



The Magazine About Our Life

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The Uncultured Mag

Heroes

Hi and welcome to yet another issue of the Uncultured Magazine. This issue focuses more on the 'Hero' within all of us.

Recently I did a talk to 60 youth, who were leaders of their classes/houses etc. I had the great privilege to have an audience with them. When I met them all I could see was how fortunate they were, as they had an extra chance to make a difference. As a matter of fact, we all do. Every single day, in almost everything we do, we have the chance to make a difference, but somehow we get torn between something that we refer to as a battle between the 'soul' and

the 'mind'. Is this really true? In many ways yes it is. What we need to remember is that the 'soul' is our purer self, while the mind is gullible (in many ways) and often gets taken for a ride by negative and evil influences. The soul however is not, and we are in complete control of it, except that we do not seem to listen to it, and to listen to me, I mean we do not make an effort to connect with it. Once we have connected within our own selves, we can battle the mind—or any thing else to be the people that we truly want to be, the reach the level of goodness that we know we can achieve.

Someone asked his holiness, the Dalai Lama if he ever got aroused. His holiness laughed it off, but then told the man that of course he did, after all he was just another man like all other men that GOD created. However the difference being that when he did get aroused, he reminded himself of who he was and what he represented. To the moral values that he had dedicated his life to and immediately controlled any temptations.

This to me is the victory of the soul over the mind.

Smiles & Prayers

Tagore

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Hero's Must Always Remember...

- One day, You and I will make a small difference for the good of people, and remember this, our reward awaits us in heaven, on earth and in every breath we take
- Treat people as if they were what they thought they ought to be, and you help them to become what they are capable of being.
- 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.
- Love has nothing to do with what you are expecting to get - only what you are expecting to give.
- Each time someone stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope.
- Nothing in life is to be feared, it is only to be understood.

Fear

I've been thinking about this thing called fear. What is fear? Is it the actual moment when something bad happens? or the moments after that? Or in some strange and most cases the moments before the actual thing happens?

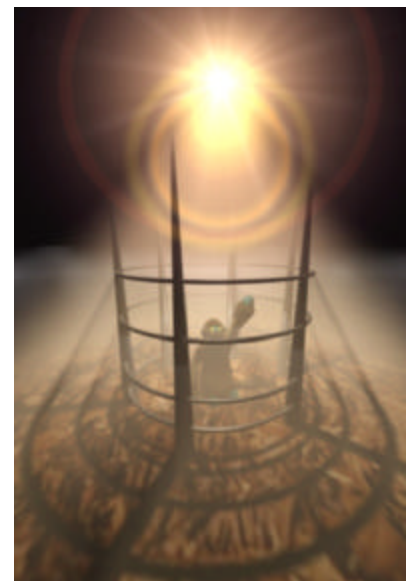
Here's a story that gets across the point that I am trying to make. 7 year old boy was in great spirits, playing and screaming at the top of his voice. It was the end of the school semester. He had done well that year in school. He was watching TV that evening, Tom & Jerry were on and soon to follow was Dexter's Laboratory. He was laughing loudly, his innocence completely unaware of anything else in his cartoons besides the sheer visuals and the audio that complemented it.

Soon his father was home. He had had one of the worst days in the office. Below target, his sales team was just not working hard enough he felt. Then there is the traffic, the 10mins he took to park his car. The heat was getting to him, infact everything was. Then when he got home - his abode - wherein he could be king, he came home to find his wife in a non-cheerful mood and his son watching TV and screaming in excitement while watching it. There was too much noise, lots of energy around him and so he snapped. He headed for the TV and turned the thing off, as he heard his son moan 'Papa, that's not far I was..', 'Shut Up' His fa-

ther butted in saying. Before he knew it, his father was heading towards him and in the next few seconds, he felt his father's strong hand slap him on his face as he was being told about the ethics of watching television and how the sound of the TV should not be this loud. From there the conversation moved towards how he spoke back to his elders, and from there to how he was not supposed to watch this much TV, to how he was supposed to play at a certain time, and finally to accepting the terms that his father wanted him to live by. His father went away, while the lad cried in pain. The slap was hard and that too on the face. What had he done? His heart beat faster. This was something that he never felt before. He wept, but soon his mother came in, comforted him, and told him to be ok, to stop crying. She told him that she loved him. She assured him that his father loved tremendously too, and it was just coz his father was under enormous pressure that he vented out his anger and frustration on him. The lad couldn't relate to the sense of it, but somehow the innocence consoled him that if he was the punching bag for his father at times like this, then so be it. His mother consoled him further and then let him go and play with his friends. All was fine

A couple of years later, the lad was again playing with his friends. This time in his bedroom and he seemed to be hav-

ing the time of his life. He heard the front door bell ring and he rushed to open the door. It was his father back from work. A cold chill ran through the kid. He saw the same anxiety, frustration and expression on his father's face as he had seen a few years back. The father walked in and sat on the couch, and called out to his wife to get him some tea. The boy could hear his friends make a noise in the bedroom. He moved slowly, went into the bedroom, and told his friends to please leave. He pleaded, he begged of



them to please go and not ask any questions. His friends very hesitantly left. The boy went back into his bedroom and closed the door. Too afraid to even go into the living room, to even think about watching TV, listening to music and even becoming uncomfortable to use the walkman. He sat there in fear, with a school text book open in front of him, just incase he was asked what he was do-

ing, let alone his father walking in and slapping him again or giving him his talk about life. Hours went by the boy waited in fear, in anxiety until finally there was a knock on the door. The boy looked at the clock on the wall. 9.15pm, it had been 3 hours that he sat in his room. The door opened and the boys father smiled and him and told him that dinner was ready and that he should stop what he is doing and join them to have dinner. Saying this the father went away. The boy's heartbeats that had escalated higher upon seeing his father open his bedroom door, tried to calm down to a normal pace. The rest of the evening was very relaxed, calm and the entire family watched TV together, while all along the boy's state of emotions was trying to contemplate as to why his father did not yell and react harshly with him, like he had done on a similar occasion years back.

"The lesson from this is to learn to not die before death comes. To not cry before the first tear drop slips out"

Has something like this ever happened to you? Wherein the fear of something scares you to such a point, that it's like as if the actual thing you feared has happened? This is a very common characteristic of us people. Why does this happen? What is the coz of this? Well here's my

take on it.

When the boy was at the receiving end of his father's frustration, it caught his off guard. He heard and saw the anger of his father. He physically felt the pain of the slap from his father. At that moment, his mind took all of those painful emotions and created a reflection of this pain, and then sow a seed of this fear within his heart. The mind needs to work, it needs some stimulation and we don't provide it with enough. So the

mind fuels itself on these seeds of pain and suffering and as time goes by, it uses the fruits of these seeds to take control of the person it is a part of.

The next time the father was home in a similar mood, the mind immediately took the fruit of the seed it had sowed and fed the fear within the boys soul. The father did nothing to the boy, however the boy went thru the entire turmoil all over again, thanks to the previous experience kept alive and fueled by the mind.

The lesson from this is to learn to not die before death comes. To not cry before the first tear drop slips out. To live, in life and in death. The key word for us to do is always experience the moment, not the emotions that we had faced once upon a time and assume the same faith in the present.

Tagore Almeida

July 2005

Que Sera Sera, What will be, will be!

A drop, then another,

A puddle into a river, A river into a sea,

That's how moments make eternity!

Live the moment till it lasts,

Why waste it and its past?

No bother, no worry, What is to be will be!

Like a teacher, the past scolds,

The future's a mystery that slowly unfolds,

Don't curse your destiny,

This is how life was meant to be,

Mould the present the best you can,

Its duration is as much a flower's lifespan,

Its beauty is a gift to memory,

Its fragrance was, is and will be.

To live life, live the present,

All you have is this very moment,

No bother, no worry, What will be, will be!

Srushti is an engineer by profession and a poet in soul. She's as artistic as she is technical. She is currently based in Dubai. She loves painting, poetry and music.

Do we need to find a true Guru

We live in an information age and we are slowly inching towards the Age of Conscious Awareness. However, many of us are still swathed in ignorance and yet unabashedly claim to be intelligent beings. As most seekers of higher awareness admit that they do have an inner call for self-realization. The path of higher spiritual awareness is never easy and can pose many diversions and distractions. These obstacles trigger the need for an enlightened guide who can throw light and dispel the darkness along the path.

Many pure techniques claim to lead to God realization. Ancient Indian Texts have described the techniques of Yoga, Meditation, kundalini awakening, self-enquiry, and paths of Bhakti, Jnana that lead to God Communion states of Samadhi and ultimately achieve liberation from karma. However, the Vedic texts have emphasized the need for a guru for realizing the higher paths, however varied the techniques used maybe.

Interestingly, we encounter many branded wannabe yogis who offer guidance material for the ultimate path of truth in the form of as Do-It-Yourself CDs and books for self-guidance. With the advent of Internet and globalization, there are more fake yogis posing as Gurus. All the hapless seekers need today is that discriminative intelligence to identify a true guru, a bit of courage to ask in-the-face questions, and remove the gullible tag from their foggy heads.

Its common knowledge that fake gurus today are keen to sell their Books, CDs, and seek fat donations for their swanky establishments rather than providing genuine skills, techniques required for seeking the higher path of awareness.

It's a rarity today to hear that seekers have received true initiations or a guru mantra or have had a divine experience? The questions keep building - Are we capable of self-guidance while seeking the path of higher awareness? Do we need a Guru to guide us? Does the vast repository of guidance available on the Internet offer the convenient access to true wisdom? Are we alone on the path of self-realization? Before I delve into many unanswered questions, I would like to focus on the meaning a true guide or Guru.

Who is a Guru?

The word guru is probably one of the most misunderstood words in modern times. A Guru is a guide or teacher. The term, which comes from Sanskrit, refers to a spiritual teacher. **"Gu" means darkness, and "ru" means light;** thus a guru turns ignorance into enlightenment. In the west, the term has been interpreted quite often as simply an expert in a field whether that person helps you learn or understand anything or not.

Do we find a Guru or the Guru finds us?

There is an interesting statement which reads as follows

Pradeep Ullal

"When the student is ready, the Guru Arrives". This statement also brings to the fore, the need to identify a true guru and also the Guru to identify a deserving student. In my years of search for a true guru, my spiritual shopping quests, first hand experiences, I have to admit that we have to ability to submit to the almighty God, purify the mind, body and spirit in order to channel pure devotion, have abundance of love, compassion, patience and determination, before a Guru dares to step into guide our souls in its journey. And when that happens, it's not an accident, it's a divine design. We become the chosen ones.



The world today is resplendent with hundreds of Ashrams, Retreats, and Fellowships. While most of them are functioning for the noble cause of helping people on their path of self-realization, there is a serious dearth of true Gurus and serious students. The emphasis seems to be on discourses while only few offer the students the divine experience. I quote a Guru called Srinivas Arka who said "A moment of experience is more powerful than a life time of words".

So fellow seekers of truth, we have to focus on seeking the divine experience than mere verbose material that pleases the intellect. We should have the inclination to trigger the spiritual quest and ignite that little spark. The guru will serve as an external guide who ignites this spark and watches over while the flame unites with the true cosmic consciousness.

Spiritual Insight

Enlightened Vampire

I found this article very objective and direct and understandable in trying to convey its message. Besides, in my personal experience I have thrice attempted observing my negative emotion with dramatic results. Once I was in a rage- and i was amazed to see it completely disappear in 20min when i mentally stared at it.

That day- i was excited and confused. Was it a fluke? Again I tried it on another day, when I felt a combination of agitation, anxiety and loneliness. However again that day i gasped at its effectiveness. I put my hand at my throbbing throat and asked my preferred spiritual guide to pretend the hand was his and take it away. I was shocked, it felt someone just vacuumed the emotion out of my throat. I was left light hearted and jumping with joy.

Third time, was when I felt a pang of jealousy and not-so-good-thoughts about someone. Unflinchingly, while sitting in the car, I observed my body, sensation and thoughts...at the back of my mind i also prayed. I didn't want to feel like this. This was not me...let me feel 'genuine' good feelings for the same person. Magic again, after 30 minutes the feelings of jealousy failed. I was at peace.

The truth is, spirituality has very practical applications in our real life! Try it for yourself and enjoy the game of staring and pursuing your emotions and making them go away

Best wishes

Everyone seeks peace and harmony, because these are what we lack in our lives. From time to time we all experience agitation, irritation, disharmony, suffering; and when one suffers from agitation, one does not keep this misery limited to oneself. One keeps distributing it to others as well. The agitation permeates the atmosphere around the miserable person. Everyone who comes into contact with him also becomes irritated, agitated. Certainly this is not the proper way to live.

One ought to live at peace with oneself, and at peace with all others. After all, a human being is a social being. He has to live in society--to live and deal with others. How are we to live peacefully? How are we to remain harmonious with ourselves, and to maintain peace and harmony around us, so that others can also live peacefully and harmoniously?

One is agitated. To come out of the agitation, one has to know the basic reason for it, the cause of the suffering. If one investigates the problem, it will become clear that whenever one starts generating any negativity or defilement in the mind, one is bound to become agitated. A negativity in the mind, a mental defilement or impurity, cannot exist with peace and harmony.

Spiritual Insight (continued)

How does one start generating negativity? Again, by investigating, it becomes clear. I become very unhappy when I find someone behaving in a way which I don't like, when I find something happening which I don't like. Unwanted things happen and I create tension within myself. Wanted things do not happen, some obstacles come in the way, and again I create tension within myself; I start tying knots within myself. And throughout life, unwanted things keep on happening, wanted things may or may not happen, and this process or reaction, of tying knots--Gordian knots--makes the entire mental and physical structure so tense, so full of negativity, that life becomes miserable.

Now one way to solve the problem is to arrange that nothing unwanted happens in my life and that everything keeps on happening exactly as I desire. I must develop such power, or somebody else must have the power and must come to my aid when I request him, that unwanted things do not happen and that everything I want happens. But this is not possible. There is no one in the world whose desires are always fulfilled, in whose life everything happens according to his wishes, without anything unwanted happening. Things keep on occurring that are contrary to our desires and wishes. So the question arises, how am I not to react blindly in the face of these things which I don't like? How not to create tension? How to

remain peaceful and harmonious?

In India as well as in other countries, wise saintly persons of the past studied this problem--the problem of human suffering--and found a solution: if something unwanted happens and one starts to react by generating anger, fear or any negativity, then as soon as possible one should divert one's attention to something else. For example, get up, take a glass of water, start drinking--your anger will not multiply and you'll be coming out of anger. Or start counting: one, two, three, four. Or start repeating a word, or a



phrase, or some mantra, perhaps the name of a deity or saintly person in whom you have devotion; the mind is diverted, and to some extent, you'll be out of the negativity, out of anger.

This solution was helpful: it worked. It still works. Practicing this, the mind feels free from agitation. In fact, however, the solution works only at the conscious level. Actually, by divert-

Enlightened Vampire

ing the attention, one pushes the negativity deep into the unconscious, and on this level one continues to generate and multiply the same defilements. At the surface level there is a layer of peace and harmony, but in the depths of the mind there is a sleeping volcano of suppressed negativity which sooner or later will explode in violent eruption.

Other explorers of inner truth went still further in their search; and by experiencing the reality of mind and matter within themselves they recognized that diverting the attention is only running away from the problem. Escape is no solution: one must face the problem. Whenever a negativity arises in the mind, just observe it, face it. As soon as one starts observing any mental defilement, it begins to lose strength. Slowly it withers away and is uprooted.

A good solution: it avoids both extremes--suppression and free license. Keeping the negativity in the unconscious will not eradicate it; and allowing it to manifest in physical or vocal action will only create more problems. But if one just observes, then the defilement passes away, and one has eradicated that negativity, one is freed from the defilement.

This sounds wonderful, but is it really practical? For an average person, is it easy to face the defilement? When anger arises, it overpowers us so quickly that we don't even notice. Then overpowered by anger, we commit certain actions physically or vocally which are harmful to us and to others. Later, when the anger has passed, we start crying and repenting, begging pardon from this or that person or from God: 'Oh, I made a mistake, please excuse me!' But the next time we are in a similar situation, we again react in the same way. All that repenting does not help at all.

The difficulty is that I am not aware when a defilement starts. It begins deep in the unconscious level of the mind, and by the time it reaches the conscious level, it has gained so much strength that it overwhelms me, and I cannot observe it.

Then I must keep a private secretary with me, so that whenever anger starts, he says, 'Look master, anger is starting!' Since I cannot know when this anger will start, I must have three private secretaries for three shifts, around the clock! Suppose I can afford that, and the anger starts to arise. At once my secretary tells me, 'Oh, master, look--anger has started!' The first thing I will do is slap and abuse him: 'You fool! Do you think you are paid to teach me?' I am so overpowered by anger that no good advise will help.

Even supposing wisdom prevails and I do not slap him. Instead I say, 'Thank you very much. Now I must sit down and observe my

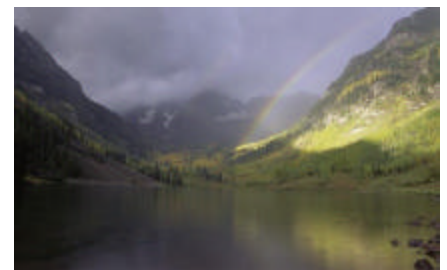
anger.' Yet it is possible? As soon as I close my eyes and try to observe the anger, immediately the object of anger come into my mind--the person or incident because of which I become angry. Then I am not observing the anger itself. I am merely observing the external stimulus of the emotion. This will only serve to multiply the anger; this is no solution. It is very difficult to observe any abstract negativity, abstract emotion, divorced from the external object which aroused it.

However, one who reached the ultimate truth found a real solution. He discovered that whenever any defilement arises in the mind, simultaneously two things start happening at the physical level. One is that the breath loses its normal rhythm. We start breathing hard whenever a negativity comes into the mind. This is easy to observe. At subtler level, some kind of biochemical reaction starts within the body--some sensation. Every defilement will generate one sensation or another inside, in one part of the body or another. This is a practical solution. An ordinary person cannot observe abstract defilements of the mind--abstract fear, anger, or passion. But with proper training and practice, it is very easy to observe respiration and bodily sensations--both of which are directly related to the mental defilements.

Respiration and sensation will help me in two ways. Firstly, they will be like my private secretaries. As soon as a defile-

ment starts in my mind, my breath will lose its normality; it will start shouting, 'Look, something has gone wrong!' I cannot slap my breath; I have to accept the warning. Similarly the sensations tell me that something has gone wrong. Then having been warned, I start observing my respiration, my sensation, and I find very quickly that the defilement passes away.

This mental-physical phenomenon is like a coin with two sides. On the one side are whatever thoughts or emotions are arising in the mind. On the other side are the respiration and sensations in the body. Any thought or emotion, any mental defilement, manifests itself in the breath and the sensation of that moment. Thus, by observing the respiration or the sensation, I am in fact observing the mental defilement. Instead of running away from the problem, I am facing reality as it is. Then I shall find that the defilement loses its strength: it can no longer overpower me as it did in the past. If I persist, the defilement eventually disappears altogether, and I remain peaceful and happy.



In this way, the techniques of self-observation shows us reality in its two aspects, inner and outer. Previously, one always looked with open eyes, missing the inner truth. I always looked outside for the cause of my unhappiness; I always blamed and tried to change the reality outside. Being ignorant of the inner reality, I never understood that the cause of suffering lies within, in my own blind reactions toward pleasant and unpleasant sensations.

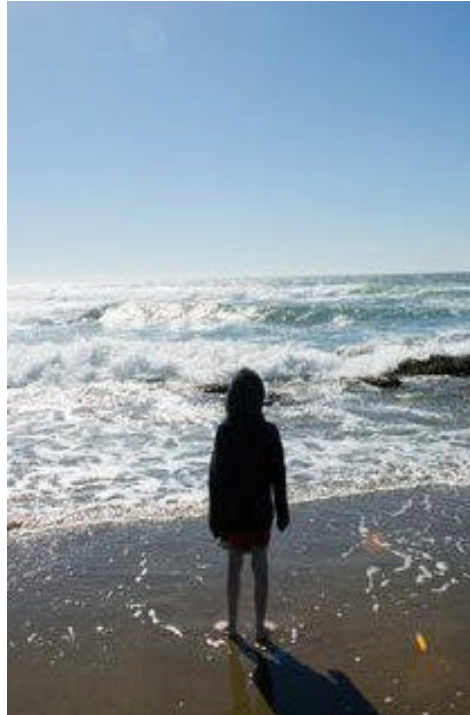
Now, with training, I can see the other side of the coin. I can be aware of my breathing and also of what is happening inside me. Whatever it is, breath or sensation, I learn just to observe it, without losing the balance of the mind. I stop reacting, stop multiplying my misery. Instead, I allow the defilement to manifest and pass away.

The more one practices this technique, the more quickly one will find one will come out of negativity. Gradually the mind becomes freed of the defilements; it becomes pure. A pure mind is always full of love--selfless love for all others; full of compassion for the failings and sufferings of others; full of joy at their success and happiness; full of equanimity in the face of any situation.

When one reaches this stage, the entire pattern of one's life starts changing. It is no longer possible to do anything vocally or physically which will disturb the peace and happiness of others. Instead, the balanced mind

not only becomes peaceful in itself, but it helps others also to become peaceful. The atmosphere surrounding such a person will become permeated with peace and harmony, and this will start affecting others too.

By learning to remain balanced in the face of everything one experiences inside, one devel-



ops detachment towards all that one encounters in external situations as well. However, this detachment is not escapism or indifference to the problems of the world. A Vipassana meditator becomes more sensitive to the sufferings of others, and does his utmost to relieve their suffering in whatever way he can--not with any agitation but with a mind full of love, compassion and equanimity. He learns holy indifference--how to be fully committed, fully involved in helping others, while at the same time maintaining

the balance of his mind. In this way he remains peaceful and happy, while working for the peace and happiness of others.

This is what the Buddha taught; an art of living. He never established or taught any religion, any 'ism'. He never instructed his followers to practice any rites or rituals, any blind or empty formalities. Instead, he taught just to observe nature as it is, by observing reality inside. Out of ignorance, one keeps reacting in a way which is harmful to oneself and to others. But when wisdom arises--the wisdom of observing the reality as it is--one comes out of this habit of reaction. When one ceases to react blindly, then one is capable of real action--action proceeding from a balanced mind, a mind which sees and understands the truth. Such action can only be positive, creative, helpful to oneself and to others.

What is necessary, then, is to 'know thyself'--advice which every wise person has given. One must know oneself not just at the intellectual level, the level of ideas and theories. Nor does this mean to know just at the emotional or devotional level, simply accepting blindly what one has heard or read. Such knowledge is not enough. Rather one must know reality at the actual level. One must experience directly the reality of this mental-physical phenomenon. This alone is what will help us to come out of defilements, out of suffering.

This direct experience of one's own reality, this techniques of self-observation, is what is called 'Vipassana' meditation. In the language of India in the time of the Buddha, passana meant seeing with open eyes, in the ordinary way; but Vipassana is observing things as they really are, not just as they seem to be. Apparent truth has to be penetrated, until one reaches the ultimate truth of the entire mental and physical structure. When one experiences this truth, then one learns to stop reacting blindly, to stop creating defilements--and naturally the old defilements gradually are eradicated. One come out of all the misery and experiences happiness.

There are three steps to the training which is given in a Vipassana meditation course. Firstly, one must abstain from any action, physical or vocal, which disturbs the peace and harmony of others. One cannot work to liberate oneself from defilements in the mind while at the same time one continues to perform deeds of body and speech which only multiply those defilements. Therefore, a code of morality is the essential first step of the practice. One undertakes not to kill, not to steal, not to commit sexual misconduct, not to tell lies, and not to use intoxicants. By abstaining from such action, one allows the mind to quiet down sufficiently so that it can proceed with the task at hand.

The next step is to develop some mastery over this wild mind, by training it to remain

fixed on a single object: the breath. One tries to keep one's attention for as long as possible on the respiration. This is not a breathing exercise: one does not regulate the breath. Instead one observes natural respiration as it is, as it comes in, as it goes out. In this way one further calms the mind so that it is no longer overpowered by violent negativities. At the same time, one is concentrating the mind, making it sharp and penetrating, capable of the work of insight.

These first two steps of living a moral life and controlling the mind are very necessary and beneficial in themselves; but they will lead to self-repression, unless one takes the third step - purifying the mind of defilements by developing insight into one's own nature. This is Vipassana: experiencing one's own reality, by the systematic and dispassionate observation of the ever-changing mind-matter phenomenon manifesting itself as sensation within oneself. This is the culmination of the teaching of the Buddha: self-purification by self-observation. This can be practiced by one and all. Everyone faces the problem of suffering. it is a universal disease which requires a universal remedy--not a sectarian one. When one suffers from anger, it is not a Buddhist anger, Hindu anger, or Christian anger. Anger is anger. When one become agitated as a result of this anger, this agitation is not Christian, or Hindu, or Buddhist. The malady is universal. The remedy must also be universal.

Vipassana is such a remedy. No one will object to a code of living which respects the peace and harmony of others. No one will object to developing control over the mind. No one will object to developing insight into one's own reality, by which it is possible to free the mind of negativities. Vipassana is a universal path. Observing reality as it is by observing the truth inside--this is knowing oneself at the actual, experiential level. As one practices, one keeps coming out of the misery of defilements. From the gross, external, apparent truth, one penetrates to the ultimate truth of mind and matter. Then one transcends that, and experiences a truth which is beyond mind and matter, beyond time and space, beyond the conditioned field of relativity: the truth of total liberation from all defilements, all impurities, all suffering. Whatever name one gives this ultimate truth, is irrelevant; it is the final goal of everyone.

May you all experience this ultimate truth. May all people come out of their defilements, their misery. May they enjoy real happiness, real peace, real harmony. MAY ALL BEINGS BE HAPPY

The above text is based upon a talk given by Mr. S.N. Goenka in Berne, Switzerland.

The Enlightened Vampire is a friend who has done tremendous research on the significance of being, spirituality and other topics that are so relevant to mankind's happiness.

Peace and Love

I read about Tagore Almeida in a local feature about him. What he said about changing people caught my eye at first. Going through the feature, I had doubts if I had anything to do at his sites or if it was all film related. After all films are a wonderful medium to reach people, but I didn't know if I could be a part of Tagore's message or not. Not that I had any problems being in a shot or calling the shots, but would I be a part of the movement or get washed away in the movement as a wannabe? That was all in a moment's passing. The mind is its own master. Nevertheless, something of his message is a part of me - change.

Confucius says that change is the only constant in life. The *s i t e n a m e* (www.theunculturedcompany.com) talked about a company, and I became sure that this was either the large screen or the small screen. But when I went there, it was all about the big screen - LIFE. My dealings with Tagore have been very real and prompt; and in him I find a compatriot and a much grounded person.

When Tagore urged me to write something for humanity, I was really excited and primed. But I couldn't muster a topic to write as my mind was full and time really short. So I started asking family, friends and colleagues as to what humanity is in real need of (mind you - not wants). And it all pointed to 'peace and love'.

These words owe their significance to their lack in modern world rather than its presence - sad but true. Time is moving at a very fast pace and we have lost track of ourselves. Trying to define peace would be easier if we all took the time to think what all it is not. That's easy and the true meaning and measure of peace will materialize in your thoughts without any verbal candor.



Students of the powerful Kriya yoga learn introspection before they can get on with their practice. We all need to; believe me on this one. We all read newspapers; take a hard look at it today. Is there any news that is going to better humanity, something that can bring a positive change in the life you live? Other than classifieds and matrimonials, I doubt there is next-to-nil things that will let you change / grow as a person. Is there anything other than political news, strife, war, strikes, violence, crime, etc. in it? I doubt so. At times, I go without

Subeer Josh

reading the news and I find that I miss out nothing more than conversation pieces at the table. Certain psychologists say that reading the newspaper in the early morning or before bed can be detrimental to our psyche because it sets up how you set foot into the day or how you reiterate the day when your cells are recharging during sleep. Yet this is what we all do in our time.

The important thing is not to stop questioning. Curiosity has its own reason for existing - Albert Einstein

The cumulative effect of what we are literally surrounded with (messages, news, what we listen, read, see, etc) effects our thinking and mentality, and it in turn shapes us. Be careful of what we keep ourselves and our families engrossed in. Quran (and most religions) says that even the smallest deed will be accounted for. It means that every small deed matters, and it truly does; every thought matters. I can't even think what will happen to these big crimes and the involved people.

Introspection

For three straight days, write down everything that passes through your thoughts. Everything that you think of should be written. This is a very private exercise and keep it to yourself. Write down what you do for what end result, and what you get out of it. Also write down what thoughts you have with

each of your actions. Each day before you go to bed, take 15 minutes to read through and review your day. Do this for a week or two if you can. This stuff is mind blowing.

Who is more afraid - the child afraid of the dark, or the man afraid of the light?

During the length of our waking lives we react to stimulus. Science has shown that we do it, its natural and a part of survival. We have moved from the grass root levels of survival, but this reacting life of ours is preventing us from evolving into higher consciousness. By going through this introspection exercise, we come to face our real self, sans the ego, sans our decorations, sans our positions. Are you ready to face the reality? If you call yourself an advanced organism, I know that you are going to undertake this challenge. If animals are among your family even without you knowing about it, read further only if you want to change it, or don't waste your time.

Experience is not what happens to a man; it is what a man does with what happens to him - Aldous Leonard Huxley

We think we are mature, we know and we understand. In fact, we know nothing. We need to learn from the past or we are doomed to repeat it. If you use the past happenings to decide and color your future, you are reacting; you are following a pattern of behavior. The past is living in you, and you are trying to become more than mere existence, which we are not - we are just existence. Through introspection, we come to know what we need to do and not, and what to think and what not. Your mission in life will begin to clear up in front of you. You will be pleasantly surprised that 2% - 10% of your thoughts actually are productive; most are aimless and many are destructive. This is the real meaning of thinkers saying that we as humans use only so little of our potential. When you continue this practice for a few weeks, this starts coming up throughout the day rather than you sitting to recollect it at the end of the day. And when you catch yourself thinking rubbish, you can correct your thoughts and actions, and make it useful. At this stage you have started to respond rather than react, you don't need any notepad to guide you, your productivity hits the skies, and your stress is down to

only 35% - 40% of what it was. We will take care of rest later.

Responsibility

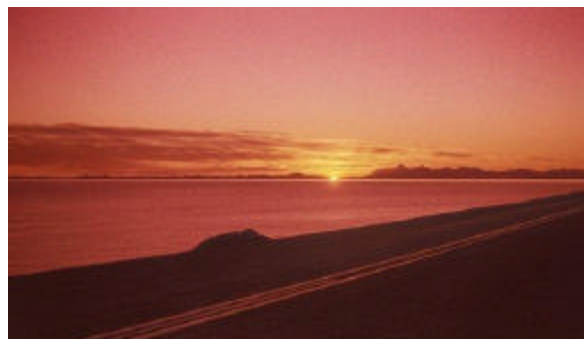
I have a maxim, "before you open your mouth, know what you want from it, and think if that is what you want to end up with". Simple, isn't it? Try to apply it in life, and tell me how you are going to reduce a lot of unwanted noise pollution. This thinking goes along very well with the introspection exercise. Try applying it to your activities also.

***Watch your thoughts, they become words;
Watch your words, they become actions;
Watch your actions, they become habits;
Watch your habits, they become character;
Watch your character, it becomes your destiny.***

- ***Frank Outlaw***

Take absolute responsibility for your thoughts and actions. Be straightforward and take yourself heads on. Behave with everyone the way you want them to behave with you. Absolute responsibility does not only mean to be held accountable for something; it also means that you will have to make good to your best ability what you have erred or faulted, it means to take name for whatever good or bad you have done, it means to give whatever credit to the deserving person, and it also means that you are totally aware of what you are doing, and is ready to fight your own hypocrisy in the process. Are you ready to stand in front of Almighty God and say that these are the things you have done and these are things you haven't done? Then you are responsible, else read again.

Caution is coolish, but fear is foolish - Dave Draper *



Now, responsibility entails that you are accountable for your health, wealth and time too. The time thing will take care of itself if you stick on the introspection and responsibility exercises. Healthful living and being healthy needs rightful food, activity / exercise, thoughts and rest, plus any ailments / sickness tended to, at the earliest. This becomes a daily activity. That means it is not a thing of a few months like going on a diet or taking swimming lessons; it's a life long thing. Health may be the only long term wealth you need, but let's give some thought to material wealth.

Touted by many as a necessary evil, material wealth cannot be done without unless you are living in a jungle in skimpy clothing, and living on berries and leaves. Earning and using it is a part and parcel of today's world because it is a medium of exchange and everything is calculated in terms of its monetary value. So why not live with it properly? I have seen rich people say that they don't have money to buy their groceries, taking loans and advances on the coming paychecks to run their homes; while modestly paid people living happily on their means, everything in between, and all around the place. It becomes evident that the amount of hard cash does not make a person rich or poor - it is in the mindset and execution. Manage your finance - save some for the future, invest when the chances are good, live within your means; and provide for people under your care, under you and lower than you as

you can, and make this a regular practice. I read some time ago in a book that one should save 10% and donate another 10% (not to further personal favors & causes) of one's income without further thinking and learn to operate on the rest - found it plausible and am practicing it since then.

Of what you can do to run your life, you have a small percentage of anger and stress left to handle now. My advice to you is "DON'T", that's it! Easier said than done, right? The truth is that you can't be angry on anyone, because your anger is yours and it is eating into your nerves and you own an entire myriad of chemical reactions to boot; and it does nothing to the others person's physiology. So why be angry? Think about it, and laugh at achieving nothing (only losing) by anger.

On the other hand, stress can be good and bad, depends on what it is and how you are taking it along. Use the good stress to your advantage - think about it, learn from it and progress in life: go ahead. I have a maxim I copied from an Indian movie, "if something is going to happen, it is going to happen anyway; and if something is not going to happen, why bother thinking about it..."

Care, concentration and compassion

In our lives, in what we do, in what we are and in what we become, exercise care and concentration. Above all, be compassionate. To be compassion-

ate, you are going to be involved and dedicated in what you do. My principle is to do what you would do now to be done well and want to do all your life. I don't party late at night, eat very little junk, or waste time going around aimlessly; and I have people expect it from me and advice me that I ought to do them when I am young or risk losing the fun when I grow older. Why would I do it, when it is not a stable something I can hang on to doing? When I do something, I will do it because it is good enough to be done, not to the dictates of impressions, mindsets or habits. I look at people who pray only during auspicious days and see hypocrites in them. Pray everyday and pray everyday of your living life. Do you think you can pray during hard times and persuade GOD to grant your wishes, while you forget him at other times? How could you think that someone who can grant all your wishes can overlook your hypocrisy? God is All-knowing and All-forgiving, but don't be a living joke of such a big existence.

Duty makes us do things well, but love makes us do them beautifully - Zig Ziglar

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Now, we have come to speak of love. I will lose myself and you if I try to explain this word. Too vast to explain - yet so simple for the heart that can comprehend. The root of love is 'to be' and 'to allow to be'. The emotional and physical, poetical and artistic, and literary and contemporary aspects are only facets of love, only mere constituents or ingredients - but never the whole itself. Physical intimacy is often termed as making love, but it is not making love, it is expressing a form of love on the physical plane.

Love can take different forms and show many kinds of outwardly manifestations. In any case, the basic ingredient has to be centered in 'being'. This is also the basis of superhuman consciousness and awareness - just being without any thoughts, expression or ego. This state is achieved by a variety of spiritually incline practices like Sufism, Kriya yoga, Buddhism, Zen, etc. And proponents of all these systems say that the 'realized' individual knows true and pure love, while all other forms are lowly expression of what people 'believe' is love. In the great scholarly work *Ihya Uloomuddin* by Imam Ghazzali, emphasis is made on the fact that the ruler is best when he rules, the teacher when he teaches, the writer when he writes and so on, and that is their prayer after they have tended to their daily obligations. Beautifully expressed reality about something God rewards for and we don't do!

Love one another, but make not a bond of love; let it rather be a moving sea between the shores of your souls - Kahlil Gibran

Today, do we know love in its pure essence? Few do. Love covers compassion, dedication, forgiveness, care, understanding, continuity, gratitude, patience, and many more. For the thinking, love covers anything and everything in the universe, because love is universal. When an ant bites you, don't react, rather think; you have an option. If you squish it, it's a response, but if you let it go, you are reacting to your thoughts and emotions and you have the option to be human. If you slap me, I writhe in pain; and if I slap you, you writhe in pain. What is better for humanity, two people in pain or one? Obviously the latter. But it does not mean that you can

abuse your situation and keep on slapping me, because your time is limited before I will look for a shotgun to get even. Understanding is important, and few of us have the complacency to let patience prevail.

Let me throw caution to the proponents of wars, dirty politics, and cut throat materialism that the common man and humanity will only take so much of it before the truth materializes in front of them. Almost all nations have gone through wars but great nations have opened their eyes and freed themselves from the tyranny and slavery through revolutions; often started by the common men and women walking the streets. No one wins a war, everybody loses - lives, families, peace, soldiers, countries, sensibilities, moralities, cultures and humanity.

Coming to personal and professional relationships, we are no better. Our interactions, activities, and involvements are governed by the direct and indirect benefits we get out of them. Nothing is out of purity of the being self - it's all reward based. You drop everything when your GM or CEO calls you and go to him, even if he did not ask you to come, so that you can show (off) your competence and loyalty in front of him, perhaps right in between a meeting rather than telling him that you will come in a few minutes. Would you do the same thing for a clerk in your institution if he wanted your help? This is commonsense and your head honcho will surely understand (if he is a human as you are), and inform you if the matter was urgent. But commonsense is no more very common.

Is the time of the GM / CEO more important that the time of other employees. It may be on the basis of work responsibility or busy-ness of the person, but if each person is responsible for their areas, productive as they are required and fulfill their commitments, then we are mere humans, all working in a common place, where each person is equally important and each person's time has equal value.

Time's value is the same, but it is the circumstance that is giving it value. So, the next time your superior tells you to meet him when you finish what you have on your hand, decide - do you run right away or are you going to tell him that its going to take you probably 5-10 minutes, and then keep your word?

You are no more just you and you are afraid that the other be just themselves, because this exposes your true self. And very few people have any essence in their self. The majority are hollow and shallow people walking the streets, eating, sleeping and multiplying without even being aware of it, or even giving it any thought. They are engrossed in the achievement-reward system and can hardly look any further than their comfort zone. How long can you walk around like this with your eyes closed? Be aware my brothers and sisters, look at everything around you. This world is not an empty space. Look into the face of humanity and start to see before you begin to search the space and send rovers into mars or xyz.

Give due respect to all creature alike, as they deserve and a little more from your heart. Are you the one who will talk sweet to a person in their face, but badmouth them when they are not there? If your answer is yes at any instance, your respect and your values are phony. When you do a work, do it for whatever rewards you get out of it. But when you serve, serve out of love and kindness. In "The Man", Osho says that children should not take care of their parents out of duty, but out of pure love for them. Yes, if you have brought them up with love and responsibility, your children will want to take care of you, they will, and they will do it lovingly.

Insecurities are real. They arise from within, and we have different insecurities for different stages of our lives. We may or may not be able to find their causes / roots, but it is true that we can make ourselves stronger and more focused in our lives. These little critters fall by the side when you trust yourself, your loved ones and Almighty, and take positive steps in life, and reinforce the mission of your life. Dust settles on you when you fail to move. When you

do have to move, why not move towards higher consciousness. Just as a coin has two sides, all these are a part of your being. Your guardian angel and the Satan are within you. Which side of the coin do you choose? Whatever you choose, the opposite is just a flip away.

We continue, we fight, we hope, we win, we lose, we endure - Dave Draper

You are not lost. Whatever you want to achieve or be, is just a flip away. Life is a journey, not a destination. Be the change you want to see around you by M. K. Gandhi comes to mind. When you feel the peace deteriorating and love disappear from your lives, be IT. Don't undermine the power of the individual, because all that IS, is because you ARE. If you believe that you can change, you can. Change that starts from within is the true revolution. If you have a message to the world, BE the message. Your world starts on you and ends on you. You decide if you want to remain a wiggly worm, or evolve into a colorful butterfly. Whatever you decide, decide now and move towards it. Stars fill us with awe and inspiration, sending forth their light through vast space. Do you know how much it took for that twinkle to reach you? And stars come out only at night, but they are always there. When darkness envelopes everything around you, be that beacon of light that guides people to shores, across barren lands, across continents - right to where they belong. Be a star!

Love and light

** Dave Draper is a golden era bodybuilder, winner of every major title there is to win in it, author of several books, an inspirational writer and much more. Visit his informational and friendly site/forum on health, nutrition & training - www.davedraper.com*

*** Zig Ziglar is a motivational speaker.*

Subeer is a great guy based out of Qatar, who recently went became a part of this Uncultured Family.

And Something More For The Hero In You

1. There is no word that man has created that can even come close to expressing the feeling of love
2. The real art of conversation is not only to say the right thing at the right time, but also to leave unsaid the wrong thing at the tempting moment.
3. Reputation is what men and women think of us; character is what God and angels know of us.
4. There are no winners and losers in life really. There are only those who really try and those who really don't
5. 'Don't tell me the sky's the limit when there are footprints on the moon.
6. Aim at heaven and you get earth thrown in. Aim at earth and you get neither
7. A good friend sees the first tear, catches the second and stops the third

A real Story about true heroics

It was a sports stadium. Eight Children were standing on the track to participate in the running event. * Ready! * Steady! * Bang!!!

With the sound of Toy pistol, all eight girls started running. Hardly Have they covered ten to fifteen steps, one of the smaller girls slipped and fell down, due to bruises and pain she started crying. When other seven girls heard this sound, stopped running, stood for a while and turned back, they all ran back to the place where the girl fell down.

One among them bent, picked and kissed the girl gently and enquired 'Now pain must have reduced'.

All seven girls lifted the fallen girl, pacified her, two of them held The girl firmly and they all seven joined hands together and walked Together and reached the winning post. Officials were shocked. Clapping of thousands of spectators filled the stadium. Many eyes were filled with tears and perhaps it had reached the GOD even! YES. This happened in Hyderabad, recently !

The sport was conducted by! National Institute of Mental Health. All These special girls had come to participate in this event. They are spastic children. Yes, they were mentally retarded. What did they teach this world? Teamwork? Humanity? Equality among all?

Successful people help others who are slow in learning so that they are Not felt far behind, they stay connected.

I was so touched by this mail from my friend Mahesh Agarwal that I just had to include this in here. I so truly wish we could all learn from this

The Magazine About Our
Life

The Uncultured
Company



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*One world, one faith, one race.
One colour, just a different face.*

*To promote, to remind and to spread the word of
peace, understanding and above all the message of a
secular world. All of this done through the means of
art and entertainment.*

*To understand that life is not necessarily about being
proper and saying/doing the right thing. It's also
about being uncultured and saying/doing the right
thing with sincerity.*

*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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Editor, Publisher, Designer and everything else—Tagore Almeida
(anyone who wants to volunteer to be a part of this magazine and assist in anyways, please get
in touch with me)

*"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)*