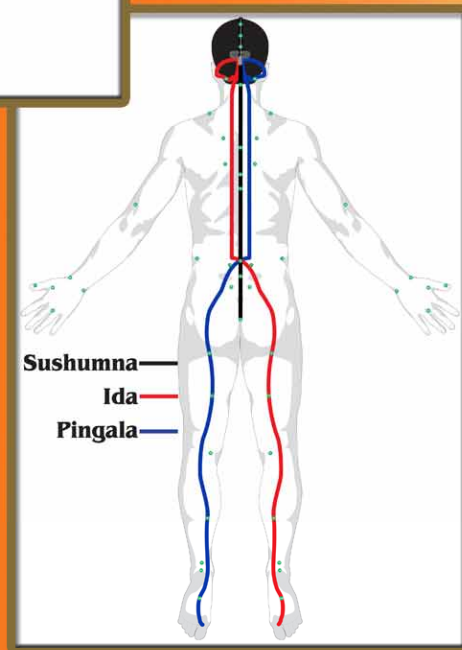
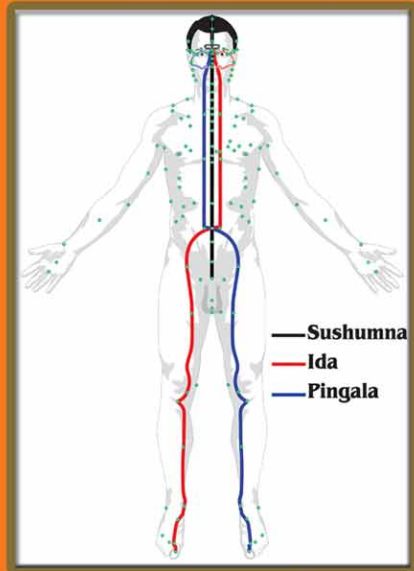


Ritual in Kerala during a ten day long Onam celebrations.





## *Nadis and Marma*



It is explained in Marma Shastra that there are 72,000 nerves in the human body. After much scrutiny it comes down to three Nadis, Ida, Pingala, and Sushumna. Marma Shastra believes that there are many pressure points in the Nadis. An external force may create an injury to these pressure points which results in nullifying the effect of the vital force in turn resulting in an imbalance of the Tridoshas. The water produced by the body as a buffer stage during the injury stays and becomes an inflammatory block. Such blocks obstruct the circulation and causes pain.

Through marma therapy these inflammatory blocks can be dissolved and balance restored by applying massage (with medicinal oils), kizhi (medicinal hot bag), potion and nostrum (internal natural medicines) and revive the injured vital point.





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DHARMIKAM

