

The Uncultured Mag

The Uncultured Company

Have A Talk With God

There are people who have let the problems of today lead them to conclude that for them life is not the way. But every problem has an answer and if yours you cannot find. You should talk it over to Him. He'll give you peace of mind. When you feel your life's too hard. Just go have a talk with God. Many of us feel we walk alone without a friend. Never communicating with the One who lives within. Forgetting all about the One who never ever lets you down. And you can talk to him anytime. He's always around. When you feel your life's too hard. Just go have a talk with God. Well He's the only free psychiatrist that's known throughout the world. For solving the problems of all men, women, little boys and girls. When you feel your life's too hard. Just go have a talk with God.

When you feel your life's too hard. Just go have a talk with God. When your load's too much to bear. Just go talk to God. He cares. I know he does. When you feel your life's too hard. Just go have a talk with God. thank-you. thank-you very much.

Composer :

Stevie Wonder

Songs In The Key Of Life

April 2005

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An Uncultured Welcome

Welcome to the second issue of The Uncultured Magazine. Thank you very much for all your SMS messages, emails, phone calls etc supporting me on this. I truly am very grateful.

Well to start this new issue, I was looking for something extremely beautiful that would open the Magazine, and I do think I have found it in the lyrics of a song by one of the greatest com-

posers of our times—Stevie Wonder. *Have A Talk With GOD*, says it so simply and beautifully, how much we should connect with the Almighty. This second edition is just about that—connection. With the almighty, with ourselves and with mother nature. Oh imagine... what a wonderful world then.

I am grateful to every one who have contrib-

uted to this issue. To me, they are the 'real' connectors, making time to give while not questioning the reach of this vessel. As always I am looking for more people to be a part of this.

Reach out, touch & feel, and then see another beautiful colour of life.

Smiles & prayers

Tagore

Think About It

- Service to others is the rent you pay for your room here on earth.
- Before you can be creative, you must be courageous. Creativity is the destination, but courage is the journey
- Only passions, great passions, can elevate the soul to great things

The Awakening

There comes a time in your life when you finally get it... When in the midst of all your fears and insanity you stop dead in your tracks and somewhere the voice inside your head cries out-ENOUGH! Enough fighting and crying or struggling to hold on. And, like a child quieting down after a blind tantrum, your sobs begin to subside, you shudder once or twice, you blink back your tears and through a mantle of wet lashes you begin to look at the world from a new perspective. This is your awakening.

You realize that it is time to stop hoping and waiting for something, or someone, to change or for happiness, safety and security to come galloping over the next horizon. You come to terms with the fact that there aren't always fairytale endings (or beginnings for that matter) and that any guarantee of "happily ever after" must begin with you. Then a sense of serenity is born of acceptance.

So you begin making your way through the "reality of today" rather than holding out for the "promise of tomorrow." You realize that much of who you are, and the way you navigate through life is, in great part, a result of all the social conditioning you've received over the course of a lifetime. And you begin to sift through all the nonsense you were taught about:

- how you should look and how much you should weigh
- what you should wear and where you should shop
- where you should live or what type of car you should drive
- who you should sleep with and how you should behave
- who you should marry and why you should stay

- the importance of having children or what you owe your family

Slowly you begin to open up to new worlds and different points of view. And you begin reassessing and redefining who you are and what you really believe in. And you begin to discard the doctrines you have outgrown, or should never have practiced to begin with.

You accept the fact that you are not perfect and that not everyone will love, appreciate or approve of who or what you are... and that's OK... they are entitled to their own views and opinions. And, you come to terms with the fact that you will never be a size 5 or a "perfect 10" Or a perfect human being for that matter. So you stop trying to compete with the image inside your head or agonizing over how you compare. And you take a long look at yourself in the mirror and you make a promise to give yourself the same unconditional love and support you give so freely to others. Then a sense of confidence is born of self-approval.

And, you stop maneuvering through life merely as a "consumer" hungry for your next fix, a new dress, another pair of shoes or looks of approval and admiration from family, friends or even strangers who pass by. Then you discover that "it is truly in giving that we receive and that the joy and abundance you seek grows out of the giving. And you recognize the importance of "creating" & "contributing" rather than "obtaining" & "accumulating."

And you give thanks for the simple things you've been blessed with; things that millions of people upon the face of the earth can only dream about a full refrigerator, clean running water, a soft

"You learn how to say I was wrong and to forgive people for their own human frailties"

warm bed and the freedom to pursue your own dreams.

And then you begin to love and to care for yourself. You stop engaging in self-destructive behaviors including participating in dysfunctional relationships. You begin eating a balanced diet, drinking more water and exercising. And because you've learned that fatigue drains the spirit and creates doubt and fear, you give yourself permission to rest. And just as food is fuel for the body, laughter is fuel for the spirit and so you make it a point to create time for play.

Then you learn about love and relationships, how to love, how much to give in love, when to stop giving and when to walk away. And you allow only the hands of a lover who truly loves and respects you to glorify you with his touch. You learn that people don't always say what they mean or mean what they say, intentionally or unintentionally and that not everyone will always come through and interestingly enough, it's not always about you. So, you stop lashing out and pointing fingers or looking to place blame for the things that were done to you or weren't done for you. And you learn to keep your Ego in check and to acknowledge and redirect the destructive emotions it spawns; anger, jealousy and resentment.

You learn how to say I was wrong and to forgive people for their own human frailties. You learn to build bridges instead of walls and about the healing power of love as it is expressed through a kind word, a warm smile or a friendly gesture. And, at the same time, you eliminate any relationships that are hurtful or fail to uplift and edify you.

(Continued on page 7)

The Self and the Knower

If there is a Knower and a Self to be Known - who is the Self - Who is the Knower and through what filters of perception or preconceived ideas and beliefs would the observer observe the observed?

Beyond the Veils. Any belief or idea - no matter where it comes from, if it is held on to, is a limitation.

A belief or idea - is something generated from some past pattern of observation, measured against other preconceived judgments which have been learned and then imprinted into the cells of the mind as filters of infinite possibilities.

Any belief or idea - is a deception of individualization, of ego. Even the concept of Self is ego seeking identity in separation. Apart from the Ego, there is NO Self.

The Knower is an Imprinted Sub-personality which obeys the rules of a game defined by some third personality. Even that expression can only be found in the language of a proxy—the language of preconceived beliefs and definitions.

Who is the Knower that would know this Cell-f from within Self? Who had the thought - and who's idea are you thinking at this moment? Now - the thought has you .. so where is your Cell-f .. When the mind enters the Silence the consciousness of the Innocent is accessed and then made real.

Beyond the language of Belief and any preconceived ideas of who you are. The need to Know the Self is merely an attempt at the self-justification of an archetype .. a defense against the self judgment of some previously held cell-f limiting program from the past.

Being and Unity is the return to the undifferentiated consciousness of the Stem Cell - the Onecell-f which is the source of Thy Cell-f before anyone had any ideas as to who you should become.

Remember?

Now with the remembering, what is your possibility ..?

and what are the limitations to your achieving this possibility. It is only from within the silence of the mind that the voices of limitation from the past can be heard .. and whilst there is a single voice which needs to be heard above the silence, this is the voice of your limitation

Enlightenment is a cyclic thing - just like the Moon and the Sun,

No matter what you think you know - or have achieved ..

You will have never arrived anywhere.

Ethics is an asset not a liability:

Wipro chief

Scandals and lack of corporate governance don't encourage public and the retail segment in taking active interest in the capital markets. But if companies are more transparent, keep a consistent track record and there is less volatility then they can get back the confidence in the retail markets. FIIs are determining movement of the Indian capital market.

"I think it is not an exciting trend but it is a global trend and you cannot reverse it," said Azim Premji, chairman, Wipro Corporation, while responding to a question on the role of FIIs in the country. Mr Premji was interacting with the CEO Forum of the Mahratta Chamber of Commerce, Industries and Agriculture in Pune. Speaking about making ethics a cornerstone at Wipro, Mr Premji said, "Ethics was an asset not a liability. It may increase transaction time but it reduces transaction cost. Lack of ethics is expensive," Mr Premji pointed out. He was of the firm belief that it was possible to break a corrupt system with honesty.

He warned of competition from China not only in manufacturing but also services. "Don't underestimate China. They are in a major drive to upgrade and compete with India in services. People don't realise how forward China's thinking is. Everything they do they are think 10 years ahead and go single-mindedly to achieve it," Mr Premji added.

On emerging opportunity for India, Mr Premji said that the demographic shift is taking place in the developed world. Older people outnumbering the young people is an opportunity for India. "When the West is aging India will be young and the world will depend on India to keep the global engine running," Mr Premji added

Ideas for Creating a More Peaceful World

Creating world peace takes many forms, but surely it begins with individuals. Here are some ideas for creating a more peaceful world. Everyone can play a part in creating peace. It continues to be the most significant challenge of humankind and requires the efforts of each of us.

1. Be generous with your smiles.
2. Commit daily acts of kindness.
3. Respect the Earth.
4. Walk in a forest.
5. Plant a tree.
6. Contemplate a mountain.
7. Don't pollute.
8. Live simply.
9. Skip a meal each week, and send \$5.00 to an organization helping the hungry.
10. Erase a border in your mind.
11. Teach peace to children.
12. Be honest.
13. Think about consequences.
14. Commit yourself to nonviolence
15. . Support nonviolent solutions to global problems.
16. Speak up for a healthy planet.
17. Be fair.
18. Think for yourself.
19. Ask questions.
20. Recognize your unique potential. Join an organization working for peace.
21. Be less materialistic.
22. Be more loving.
23. Use your special talents for a more harmonious world.
24. Help the poor.
25. Study the lives of peace heroes.
26. Help create a community peace park or garden.
27. Make decisions as though all life truly matters. It does!
28. Laugh more.
29. Play with a child.
30. Support health, education and the arts over more weapons.
31. Help educate the next generation to be compassionate and responsible.
32. Accept personal responsibility for creating a better world.
33. Sing.
34. Write a poem.
35. Learn about another culture.
36. Help someone.
37. Climb a mountain.
38. Clear your mind.
39. Breathe deeply.
40. Pray often
41. Fight for the environment.
42. Celebrate Earth Day.
43. Think like an astronaut, recognizing that we have only one Earth.
44. Be constructive.
45. Ring a bell for peace.
46. Plant seeds of peace.
47. Work in a garden.
48. Change a potential enemy into a friend.
49. Watch inspiring movies.
50. Share.
51. Understand other people
52. Be more peaceful.
53. Send a note of appreciation.
54. Tell your friends how much they matter.
55. Say "I love you" more.
56. Don't tolerate prejudice.
57. Walk by the ocean, a river, or a lake.
58. Recognize that all humans have the right to life.
59. Respect the dignity of each person.
60. Be a leader in the struggle for human decency.
61. Oppose technologies that harm the environment.
62. Lose an argument to a loved one.
63. Appreciate the power of the sun.
64. Teach nonviolence by example.
65. Remember that "No man is an Island."
66. Spend time in nature.
67. Boycott war toys.
68. Be thankful for the miracle of life.
69. Oppose violence in television programming for children.
70. Celebrate peace.
71. Believe in GOD

Change the World

When I was a young man, I wanted to change the world. I found it was difficult to change the world, so I tried to change my nation. When I found I couldn't change the nation, I began to focus on my town. I couldn't change the town and as an older man, I tried to change my family. Now, as an old man, I realize the only thing I can change is myself, and suddenly I realize that if long ago I had changed myself, I could have made an impact on my family. My family and I could have made an impact on our town. Their impact could have changed the nation and I could indeed have changed the world. - **Author Unknown** -

Songs In The Key Of Life

I would never review an album or film. However I have been so touched by Stevie Wonder's album that I consider it selfish not to share it with my readers. This is an amazing piece of music, human soul and connection with the divine. There's so much to know about his great piece of work, and also the great man behind it.

Songs in the Key of Life is defiantly a contender for the greatest album of all time, in any genre, by any artist. It's hard to believe it was the work of a single artist, such is its scope.

This is an album that one can listen to a dozen times, maybe even hundreds of times. It's like an old friend: comforting and comfortable, this album is a perfect fit for any mood. And unlike most albums, its beauty and meaning seem to grow with every listen. Trust me, I can never get bored of this album no matter how many times I hear it.

Musically too, it's all here: jazz fusion, rock, soul, pop, classical. The album took something like two years to complete, but it surely is worth it. Stevie would never again reach so high, and never again would he achieve his goal. This is the peak of his career, and in some ways, the peak of contemporary "pop" music. In 1976, Stevie was standing on top of the mountain.

For those of you who've never experienced this work of art, I'm actually kind of jealous. I wish I could re-experience the thrill of hearing this record for the first time. I'm telling you, words fail in attempting to describe this album. Just go buy it or even come by my place just to listen it.

He is a genius. He's got soul- just listen! But after all is said and done people will always marvel and ask how could he produce such a grand masterpiece as this after all of the hits of the 60s and early 70s at Motown?! Easy- he just worked it all together for a couple of years and kept doing what was in his heart and soul. Like, for starters- "Sir Duke" where he sings about the good ole days of swingin' big bands, "Isn't She Lovely"- a wonderful sing-a-long about the good old new days with his baby girl!

First of all, you are either a Stevie Wonder person or you are not. To use an antiquated word, you either "get" Stevie or you don't. It's possible that you are a Stevie person and don't even know it, which is exciting for you because you'll find out someday that you are and have a great time collecting all his music.

Recorded in 1976, this album sounds like it was recorded yesterday. Buy/steal this album, play a video game with the volume turned off, and wait for Stevie to reveal Himself to you. Some of the songs represent the conscience of our society, such as "Village Ghetto Land" and "Pastime Paradise" (which Coolio ripped off, to everyone's dismay). Some songs remind us of how innocent we should be, such as "I Wish" - a funky workout about the good bad old days of urban youth. These

are the things that draw me to Stevie; conscience, moving, and innocence. Those aren't bad things to have going on. Having said that, I think I'm mostly into the -moving.

I want to spread this album's musical message to the world. Listening to *Songs in the Key of Life* is like getting up on the right side of the bed.

This was Stevie Wonder's longest, most ambitious collection of songs, a two-CD set that -- just as the title promised -- touched on nearly every issue under the sun, and did it all with ambitious (even for him), wide-ranging arrangements and some of the best performances of Wonder's career. The opening "Love's in Need of Love Today" and "Have a Talk With God" (lyrics are on the front page of this magazine) are curiously subdued, the latter's words having touched me deeply.

Fans of the love album can marvel that he sets the bar even higher here, with brilliant material like the tenderly cathartic and gloriously redemptive "Joy Inside My Tears," the two-part, smooth-and-rough "Ordinary Pain," the bitterly ironic "All Day Sucker," or another classic heartbreaker, "Summer Soft." Those inclined toward Stevie Wonder the social-issues artist had quite a few songs to focus on as well: "Black Man" was a Bicentennial school lesson on remembering the vastly different people who helped build America; "Pastime Paradise" examined the plight of those living in the past with little hope for the future; "Village Ghetto Land" brought listeners to a nightmare of urban wasteland; and "Saturn" found Stevie questioning his kinship with the rest of humanity and amusingly imagining paradise as a residency on a distant planet. If all this sounds overwhelming, it is; Stevie Wonder had talent to spare during the mid-'70s, and instead of letting the reserve trickle out during the rest of the decade, he let it all go with one massive burst.



I Believe

We don't have to change friends if we understand that friends change.

No matter how good friends are, they're going to hurt you every once in a while and you must forgive them for that.

True friendship continues to grow, even over the longest distance. Same goes for true love.

You can do something in an instant that will give you heartache for life.

It is taking me a long time to become the person I want to be.

You can keep going long after you can't.

We are responsible for what we do, no matter how we feel.

Either you control your attitude or it controls you.

Regardless of how hot and steamy a relationship is at first, the passion fades and there had better be something else to take its place.

Heroes are the people who do what has to be done when it needs to be done, regardless of the consequences.

Money is a lousy way of keeping score.

My best friend and I can do anything or nothing and have the best time.

Sometimes the people you expect to kick you when you're down, will be the ones to help you get back up.

Sometimes when I'm angry I have the right to be angry, but that doesn't give me the right to be cruel.

Just because someone doesn't love you the way you want them to doesn't mean they don't love you with all they have.

Maturity has more to do with what types of experiences you've had, and what you've learned from them, and less to do with how many birthdays you've celebrated.

It isn't always enough to be forgiven by others. Sometimes you have to learn to forgive yourself.

No matter how bad your heart is broken the world doesn't stop for your grief.

Our background and circumstances may have influenced who we are, but we are responsible for who we become.

Just because two people argue, it doesn't mean they don't love each other. And just because they don't argue, it doesn't mean they do.

You shouldn't be so eager to find out a secret. It could change your life forever.

Two people can look at the exact same thing and see something totally different.

Your life can be changed in a matter of hours by people who don't even know you.

Even when you think you have no more to give, when a friend cries out to you, you will find the strength to help.

Credentials on the wall do not make you a decent human being.

The people you care about most in life are taken from you too soon.

You should tell people you love that you love them, as often as possible, because you never know when your last chance will be.

Author Unknown

"Be the change you want to see in the world" - Gandhi

You stop working so hard at smoothing things over and setting your needs aside. You learn that feelings of entitlement are perfectly OK and that it is your right to want or expect certain things. And you learn the importance of communicating your needs with confidence and grace. You learn that the only cross to bear is the one you choose to carry and that eventually martyrs are burned at the stake. Then you learn to distinguish between guilt, and responsibility and the importance of setting boundaries and learning to say NO. You learn that you don't know all the answers, it's not your job to save the world and that sometimes you just need to Let Go.

Moreover, you learn to look at people as they really are and not as you would want them to be, and you are careful not to project your neediness or insecurities onto a relationship. You learn that you will not be, more beautiful, more intelligent, more lovable or important because of the man on your arm or the child that bears your name. You learn that just as people grow and change, so it is with love and relationships and that that not everyone can always love you the way you would want them to. So you stop appraising your worth by the measure of love you are given. And suddenly you realize that it's wrong to demand that someone live their life or sacrifice their dreams just to serve your needs, ease your insecurities, or meet "your" standards and expectations. You learn that the only love worth giving and receiving is the love that is given freely without conditions or limitations. And you learn what it means to love. So you stop trying to control people, situations and outcomes. You learn that "alone" does not mean "lonely" and you begin to discover the joy of spending time "with yourself" and "on yourself." Then you discover the greatest and

most fulfilling love you will ever know. Self Love. And so, it comes to pass that through understanding your heart heals; and now all new things are possible.

Moving along, you begin to avoid Toxic people and conversations. And you stop wasting time and energy rehashing your situation with family and friends. You learn that talk doesn't change things and that unrequited wishes can only serve to keep you trapped in the past. So, you stop lamenting over what could or should have been and you make a decision to leave the past behind. Then you begin to invest your time and energy to affect positive change. You take a personal inventory of all your strengths and weaknesses and the areas you need to improve in

We realize that what we are accomplishing is a drop in the ocean. But if this drop were not in the ocean, it would be missed

- Mother Theresa

order to move ahead. You set your goals and map out a plan of action to see things through.

You learn that life isn't always fair and you don't always get what you think you deserve and you stop personalizing every loss or disappointment. You learn to accept that sometimes bad things happen to good people and that these things are not an act of God... but merely a random act of fate.

And you stop looking for guarantees because you've learned that the only thing you can really count on is the unexpected and that whatever happens, you'll learn to deal with it. And you learn that the only thing you must truly fear is the great robber baron of all time FEAR itself. So you learn to step right into and through your fears because to give into fear is to give away the right to

live life on your terms. You learn that much of life truly is a self-fulfilling prophesy and you learn to go after what you want and not to squander your life living under a cloud of indecision or feelings of impending doom.

Then, YOU LEARN ABOUT MONEY... the personal power and independence it brings and the options it creates. And you recognize the necessity to create your own personal wealth. Slowly, you begin to take responsibility for yourself by yourself and you make yourself a promise to never betray yourself and to never ever settle for less than your heart's desire. Then a sense of power is born of self-reliance. And you live with honor and integrity because you know that these principles are not the outdated ideals of a by-gone era but the mortar that holds together the foundation upon which you must build your life. And you make it a point to keep smiling, to keep trusting and to stay open to every wonderful opportunity and exciting possibility. Then you hang a wind chime outside your window to remind yourself what beauty there is in Simplicity.

Finally, with courage in your heart and with God by your side you take a stand, you FAKE a deep breath and you begin to design the life you want to live as best as you can.

A word about the Power of Prayer: In some of my darkest, most painful and frightening hours, I have prayed not for the answers to my prayers or for material things but for my "God" to help me find the strength, confidence and courage to persevere; to face each day and to do what I must do.

Remember this: "You are an expression of the almighty. The spirit of God resides within you and moves through you. Open your heart, speak to that spirit and it will heal and empower you." My "God" has never failed me.

A Lesson In Giving

I often wonder as to what is it that makes us humans react to situations. Is it the upbringing? Is it the heat of the moment? Or is it the reciprocation to a social moment?

There are times when I just cannot help but react in a negative way. I later wonder as to why was it that I reacted that way. Sometimes I know I am in a situation where I can give to the needy, but I don't, conveniently putting it to the fact that the person doesn't deserve it coz they are real arse-holes. But then for a minute I think, "*Who am I to judge whether someone deserves it or not?*". I have learnt over time, and I must say more recently than ever, that when I can help someone, it is not me helping that person. It is the almighty GOD who has put me in that situation so that HE can pass on HIS mercy via me. Once we understand that and learn to live and respect that, then there is nothing on earth that will block us from the joy of giving and

servicing. In case you are thinking right now, "*that some people just never stop taking*" remember this too '*GOD never stops choosing you as his tunnel to reach out to people*'. That itself is a victory there and there.

Then there are those who conveniently proclaim the scriptures but in real life, if they stop to look at themselves they will see that they are hypocrites who are not ashamed of even using the scriptures to get ahead in their own selfish and personal goals. Shame. Give the hungry a meal, and then again tomorrow and the day after. One day the hungry will complain about the meal and the time it's been taken to serve him. The very same hungry soul who has no where to go, but see how he reacts and takes you for granted. He uses phrases from the scriptures and thinks he is connected to the Almighty. What you need to remember here is that he might be un-

grateful or even unappreciative of your presence in his life, BUT—that is his SIN, not yours. When you stop giving cause you do not like him, that is YOUR sin. God didn't choose you as a means to serve him depending on whether you liked him or not.

Do not take responsibility for other's action, instead be responsible for yours. If you know that you are serving GOD in helping the needy, know that they are not serving HIM in being ungrateful.

It takes all sorts in this world, and know that you have to constantly be one of the good people. You have to never stop serving the Almighty, even though the receivers are turning their back on GOD.

Of course be sensible and practical, but beyond that always be the pure tunnel via which GOD will reach out to his creation.

Tagore Almeida

In The Name Of God

In the name of GOD, we sing in praise. Is it really a declaration of our love for HIM or are we using it to get into certain groups. "*Oh yes look at him, he prays so often, he must be a good man*". Alas, wish that was true, we seem to use God's name very conveniently these days. Be it in the name of WAR or worse still in the day to day lives of ours, to get into social circuits, get a promotion etc. How fair is that, my fellow human? How fair is it to exploit the most beautiful name and being of all? Some of us are so entwined in our own selfish worlds that we never can see that and even if someone were to pin point that to us, we'd never be open to even contemplate if we

ever do that.

Like charity. We involve ourselves in charity so that our names and faces can be seen every where. So that at the event we can meet influential people for our own benefit? What about the charity? What

No Man or Woman on this earth can credit or discredit you for what you do.

about being there as a tunnel for GOD Almighty? Then there are those who just associate themselves with a charity so that they can get a complete mileage for themselves. Claim responsibility

for the entire charity event without having done a thing, or done something so minimal and yet taking credit for it. Do you know that people have no consciousness about this and get away hypocritically proclaiming that In the name of GOD?

Live your life knowing that NO man or woman who has withered walked the path of this life or will ever walk this earth is in a position to credit or discredit you for what you do. The day you learn that, you will truly be serving GOD, and everything else will cease to exist. Then you will truly be serving, in the name of GOD.

Food for thought

Pradeep Ullal

The term 'Tsunami' was relatively unknown to most people across the world until the fateful disaster on 26th of December 2004. The aftermath of tsunami has been so devastating that many of us readily agree that that nature has given the mankind a rude wake up call to show 'who is the boss', and also served a grave warning to the nuke testing nations who are guilty of triggering such earthquakes.

There is no element of doubt the human race is shaken up from its hype that we were so technologically equipped that we could fight star wars. The hard fact is that we just cannot handle the fury of earthly calamities like avalanches, floods, earthquakes let alone even fathom the extent of celestial encounters.

Its so ironic that none of the high flying clairvoyants, mystics, god men, gurus and astrologers could forecast the tsunami, and we have ignorant millions looking up to them to seek guidance. Now a nigglng question keeps popping

up in my head. Where is the human race headed to? We are no doubt progressing materialistically with all those fancy inventions, but somewhere within we all know that we are powerless pawns, at the mercy of nature.

I ponder at times that all these catastrophes may amplify the fear of the unknown. And to add to the misery there has been a gross failure of the religious institutions to bring about harmony and peace, and finally the helplessness of technology in the face of calamities only make us vulnerable and may push us to seek a new dimension- an Age of Consciousness. A prosperous age where we are all going to expand our thinking, enhance our cosmic consciousness and find a path to seek our true connection with nature, just like those animals who got a premonition of tsunami and took refuge in safe places.

The Age of Consciousness may help us take some corrective measures. We may have to stop pretending to be know-alls, and accept that we have been whistling in the dark,

when it comes to understanding the laws of nature. Scientists and Researchers for long have strived to enhance lifestyles and life expectancies, and have watched with mute disbelief of how their wonderful inventions have been abused, and denied us the bounty of nature, and reduced life on this planet to scary proportions.

How can we talk about peace with a time bomb ticking under our blankets? There is a new world order proclaimed to battle terrorism, where we need a humungous peace keeping force armed with sophisticated weapons that kills innocents in the name of counter warfare. How can peace be achieved by display of force. When freedom is threatened, even the weaklings fight for it. So there seems to be vicious cycle of unrest everywhere. All I can say is that the order of the day is that world needs honest, charismatic, courageous leaders who have the will to better the world we live in.

Author: Pradeep Ullal is a New Media Consultant and a Holistic Healer

At The Movies

Pravesh Sippy

Sharing some of his experience in film appreciation, Pravesh Sippy points out three of this kick-arse films that he feels are a must watch this season.

- 1) **Sideways**: Smart and Intelligent - in short brilliant and for the small film it was(no one knew about it) I take pride in having predicted and recommended it strongly to all and sundry much before its recent glory at BAFTA, Oscar nominations etc....
- 2) **Garden State**: natural humor at its best. unpretentious acting, very identifiable not larger than life normal situations and bringing back memories of the USA I myself experienced.
- 3) **Hero** by Jet Li was touted as the great Chinese film post *Crouching Tiger...House of flying daggers* came after that in the similar mode of filmmaking, grandeur and technique. However for me this one was much better and emotional. Very In many ways, a very *hindi-masala* movie but with amazing film-making and breath taking shots, superb acting especially by the lead actress. Outstanding cinema...is why the house of flying daggers worked for me.

Pravesh Sippy is a renowned film producer in Bollywood.

Hey Elaine

Tagore Almeida

Hey Elaine, what's going on in your precious mind?

My little angel, do you have worries that you want to leave behind?

Doesn't the moonlight give you enough comfort at night?

That as you sleep, you can't feel the world hug you tight.

Hey Elaine, how do you see the world my child?

Does your delicate soul want to break free and run wild?

Opening your arms wide open embracing this creation

Laughing your innocence without having a reason

Have the grown-ups built a wall to many

Has your playground become a maze through which you cannot see.

The freedom that you were promised before you came into this

world

Are tears pouring out of your eyes my precious girl?

But here is the moment Elaine, here's something that you must do Smile and walk ahead knowing that GOD will always be with you.

Hey Lainu baby, you are my teacher

Showing me the beauty of life more than any preacher

Be my angel; always remember how precious you are

Like all the other children, you are my shining star.

Elaine is my 10 year old niece. She makes me proud of everything she does. Right from the way she carries herself, to her addiction to reading to the way she can converse with literally everyone and

even to the way she can nag me—a trait I think most women have. Elaine teaches me though a lot of lessons in my life. She's sensitive, naive and at the same time can be a real terror. Her younger brother, Ethan comes across as the nightmare so much so that we call him Tsunami Almeida, coz he destroys everything he touches. However he is 'the' heart of gold that I have ever come across. Same goes with Amaar, I love that kid for the same reason. Anyways, I wrote something for my 'lainujaan' (as I call Elaine), and this is my song for her and for the innocence in all the children of today. Kids, hold on to this characteristic, it's so beautiful and even today it teaches mere mortals like me so many lessons.

Why On Earth?

Tagore Almeida

I have recently been getting a lot of request from close friends, either single or in relationships asking me for my opinion on 'relationships'. Well, Karen calls me *Dr. Love*, thanks to a caller's question on a radio show that I was on, about her love life, instead of the universal concept of love that I was preaching. Anyways, I am NOT someone who knows much about relationships, but this is how I can sum it up.

We meet someone, we fall in love and we get into a relationship (marriage or not) and then here is the question 'Why On Earth?'. Yeah! We are in this relationship because we want to share our joys and pain with the other and more importantly when the other person wants to share something with us, we have to know how to receive it, i.e. elevate their success and dilute their sorrow. As time goes by in a relationship, we have to pay more attention to how the other person reacts to things, specially things that can make them sad or ill. We have to be more aware of their insecurities, their weakness and build ourselves stronger not to tackle these moments but even better—to avoid these moments happening. Why on earth did we become one? Because we amplify the goodness, the success and the joy in each other. Why on earth are we still together? Because when are with each other, our own individual fears either get diluted or do not exist at all, thanks to the other's presence, awareness, tenderness and love. Why on earth are we so connected? Because even though we are two different people, we breathe the same breath, we smile the same joy and we cry the same tear.

Moving forward, we have children and we dream the same dreams for them. If we seem to differ on things we talk about it and more importantly we are aware that children are a gift to us from the Almighty. We have to be the guardians, guiding them to lead their life and NOT our life and our dreams. Why on earth did we have a child? We had a child because together, we would become closer, many a times sacrifice our own moments for that of our child, inoculate discipline, spirituality and goodness so that, in giving so very much we never forget that we are just a little part of the child's life. Why on earth are we a success? We are a success because I breathe your life knowing that you breathe mine. Imagine what would happen if we stopped!!! Love & grow. Give and give more. God bless ALL of you in your lives

Going for Gold with personal & professional development

Karen M Harrison-Taylor

You don't need to be an athlete to achieve a personal best. However, there are many similarities to the attributes and qualities of an athlete which can be transferred to successful personal and professional development.

Success may be defined as:

"The relentless and determined pursuit of an aim"

In the case of an athlete this aim is very clear - a gold medal in a particular event.

For many people, there is a sense of knowing one's full potential is far from being achieved. The 'going for gold' aim is less than clear and at times there can be a sense of hopelessness and loss of self esteem as individuals struggle with the inability to know and understand their true aspirations.

In the case of both athletes and individuals, there is a need to go and work on a drawing board before putting a foot on the starting blocks.

The athlete needs to be well aware of their individual strengths and talents in order to know for which event to enter. In the same way the individual needs to take stock and appreciate where their talents may lay.

To fully develop a person's potential, there are several questions that need to be answered:

- What is the main aspiration?
- What are the stage objectives?
- How can these objectives be achieved?
- How can progress be evaluated?
- What skills and techniques are needed to achieve the desired objective?

In sport and in business, true success depends upon an individual being highly motivated and extremely focused. Personal focus through the main aim (aspiration) and goal orientation are crucial for the individual to remain committed to a demanding schedule that will bring the results.

In sport, achieving peak physical condition is one thing. In business this can be likened to achieving an industry or global standard. However, a steadfast belief in one's potential is another. There needs to be a bonding of both physical and mental to create the optimal conditions for competitive success. This will ensure that setbacks are seen in perspective and there is the physical and mental ability to overcome obstacles and attain success. In business, as in sport, there is increasing competition. Gaining a position is one thing. Maintaining the position and gaining future advancement is another.

Competition is tough and there needs to be a determination to go that 'extra mile' to achieve better than previous personal bests. In this way the athlete continues to improve and not only sustains a standard but goes on to break records.

Personal and Professional Development Specialist such as the Author will work with an individual to draw out aspects of character, strengths, talents, and areas for improvement. By doing this the individual can see where their strengths lay and from that then set realistic and achievable objectives.

In athletics, such as in a swimming squad, it has been recognized that it is important to tailor the training to the individual and not the team. In the same way, the Author highly customizes her programs to ensure personal growth and a guarantee of individuals being able to transfer the learning to their own situation.

In many cases, like with top athletes, the guidance and support of a coach can prove to be invaluable as it can enable the individual to achieve levels of performance to a degree which may not have been possible if the individual had been left work on their own. A Personal and Professional Development Specialist will coach and mentor individuals at all levels within an organization and through all stages of their life.

Developing an individual's full potential involves capabilities, as well as good habits of body and mind that will build upon existing skills and knowledge and pave the way for future opportunities to continually improve. No athlete ever went straight for the Olympics. Initial goals will be basic and gradually build up. For example, from school races, specialization in one area/event, to county team and then National Squad. In the same way personal and professional development starts with an individual gaining the basic building blocks as a firm foundation. Then builds upon this into an areas of specialization and then graduates from level to level.

Getting to gold is not easy and it is true to say "no gain, no pain" Jack Nicklaus is credited with saying: "The harder I practice, the luckier I get" This is what gets results - the setting of a realistic aim followed by a determined and relentless pursuit to be the best that one can be.

Karen is a painter, published author, a inspirer and above all a wonderful & amazing friend

The science of being

Maddy Reddy

As you are reading this, some 65 black boxes or Random Event Generators (REG), referred to simply as 'eggs' scattered over in 41 countries are churning out random numbers in an endless and a seemingly mindless stream. These little unimpressive boxes, no bigger than a pocket dictionary are powered by an electronic chip, which does only thing it was built for: generate ones and zeros - in a totally random sequence, similar to flipping a coin with only one of two possible results - a head or tail.

The above may seem like a rundown of some strange science project or the episode summary of X-Files, but the initiative behind it is far from the current grasp of science or for that matter barely qualifies as scientific. The Global Consciousness Project (GCP), hosted by the Princeton University is an extraordinary experiment. Its aim is to detect whether all of humanity shares a single subconscious mind that we can all tap into without realising.

My first brush, with the project came over three years ago, when I was reading message boards on the 9/11 attacks in America. Following a maze of hyperlinks, I landed up at the Princeton University website (<http://noosphere.princeton.edu/>)

Initially I dismissed it as some misguided pseudo-science project. Three years have passed, and last December, following up with the news of the devastating Tsunami I came across several message board postings and blogs, which led me again to the 'egg' project. This time, I bookmarked the website to delve into it further... with a renewed interest. Looking back, my visit to the website was initiated by events such as 9/11 and the Tsunami, events, which have had a global impact. Could it be that I was just following up news, which everyone was writing and reading about or was there something, which drew me to this? I am not sure.

With the endorsement of 75 scientists from several continents, the project was started in the late 70s by Professor Robert Jahn. Fascinated and puzzled by the paranormal in other words, something beyond human by telepathy, telekinesis, extrasensory perception, Jahn set out to partner science with the strange and unknown.

In the past three decades, GCP has evolved into a global network with eggs scattered all over the world that pump out 0's and 1's data to a central computer in Princeton, which then analyses them in batches at regular intervals for patterns. Not surprisingly, most times the graphs, which are churned out are just flat lines.

However, on particular dates such as September 6, 1997 (when 1/5th of the planet saw Princess Diana's funeral on TV); September 11, 2001 a few hours before the World Trade Centre horror; on boxing day, last December also the day of the Asian tsunami tragedy; from the Nato bombing of Yugoslavia; the Kursk submarine tragedy; American election day; new year's eve and several such incidents, which demanded the world's attention the graph shot upwards, recording a sudden and massive shift in the number sequence, showing huge spikes from the normal flat line.

It's easy to dismiss this abnormal activity by contending that everyday there's some major news incident and its mere coincidence. Sure, once is a coincidence, twice is pure luck, but repeated spikes during events, which have affected most of mankind in some form or the other is far from a shot in the dark. Are these 'dumb boxes' actually clairvoyant i.e. look into the future and reflect them?

Could the wave of emotions from billions of people influence the randomness of these thoughtless machines? Or is it possible that the collective consciousness of humans affect has created this? One can call it the hand of God, or classify it as paranormal or even just plain nonsense. Tempting it is, but I will restrain from getting into the debate (<http://science.slashdot.org/science/05/02/12/2344224.shtml?tid=126&tid=14>) or theory of probabilities, electronics, statistics, psychology or even metaphysics the philosophical study of being and knowing, since I do not fully understand them. But education and some commonsense has taught me that just because science cannot explain a certain phenomena [at that juncture], don't mean it doesn't exist.

In the same token, simply being able to put a formula and backing it with scientific evidence doesn't mean it's indisputable or not subject to change. Point in case: or when lepers were shunned as outcasts for the fault of a virus until Robert Hook discovered the microscope; everyone since man could think presumed only birds and angels could fly, until the Wright Brothers came along; everyone thought God created Adam and Eve and we all evolved from them until a certain Charles Darwin proved we all evolved from primates;

(continued on the next page)

The science of being (continued)

Last October, Time magazine did a ground-breaking cover story titled 'Is God in our genes?' inspired by molecular biologist Dean Hamer's book 'The God Gene: How Faith Is Hardwired into Our Genes'. The piece makes a convincing argument whether spirituality, faith, religion are just a mere reflection of our genetic code.

Science has already done similar things till date. For instance, even till a few decades ago racism was a matter of belief that a certain skin colour makes one race superior over to the other; and people born in a certain part of the world were the chosen ones to rule over the meek - this ignorant belief has shaped history and strained the fabric of mankind.

But with a few decades of research in medical science, geology has cleared beyond doubt that as humans we are exactly similar physically - to the extent of being 99% similar and the presence or the absence of certain pigments makes us different on the surface. It's proven that as humans we all migrated and drifted away from the same lump of earth mass that is now called Africa and that everything under the great bright sun is made from carbon. A simple refresher course in political history will clarify that most countries in the world today, didn't even exist in the form we know today;

that most violence is a result of social conditioning. Similarly most modern religions were the creation of leaders, who wanted to bind their pagan worshipping, warring and fractured communities with good faith and good conduct for the welfare of everybody?

More and more scientific research the past few decades is only re-



peating and proving what seemed like a utopian thought - that as humans we all share the same needs; we all crave for love, friendship, being a part of a community; we have the same primal instincts; we desire the same securities of food, clothes and shelter. If this is the case then why is the world fighting over land, money, power, and why there is so much prejudice in the world and fighting over religions, land and resources?

Disturbing as it seems, but could the possible solution be that the world will be a better place, if we lived and thought scientifically and evolved to be spiritual beings than

driven by blind beliefs? Science and technology may never explain the complexity of the human soul, nor can it serve as a panacea to the earth's woes but adopting a rational school of thought than one of emotions, may help us be a more cultured species.

Even the scientist led Global Consciousness project puts a thing in perspective when it clarifies in its project overview page and says: "We don't yet know how to explain the correlations between events of importance to humans and the random data, but they are quite clear. They suggest something akin to the image held in almost all cultures of a unity or oneness, an interconnection that is fundamental to life. Our efforts to understand these complex and interesting data may contribute insight into the role of mind as a creative force in the physical world." Maybe this could well be the very purpose of science - not to prove a point or build a gadget - but to bring to light the fascinating potential of mankind and understand better the world we live in.

Maddy is a reputed journalist focused mainly on IT, however with this article he shares with us something more powerful.

"I expect to pass through this world but once. Any good, therefore, that I can do, or any kindness that I can show to any fellow creature, let me do it now. Let me not defer or neglect it, for I shall not pass this way again."

"If you were going to die soon and had only one phone call you could make, who would you call and what would you say? And why are you waiting?"



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One colour, just a different face.

And above all to realize that there is just one world, one faith, one race and just one colour on different faces.

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- ✂ Karen M Harrison -Taylor
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- ✂ Quotes from The Random Acts of Kindness movement

"I might not be able to change the world, but I can definitely touch the lives of the people that I meet" - Tagore Almeida—

(www.tagorealmeida.com)
