



Vol 56:2

December, 2023

In this issue...

- ☞ Watch & Wait
- ☞ It costs so little
- ☞ The First Conference of World Religionists
- ☞ Children's Corner
- ☞ Barely any chance of fleeing a scammer
- ☞ Everything is connected to everything else!
- ☞ Withering Values
- ☞ Embracing Death
- ☞ Remedies for Maladies
- ☞ The Malaysian Speaks
- ☞ Any many more.....



### Festive Greetings

Having come out of the Deepavali festival period and as we move into Christmas, New Year, Thai Pongal and Chinese New Year in the coming months, the Editorial Team of Dharma wishes all our readers a very happy, peaceful and joyous celebration with your loved ones.

To those travelling for holidays, stay safe.

Here's praying for a better year ahead.



DHARMA

*Rise Dharma, like the sun to end communal strife.  
Unite all in ONE and to give us New Life  
- Yogi Shuddhananda Bharati*

### CONTEMPLATIVE DIMENSION IN HINDUISM

The practice of Hinduism is aimed at reaching the state of a higher level of consciousness where the mind gets absorbed in Divine consciousness.

The human body is a complex structure. Beyond the body is the mind or psyche of man, the vital, the emotions and the Divine Principle.

The coordination and balanced development of the said integral parts are at the mercy of three entities i.e. desire, volition and action in Man. The three entities are personified in an idol known as *Muruga*, the young and beautiful One, adored by Hindus. The idol is a personification of the One becoming the many, the moving force pervading all life, giving sustenance to the body, mind and spirit.

Summing up, the human being is a bundle of throbbing energy which is driven by the said entities into creation. If the three entities are directed by the mind that remains focused in the Divine principle, the outcome thoughts, words and deeds would be beneficial to all life. This moment of connection with the Divine, in common parlance, is 'becoming one with God'. This is the state of yoga.

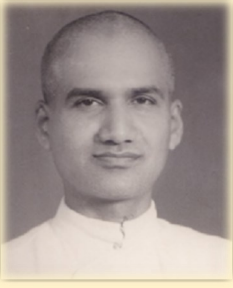
The Bhagavad Gita mentions four ways leading towards the state of yoga:

- The way of loving devotion to God (*Bakthi Yoga*)
- The way of selfless service, (*Karma Yoga*)
- The way of discovering knowledge through meditation (*Jnana Yoga*)
- The way of self-discovery by knowing oneself (*Raja Yoga*).

Raja Yoga is the study of the mind, its functions, its relationship with the body and Spirit as well as with all forms of life.

*continued on page 4*

**Cover page photo:** Christmas Decoration & Diya lights.



True education should make man live a pure and unselfish life, to be loving, kind and compassionate to all, to conquer avarice by generosity and hatred by love. It should train man to realise his true nature which is spiritual and his Oneness with the Universal life, so that he might live for the ideal of Universal Brotherhood.

**- Dr Swami Satyananda, JP, 1958,  
Founder-President, The Pure Life Society**



## Contents

Dimension in Hinduism	- Mother A Mangalam	- 01
From the Founder	- Swami Satyananda	- 02
Watch & Wait	- Mother A Mangalam	- 02
Editor's Note	- P C Shivadas	- 03
It costs so little	- J Maurus	- 05
First Conference	- Swami Satyananda	- 06
Timeless Frames	- Editorial Board	- 07
Children's Corner	- Web Source	- 08
Fleeing a Scammer	- Joachim Ng	- 09
Connection	- Ravin S	- 12
A Tribute	- S Vijayaratnam	- 14
Lama Tsongkhapa	- Kok Yek Yee	- 15
Withering Values	- Ravindran Raman Kutty	- 18
Home Conditions	- A P Pereira	- 19
Embracing Death	- Dr Xavier V Pereira	- 20
Remedies for Maladies	- Mother A Mangalam	- 21
Saying it in pictures	- Editorial Board	- 22
Reflections	- Swami Paramananda	- 23
Malaysian Speaks	- Editorial Board	- 23
Editorial Information	- Editorial Board	- 24

## WATCH AND WAIT

*Watch and wait  
Whether it be the little spark,  
that stirs your heart,*

*Watch and wait,  
Whether it be the Great  
Effulgence,  
that floods your being,*

*Watch and wait  
that rouses your senses,*

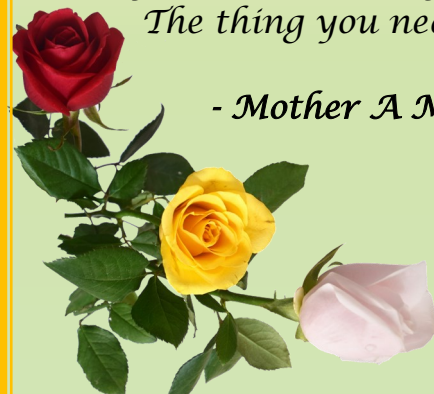
*Watch and wait,  
Whether it be the Great Surge,  
that breaks thro' the barriers of  
knowledge,*

*Watch and wait  
Anxiety disturbs, destroys,  
defeats  
Your purpose supreme in life,  
Disturbs, destroys, defeats  
Divine Purpose, the GOAL  
That's yours to reach.  
Yours is not to tackle,  
Yours is not to battle,  
Yours is but to serve, and then*

*Watch and wait  
In peace and in quiet.  
The Bride will come,  
The Bridegroom too,  
To fulfill the plan,  
Whether big or small,*

*Just watch and wait,  
If **HAPPINESS** is just  
The thing you need.*

**- Mother A Mangalam**



## EDITOR'S NOTE

At The Pure Life Society (Shuddha Samajam), we are having to get used to being without the guiding hand of Mother Mangalam, who kept burning the flame lit by her mentor Swami Satyananda.

Dato Ambiga Sreenevasan, as our new Life President, is well placed to bear the torch moving forward, given her credentials as a lawyer and activist with a stellar record of public service of her own.

It is thus beholden on everyone working and connected to The Pure Life Society to give her all the support she needs, as a charitable institution with an impeccable record. There is assurance it will be maintained and even enhanced, with fresh ideas and means to an end being injected into the picture.

The purpose of the institution remains unaltered — nurture and develop orphans so that they can repay society for the kindness shown them with uplifting contributions of their own. Ours is a blessed country and the onus is on us to keep it that way.

Our Gross Domestic Product is a total of all our individual contributions and we have to concede that some of it tends to be negative, given corruption, the somewhat appalling road accident statistics, wastage of resources, such as water and electricity, to name a few.

They are just examples of a lack of a civic mindedness. Steps have to be taken to encourage a changed attitude that is being called for. Our schools and parents have a pivotal role to play in this respect. We have to be consistent and have the strength of conviction to rise above, and stay risen, the issues beleaguering us.

As humans, we operate on the material and spiritual levels and isn't it true that only when our spiritual consciousness is heightened that we bring out the best in ourselves? Our places of worship often overflow, but how much of that is translated into right consciousness to live fulfilled lives?

What makes a spiritual person? Generally, it can be a given that a truly spiritual person will be a responsible husband, father, mother, employer, employee or in any position of gainful lives. But, one thing is for certain, acknowledging God inspires us to do our best in all we do, adding purpose to our existence. We can rest assured that sincerity, coupled with a sense of responsibility, is a starting point in a God-conscious person.

We are being constantly tested and it is so once again, given the events in Gaza. Relief efforts had to be addressed first, even as diplomacy came into play to end the conflict. At the time of writing, the only good that was happening, after all the death and destruction, was the (temporary) truce to halt the fighting and have relief efforts and an exchange of hostages take place.

But that was just the consequence of the fighting. Sanctity of life was totally lost on both sides. Repair work to heal shattered lives and rebuilding the built environment will have to take place in the end. Damaged human psyche will take generations to rebuild and that, too, if at all.

When will we ever learn? It is a perennial doubt that we seem unable to shake off, or never will, if history is to be referred to.

“Human kindness has never weakened the stamina or softened the fiber of a free people. A nation does not have to be cruel to be tough.” – *Franklin D. Roosevelt*



# CONTEMPLATIVE DIMENSION IN HINDUISM

*continued from front cover*

**I**t teaches us how to harness our hidden potential for self-development, because self-development is a necessary step towards living harmoniously with all forms of life around us. In simple language, we have to be spiritually strong enough to face life and all its challenges in peace and harmony.

**I**n the practice of spirituality, there is meditation, deep breathing exercises aiming at raising our consciousness to a high level and energizing the center between the eyebrows which is known as the '*Ajna Chakra*' (pineal gland). In the course of this exercise, the creative energy in Man, which rests in the *Mu-ladhara Chakra*, the centre of the mystic energy of the soul (*Kundalini*) at the base of the spine, converts into *ojas* (spiritual energy), when we raise our consciousness to the pineal gland.

**T**o be able to practise Raja Yoga, one has to first practise loving devotion to God, which in the course of time, expands to mankind and all forms of life.

**W**hile engaged in unselfish service, the experiences gained, brings about an awakening in the mind of man. The body, mind and spirit settles down naturally into a meditative mood.

## The Mental or Psychic Energy

**I**f only Man has trained his mind and controlled it enough to keep it focused to the Centre (the Divine Principle) within us, everything will fall into place.

**A**s a help to Man, the sage Agastya of pre-historic times, who is believed to have been an anchorite of great learning, a musician and a grammarian with tremendous mental energy that could even split rocks and mountains into splinters, has given what is called "*Kalpam*".

"*Kalpam*" is the word used for a mixture of different types of ingredients for the correction of any physical ailment. Here the word is used in a metaphorical sense as 'a mixture for the mind'. In brief, the passage by the sage Agastya, recommends training of the mind in positive thinking while stressing the importance of purity of thought and the importance of not hurting others in thought, word or deed. (Bhagavad Gita Verse 1,2,3 Chapter XVI). Patanjali's Raja Yoga recommends one to throw away wandering thoughts by performing one's duty in God consciousness and detaching oneself from the fruits of one's action.

**H**aving trained the mind along the righteous path, it becomes a fit instrument by which it can govern the elements in the human psyche. The state of meditateness will come more spontaneously and naturally to us. Actions, as a result of inner passivity, emerge dynamic.

## The Psyche

**W**e cannot avoid talking about the psychic being when it comes to wholesome development.

**I**n the words of Yogi Shuddhananda Bharati, "Health is not measured by weight. Health is an inner condition.

**T**he doctor and the X-ray machine may be able to penetrate the physical parts of our being but there are deeper secrets beyond the senses and the mind. There are fountains of cosmic energy in the psychic centres within us, which are revealed only to the person of introspection. The cosmic energy, which is the creatrix of the microcosm and macrocosm, runs through very subtle tubes called *nadis* or *astralis*. The energy is pent-up in the glands and endocrines. It is treasured deep in the psychic centres and nerve plexuses. Every physical movement and vital movement has an astral tube (*nadi*) behind it. According to the ancient metaphysicians, there are about 72,000 astral tubes which move and spread out the cosmic energy and carry the psychic currents. They are charged with the positive and negative currents of the cosmic energy which are almost similar



to the charge of electro-protonic forces in an atom. The secret of health is in the purity, virility and energy of the astral tubes. They must be clean and clear channels of the subtle psychic currents."

**T**o be able to make maximum use of the cosmic energy in us, there are techniques in equalizing the breath, meditation, recitation of holy words (Mantras - deflections of the primordial sound, the word of God), physical postures which causes acupressure (Mudras) which stimulates the different glands and increases the Life-force (pranic force/Qi, in Chinese) and thereby help to raise our consciousness to a higher level and create in us a sense of well-being and mental poise.

**H**aving attained mental poise, the thoughts, words and deeds that emerge from such an individual, would certainly be productive.

*- Datin Paduka (Dr) Mother A Mangalam, 02 December 2011*



## IT COSTS SO LITTLE

When M. Gandhi went for the first time to Natal (South Africa), he had his lunch in a second class restaurant. He paid the bill and said to the waiter:

"Thank you for your kind service."

"Sir," answered the waiter, "I will never forget you. In 25 years of service I have never heard a word of thanks."

A kind word costs so little, yet means so much.

When you ask a favour, no matter how slight or insignificant, use "Please", and when someone has tried to do it and failed, say "Thank you."

Don't snap it out hurriedly, as if it were an unpleasant duty to say it.

"Please", spoken easily and graciously, smilingly, is worth hours of entreaty.

"Thank you", spoken sincerely and without seeming forced, is worth hours of appreciation.

***Manners are like the zero in arithmetic: they may not be much in themselves, but they are capable of adding a great deal to the value of everything.***

*- Freya Stark*



**- J Maurus, Author, 'Just a moment please!'**

## THE FIRST CONFERENCE OF WORLD RELIGIONISTS (Radio Talk)

*continued from previous issue*

After the main Conference, local meetings were held in Hiroshima, Kyoto, Osaka and other places. In Hiroshima, the meeting was held in the St. Francis-Xavier Peace Memorial Hall erected by the Roman Catholics of the World as a protest against the use of atomic and other nuclear weapons in war. One of the Catholic Bishops, with other Catholic Fathers from European countries, participated in the Hiroshima meeting together with Muslims, Buddhists, Hindus, Shintoists, Bahais and others and he served dinner to all delegates in the magnificent New Church of the Blessed Virgin Mary, rebuilt after Hiroshima was destroyed by atomic bomb.

The following are the major decisions of the Conference:-

- 1) The Second Conference of World Religionists will be held within two years, but the venue and exact date will be decided by the Implementation Committee.
- 2) We urge the establishment of centres of the World Council for Inter-Faith Co-operation in all countries of the world.
- 3) All religions and modern science too accept One Ultimate Reality and all beings are part and parcel of it. "Love thy neighbour as thyself" because each one of us is a definite part of the whole - is the practical aspect of religion. By doing good to others we do good to ourselves and on the other hand by doing evil to others we do evil to ourselves. What we sow we reap. Our individual and collective behaviour, and actions should be guided by these principles.
- 4) August 6th. shall be the international peace-prayer day of all religions.
- 5) Weapons or force of any kind are not to be resorted to in settling international, communal or racial disputes. We shall urge the United Nations and other governments of the countries to adopt this decision of ours.
- 6) To ban the use of nuclear weapons and to reduce armaments to the minimum aimed at their complete abolition in the future.
- 7) To solve all regional disputes by the free will of the people concerned and by consultation and moral persuasion.
- 8) Religionists are to promote mutual understanding between capital and labour and should endeavour their best to promote settlement of labour disputes from a spiritual angle.
- 9) Religionists should persuade political parties, capitalists, labour unions and journalists to give up violent and extremist expressions.\_
- 10) To persuade the people and governments to give up gambling in any form and to abolish erotic and vile literature, films, dramas, broadcasting etc.
- 11) Politics, economics and cultural activities should not be based on racial prejudices or discrimination.
- 12) We appeal to the world to abandon colonialism as well as communism and in their stead to base our life, thought and activities on the spiritual brotherhood of mankind.
- 13) We appeal to the scientists and technologists of the world to have a spiritual outlook on life.
- 14) We request the United Nations to devote attention to the following urgent items and to tackle them effectively:
  - (a) The growing population of the countries.
  - (b) The equitable use of the natural resources of the world. (c) According seats to unaffiliated countries in the U.N.O.
  - (c) According seats to unaffiliated countries in the U.N.O.

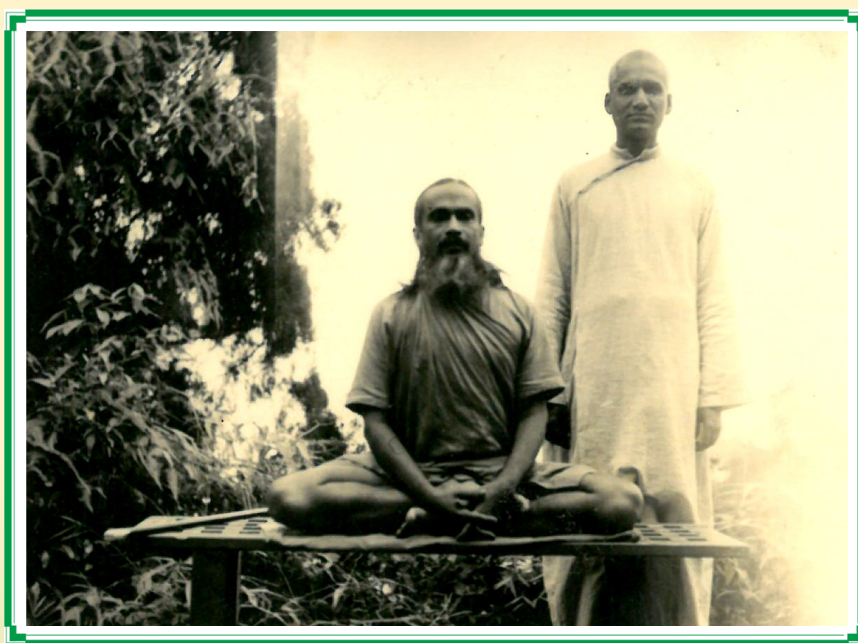
- (d) Positive and effective assistance to underdeveloped countries and in improving the standard of living in these countries.
15. To urge the UNESCO to set up a Religious Department within itself.
16. Sex immorality to be prohibited in all forms and delinquents to be resettled.
17. To send our representatives to the U. N.O. and to leaders of England, U. S. A., France, U. S. S. R., India, Republic of China and Japan and appeal to them to assist materialize the decisions of this Conference. □

**- Dr Swami Satyananda, JP, Founder-President of The Pure Life Society, at The Conference of World Religionists held at Tokyo International House, 1955**

**- From 'Dharma Essays' (1956)**



### ***Timeless Frames***



HH Dr Swami Satyananda, JP with his Guru, Mentor and Patron  
of The Pure Life Society (Shuddha Samajam),  
Yogi Shuddhananda Bharathi in the 50's of the last century.

'Life is never free of problems. Every problem has a solution just as any mathematical problem would have. It is up to us to solve it. The power to solve any problem is within us'.

- Mother Mangalam, in a speech 'Persevering Through Challenges In Social Work' at Nestle Malaysia on 13 November 2015

# Children's Corner

## The Tortoise And The Bird

A tortoise was resting under a tree, on which a bird had built its nest.

The tortoise spoke to the bird mockingly, "What a shabby home you have! It is made of broken twigs, it has no roof, and looks crude. What's worse is that you had to build it yourself.



"I think my house, which is my shell, is much better than your pathetic nest".

"Yes, it is made of broken sticks, looks shabby and is open to the elements of nature. It is crude, but I built it, and I like it."

"I guess it's just like any other nest, but not better than mine", said the tortoise. "You must be jealous of my shell, though."

"On the contrary", the bird replied. "My home has space for my family and friends; your shell cannot accommodate anyone other than you. Maybe you have a better house. But I have a better home", said the bird happily.



**Moral:**

*Better a crowded hut than a lonely mansion.*

- Web Source



## BARELY ANY CHANCE OF FLEEING A SCAMMER

Malaysia and much of the world is facing the scourge of a new type of pandemic caused by the virus of endemic dishonesty. Tens of thousands of Malaysians will have by now suffered the affliction, and it is likely some have gone into depression.

Online scams are set to topple drugs as the second most damaging crime to society, just behind corruption. The two crimes are gang brothers as they both originate from the same root — rapacious greed. It is not simple dishonesty such as lying about your health condition to get a medical sick chit.

Corruption destroys a nation's wellbeing, as is happening across most of Africa and Latin America. But a corrupt politician may still have a bit of decency left in him to fulfill his public duties to some extent. A scammer, however, will clean you out to the last seen without feeling the slightest remorse. In fact, it gives him immense gratification to see you destroyed as it proves he is a grandmaster of evil deceit.

Possibly thousands in Asia have taken up a career in scamming, because of its lucrative rewards. With a general softening of penalties, allegedly in compliance with human rights, there is no longer a strong deterrent. In Malaysia, the punishment is only for cheating, with Section 420 of the Penal Code prescribing 10 years imprisonment at most.

Scammers use your own mobile device to trap you. They phone or message you, and you innocently answer because you never suspect that the gadget you own and dearly love can turn into an instrument of self-destruction.

How did scammers get your number? Who sold it to them? Has anyone selling handphone numbers to scammers ever been arrested and thrown in jail?

How do you transfer your money to scammers? They never take cash or cheque. It's always online bank transfer or via ATM. We are not talking about a thousand ringgit; the amount they demand runs into thousands, tens of thousands, hundreds of thousands, even a million ringgit.

It's not done at one ago, but rather in many instalments. Banks are the conduit for perpetuation of scams. Do banks have no means of detecting a scam transfer, in the age of stunningly smart artificial intelligence?

If you transfer large sums of money to an account or accounts that you have never dealt with before, and it's a series of instalments, AI can't detect that this is a scam operation?

Of course, it can. However, which bank wants to spend money on AI to protect your money — it's your money and not the bank's money. The easy way out for banks is to keep sending warning messages to beware of scams. It costs them no money to send these messages, but it clears their conscience.

Banks are saying to you: "We're just the highway; you are the user. Watch out for brigands on the road. It's not our job to keep the highway safe. It costs money to deploy patrols. You're on your own."

But the chances are very high that you will be snared if you pick up a scam call. You have barely any chance of escaping, even though the consistent police advice is that all you need do is hang up or go to [semakmule.rmp.gov.my](http://semakmule.rmp.gov.my) to check. If you can think of checking, it means you already sense that it is a scam. You will hang up. No need to check first.

The Singapore Government is more sympathetic towards public interests. It has developed a mechanism called Shared Responsibility Framework that prescribes a set of anti-scam duties for financial institutions (banks) and telecommunication companies (telcos). If they neglect any of these duties and a scam gets through, they have to compensate the victim fully.

Locally we lean more towards protecting institutional interests rather than consumer interests. Institutions are treasured more than consumers. This weighted preference favours dishonest practices.

Let us dissect the most sinister fraud of all — the Jail Scam, as it should be called. Once known by the misleading name Macao Scam and later given the bland name Phone Scam, it is best to call a spade a spade as it will sound the alarm in your brain once you hear the word "jail" or its equivalent.

A 61-year-old government retiree in Perak received a phone call from an individual who introduced himself as an employee of a courier company, claiming that she had a package delivery problem.

She was then purportedly connected to the Penang police contingent headquarters and spoke with an “inspector” and a “sergeant”. Under instruction, the pensioner transferred RM130,000 to three bank accounts belonging to different individuals in October 2023.

In September 2023, a 40-year-old civil servant in Sarawak received a call purportedly from a courier company, informing her that she had sent a parcel containing several identity cards. When she denied having done so, she was connected to another scam syndicate member claiming to be a police officer. Guess how much she transmitted to the syndicate bank accounts? RM600,000 comprising all her savings and bank loans that she secured to meet the scammers’ requirements.

A month before that, a Johor engineer received a similar call telling him that there was a parcel for him containing some identity cards and ATM cards. He was then connected to a policeman. The upshot? He lost RM130,000.

The same month a young doctor in Johor was called by an “income tax officer” who said she was owing a huge amount of tax money. The call was then transferred to a bogus police officer. She lost RM200,000 of savings and bank loans that she had quickly secured.

Also in August last year, a vegetable farmer in Cameron Highlands got a call from a “courier company employee” who connected him to a “police officer” investigating money laundering. The victim transferred RM800,000 to five separate accounts given by the scammer.

A government retiree in Taiping was called by a “postal officer” who then passed the call to a “police officer” investigating him. The scam that occurred in August last year cost the victim RM200,000.

A stockmarket analyst in Selangor got a call from a so-called Health Ministry official followed by a call from an “investigating police officer” who asked her to open a new bank account and transfer her money there. She put in RM6 million in 25 transactions during the last quarter of 2022, and in January 2023 she realised that the scammer had siphoned it all away.

In the Jail Scam, there is always a “police inspector” and a “sergeant” involved. The inspector plays the bad guy role accusing you of money laundering, drug trafficking, tax evasion, and the like. Then he tells you that he has a warrant for your arrest and you will be kept in jail while investigations proceed.

This fear factor always works, because nobody wants to languish in an overcrowded prison. If you’re not the hardened type, a stint in prison will bring about early death through severe illness or depression. The “inspector” is like a tiger in front of a deer. You are the deer, about to be eaten.

The “sergeant” plays the good guy role by giving you the assurance that he will keep you out of jail if you transfer money to a government-authorised bank account or accounts for investigation purposes.

The “sergeant” heightens your fear by telling you that your spouse, children, or grandchildren are in danger and hence you must tell nobody about these calls. “When I call you, go to a secluded spot or away from your house.”

Acting like a kind orang utan swinging down from a tree to save your skin from the ferocious tiger, the “sergeant” assures you that everything will be settled. All you have to do is transfer whatever money you have and borrow lots more in addition. The investigation will then prove you innocent.

You have now been fully hypnotised. There is no escape. But there continues to be so much victim blaming. “You fool. If only you are digitally literate. If only you read the police advisories.”

As long as society continues to lay the entire responsibility on consumers to protect themselves, scammers will have a field day. It’s because they are highly trained in manipulative tactics. You are up against a mind-control syndicate and will fall victim, unless you know someone who has been scammed and has related his story to you or you have attended a scam briefing.

As evidence that the Jail Scam involves mind takeover, look at how thousands of smart Americans are also falling victim. There, scammers have an extra ploy — alleged jury duty failure — to threaten victims with jail. American jails are also overcrowded.

Japanese are very cautious people who hold on tightly to their money. They too get scammed. A favourite ploy is to tell an oldie that he has won the right to stay in a nursing home. But if he declines the offer, he is deemed to have committed a crime and must pay a settlement fee.

Here are three ways for society to weaken these scam operations:

- ◆ Our police must realise that their image is being tarnished every day. They must work with Interpol to demand an international law imposing life imprisonment on Jail Scam masterminds, and jail sentences of not less than 15 years for any accomplice involved in these calls.
- ◆ The banks must be made to compensate every victim at least half their loss. This will force banks to invest in AI patrols, as it will be far cheaper.
- ◆ Concerned NGOs must hold Jail Scam expos in shopping malls, using role-play drama to educate consumers effectively. □

*- Joachim Ng, Interfaith/science enthusiast and newspaper columnist*



## REFLECTIONS

The GURU is reflection.

He does this constantly and I believe he sees many things.

We are in such a hurry in life that we do not have time to reflect on what we did or said or are about to say.

Our thoughts sometimes are directly connected to our mouths. I think reflection does not put brakes on our ever active mind.

The mind needs to be still for our inner self and soul to come to the forefront. Many times our hurry is based on the fact that the mind does not want to be examined.

If examined these thoughts that we hold so dear might not be so important or worse not matter at all.

The mind which is our ego will try its best not to let that happen.  
Constant reflection is a habit we all can develop and practice is what is necessary.

Reflect constantly and still the mind, be surprised at its effect on you.

*- Jayashiman Ashok, 'A Walk with my Guru' (Universal Peace Foundation)*

## **EVERYTHING IS CONNECTED TO EVERYTHING ELSE!**

The universe is a pretty extraordinary place, with uncountable billions of galaxies and stars continuously forming a vast web stretching away in all directions. Within this massive universe lies one perfectly spiraled galaxy named the Milky Way. In that galaxy exists a common place - a yellow star orbited by eight planets and a dwarf planet (identified so far). On one of those planets is where the miracle of life sparked around 4 billion years ago, Earth. We humans came into existence relatively recently, around 200,000 years ago. We are blessed with a wonderful 4 billion year old heritage bestowed by the Earth. Remember, life is a connection in the chain of inestimable living beings that have prospered with one another on Earth. All successive species on Earth have inhaled the same oxygen and drunk the same water.

YES! It means that we have a huge responsibility to preserve the entire creation so that everything is proportionally balanced.

Yet, something is not right. Statistics state that every year, 13 million hectares of forest disappear. One mammal in four, one bird in eight, and one amphibian in three are threatened with extinction. Since 1950, fish catches and animal slaughter have increased from 47% to 78% per year. Species are dying out at a rate 1000 times faster than the natural rate. We are destroying the cycle of life that was given to us without mercy. More shockingly, we are harming our own race. One in six humans now lives in precarious and unhealthy conditions without access to daily necessities. 5000 people die each day because of dirty drinking water. 1 billion people have no access to drinking water, and nearly 1 billion people are going hungry. Only in 50 years since 1950, the gap between the rich and the poor has grown wider than ever. Today, half of the world's wealth is in the hands of the richest 2% of the overall population.

We surely know that the universe didn't labour for 13.7 billion years to see the life to end up as an enemy to own life, and to its own Earth. Then, what could be the reason for the problems?

We know the answer! Our "selfish act towards materialistic greediness" plays its fantastic show resulting the problems. For an example, in 2010 the BP oil spillage caused the entire marine life in the Gulf of Mexico to die. Even the oxygen is exterminated in the water. And we haven't found ways to fix it yet. Maybe we have the comfortable understanding that no other species can question us because the rules are made for our benefit. However, we can't escape from the sin we have committed!

In 2003, I was blessed to meet a Saint who had devoted himself in obtaining the astuteness of life. His presence alone projected calmness towards his surroundings and all who were in His presence. Surrounded by His celestial love force, the Saint said:

***"SEE THE WORLD FEELINGLY... SEE THE WORLD FEELINGLY..."***

This phrase explains exactly the problem we are facing now and its solution. The Saint continued:

"There was a time when there were less people, and they lived devoted to the land. People knew the language of rain, crops and they spoke to the Great Universe. They were conscious that life was sanctified. They believed that everything in our world is connected to everything else. During this time, there was balance and people were happy. Then something happened. No one really knows why, but people started to forget who they were. In their forgetting, they began to feel detached from earth. They were lost in life with no direction and connection. In their separation, they believed that they had to fight to survive in this world and protect themselves against the same forces that gave them the life they had learned to live in harmony. Soon all their liveliness was used to defend themselves from the world around them, instead of making peace with the world within them".

As I listened to him, his saying resonated within me. I realized that we human beings had cut our relation with the nature and placed our focus more on acquiring unprecedented comforts. We used to live with an understanding that everything is linked, but it seems the knowledge has been expunged as time flowed and now we are demanding a reason to believe that we are indeed connected. Now, science is giving us the reason for our logical mind to see how we are related and how we actually influence the world.

In 1986, the United States Air Force replicated the 'Michelson Morley' experiment and proved that there is a FIELD of energy that underlies all physical reality. The field is known by names that range simply as "Field", "Nature's Mind" and even "Mind of God".



The physical world we know is made of two fields of energy: electrical field and magnetic field. Human bodies are also made of the same fields of energy. As understood from our physics books, when we change either the magnetic field or electrical field of an atom, we are literally changing the behaviour of the atom. Now the question is, which organ creates the strongest electrical and magnetic field in our body?

Over 20 years of research on the effect of human emotions directly on the world, by the 'Institute of Heart Math' states, there is a measurable electrical and magnetic field of energy around every human heart. The brain does produce the same electrical and magnetic field. However, the heart generates 100 times stronger-electrically and 5000 times stronger magnetically than the brain. When we have a feeling in our hearts, then we are creating electromagnetic waves from inside our body that extends to the outer world.

This came into focus during the event of World Trade Centre (WTC) attacks. The United States has two satellites called 'Geostationary Environmental Operational Satellite' (GEOS). One is positioned in the northern hemisphere and the other in the southern hemisphere. The role of these satellites is to measure the magnetic fields of the earth, and send the readings back every 30 minutes.

On 11 September 2001, the scientists begin to see some readings from satellites that were off the scale from its usual range - big spikes of signals were captured. They were unable to tell what could be influencing the magnetic fields of the entire planet to such a degree. The scientists overlaid the data from satellites onto a counter of months and days. They found the spikes occurred precisely on 11 September 2001. And even more precisely, the first spike occurred 15 minutes after the plane hit the first tower of WTC. This proves that the space between us and the stars is not an empty space.

There is an 'Intelligent Field' of energy which unites the universe. It gives the answer to the question why the magnetic fields of the earth spike precisely the moment human emotions of the planet focused on a disaster. It is the human feeling produced by human hearts extending far beyond our bodies into the physical world and triggering the GEOS, which are hundreds miles above earth's surface to pick up the signals.

Now we know that our inner experiences, such as thought, emotion and belief, have a direct effect on the outer world. So, it makes perfect sense that when many people get together and choose the moment of time to create one precise feeling in their hearts, that feeling literally can influence the field that sustains life on planet earth. Depending on what we choose to experience in our life, those feelings are creating the pattern in the magnetic and electrical field in our heart, simultaneously rearranging the particles of quantum essence.

This will directly allow the pattern of what we have claimed in our hearts to become manifest in the world around us. This is not at all a miracle, but it is our internal technology proven by today's modern science. We can see how much we are connected to everything else in the nature. This is THE GRAND DESIGN.

There is no alternate way for us to move forward to restore the damage we have done to our Earth. It can be mended through the unity of all nations, the leaders, consumers, profit makers, law enforcers and each one of us by creating the first change from our heart. Millions of people talk about love, care and compassion towards animals and nature. Remember, love and compassion is not something we can explain. It is a feeling, a feeling beyond words.

When we are connected to the earth's vibration, we will see everything feelingly and will be fascinated even at the slightest display of our spectacular earth. Our hearts will rumble to make the change even for infinitesimal wrong-doings. All we have to do is to stop drilling the Earth. Gone is gone, but our responsibility is there for the remaining. We still have the Earth's forest, rivers, lakes and thousands of species. The intensity of human emotion speaks to the 'Intelligent Field' creating a bridge of love and trust between our nature and animals.

At this point, we cannot be the ongoing reason for the problems. We have to change the subtle energies within and around us with every thought, action and emotion. So, the real change is NOT out there - it is something to do with our mind and our heart. Once we understand this, we can take charge of LIFE and everything will be amazingly beautiful. ▣

**- Ravin S, Founder, Karma Yoga Movement**



## A TRIBUTE

### DR SWAMI SATYANANDA, JP, FOUNDER-PRESIDENT THE PURE LIFE SOCIETY (SHUDDHA SAMAJAM)

*Dr Swami Satyananda, JP, passed away on 9<sup>th</sup> April 1961. The Pure Life Society received many condolence letters as well as letters of appreciation from people from all walks of life, whose lives Swami Satyananda had touched in one way or another.*

The 9th of April, 1961 was a grievous day for the Hindu Youths of this country, for on that day a light was put out - the light that had inspired and shown the way for the Federation of Malaya Hindu Youth Council for many years.

For from that day Dr. Swami Satyananda, Patron and spiritual guide and friend of the Hindu Youth Movement was no more with us. A crippling sense of despair permeated the air, because this man of God had been one of the very few among the Hindu elders to really understand the modern youths of this country. While others in the community satisfied themselves by making derogatory remarks and destructive criticisms, he championed our cause with the vigour of a Crusader.

The many youths who had the fortune to meet and talk to him were struck by the simplicity of the life he led, the clarity of the ideas he expressed and the convictions of the ideals he stood for. He was in every sense, that the word implies, a religious ascetic. But now he is no more with us in body, but he will go on living with us in spiritual communion. The precepts that he formulated and spread will not vanish from the face of this earth. The great erudition and scholarliness of Swamiji will always be with us, preserved in the pages of many books that he wrote.

Thus in this sense there is no cause for despair. With his continued spiritual guidance, the Hindu Youth Movement will surely grow from strength to strength and live up to all that he expected of us.

We will always remember that his last public appearance was at one of our functions. We had the honour of having the 4th Federation of Malaya Hindu Youth Convention 1960 declared open by him. The words that he said on that occasion will for ever be enshrined in our hearts:-

**"It is upon each Hindu Youth to be a beacon-light to Humanity by not only acquiring a knowledge of his religion but also living in his life, its thoughts."** □

**- S Vijayaratnam, President, Federation of Malaya, Hindu Youth Council, 1961**

When a great man dies,  
for years the light he leaves behind him,  
lies on the paths of men.

- Henry Wadsworth Longfellow

## LAMA TSONGKHAPA: THE SECOND BUDDHA

Lama Tsongkhapa, who lived in the 14th and 15th Century, is among Tibet's most famous saints. He was the father of the Gelug School of Tibetan Buddhism and his teachings are now spreading rapidly to all corners of the world, as one of the fastest growing religions today.

Tsongkhapa is highly revered as an emanation of the three great Bodhisattvas, Avalokiteshvara, Manjushri and Vajrapani, embodying thus the profound qualities of enlightened compassion, wisdom and spiritual power of all the Buddhas.

Among the many renowned teachings he gave and influential texts he wrote, Tsongkhapa is most famous for composing the *Lamrim Chenmo*, or The Graded Stages of the Path to Enlightenment, which is still being widely studied today, by both ordained Sangha in monasteries and lay people in the East and West.

Tsongkhapa's influence in the Buddhist world is nothing short of extraordinary and much of the teachings being propagated today would not have been possible without his tremendous teachings and kindness for all beings. Often known as the Second Buddha, his teachings and legacy are second only to the original sage Buddha Shakyamuni.

### **Before It All Began...**

The immense benefit that Tsongkhapa would bring to the world was already prophesied by Buddha Shakyamuni, 2,000 years before his birth.

In that lifetime, Tsongkhapa was a young boy who offered up a crystal rosary to the Buddha; as he did so, he also made a sincere wish to develop great Bodhicitta. Then, Buddha prophesied that this boy would later be born in the Land of Snows, Tibet, and be instrumental in reviving Buddhism during a period of degeneration. Buddha foretold that this boy would establish a great monastery, which would be Gaden Monastery, still one of the world's most illustrious monastic universities.

Buddha then offered Tsongkhapa a conch shell in return, symbolising the spreading of Dharma. The shell was passed from Buddha to Mahamaudgalyagana with instructions to bury the shell in Tibet. Later, while Gaden Monastery was being built, this very same shell was unearthed, fulfilling Buddha's prophecy.

### **Auspicious Beginnings**

Tsongkhapa was born in 1357 in Qinghai province, a region bordering Tibet and China, amidst many auspicious signs. His parents both had many powerful dreams before he was born, which foretold the arrival of a great being. After Tsongkhapa's birth, the placenta was buried in the ground, from which a very large and splendid sandalwood tree grew with special leaves featuring mantras and Buddhist images. Kumbum Monastery was built on this sacred spot and is still a highly revered pilgrimage site today.

Having noted that he was an extraordinary child, Tsongkhapa's father sent him to receive layman ordination when he was only three years old from H.H. the Fourth Karmapa, Rolpay Dorje. Tsongkhapa went on to receive his novice ordination vows from his teacher, Choje Dhondrup Rinpoche, when he was seven. His ordination name, henceforth, was Losang Drakpa.

Tsongkhapa left for Lhasa when he was 16, to begin what would be an extraordinary journey in Dharma. From that moment on, he would begin to learn from different monasteries, study the profound teachings of both Sutra and Tantra, engage in countless deep retreats and master the teachings of medicine.

### **In Search of His Guru**

When he was 16, Tsongkhapa parted from his teacher, Choje Dondrub Rinpoche, to start his journey in search of Dharma. From 1373 to 1393, Tsongkhapa would travel over the Land of Snows, studying under 45 of the greatest teachers from different lineages in Tibet. He mastered not just Buddhist teachings but also excelled in medicine, astrology and poetry.

In the autumn of 1373, he travelled to middle Tibet, to Drikung Kagyu Monastery where he trained with

Chennga Chokyi Gyalpo and studied the five sections of the Great Seal (Mahamudra) and Bodhicitta. From there, he travelled on to Nyetang, one of the largest monasteries of the day and was tutored by Tashi Sengi and Densapa Gekong.

These are only a few examples of the extensive study he engaged in with very prominent teachers of the time. Tsongkhapa's ability to memorise and comprehend texts was astounding. Through the course of his study, he gained great respect from both his teachers and fellow students for his vast abilities to absorb and expound some of the most profound teachings.

### **Meeting Rendawa and Composing Migtsema**

Tsongkhapa had studied extensively with the Sakya teacher, Nyapon Kungpa Pel. However, as Tsongkhapa came to request for teachings from him one day, Nyapon Kungpa Pel was struck by an illness and was unable to teach. He referred Tsongkhapa instead to his chief disciple, Jetsun Rendawa.

Rendawa and Tsongkhapa's Guru-student relationship became legendary and they were very close. In Tsongkhapa's search for Dharma, Rendawa was his most important teacher.

In honour of his teacher, Tsongkhapa wrote a poem for Rendawa. However, Rendawa altered the verse to include Tsongkhapa's name instead and offered the poem back to Tsongkhapa. This is now the Migtsema mantra, one of the most important prayers for Gelug practitioners and devotees of Tsongkhapa.

### **Umapa and Manjushri**

Tsongkhapa began to focus on studying Tantra when he was 34 years old. At this time, he met a Lama called Umapa who taught him the practices of Manjushri. From these practices, Tsongkhapa gained direct visions of Manjushri.

In 1392, Tsongkhapa went to Lhasa with Umapa and made abundant offerings to the famed Jowo Rinpoche statue in Jokhang Monastery. During a very intensive Manjushri retreat there, he gained a very clear vision where Manjushri appeared within a mandala. On Manjushri's chest was written a red mantra. However, out of deep humility, he did not speak about his visions until his Lama, Umapa, asked him about them.

### **Purification Retreats**

When he was 36 years old, Tsongkhapa entered what would become one of his most famous retreats. Under direct instruction from Manjushri, Tsongkhapa and eight of his disciples engaged in a prostration retreat to the 35 Confessional Buddhas.

Tsongkhapa performed 100,000 prostrations to each of the 35 Buddhas, completing a total of 3.5 million full-length prostrations. Because of this ardent practice, he gained direct visions of the 35 Confessional Buddhas.

Tsongkhapa also did 18 million mandala offerings with his bare hands, until his wrists were raw and bleeding. Many masters now cite this retreat as an example of how much dedication Tsongkhapa put towards his practice, although he was already so highly attained. It is a reminder to all spiritual practitioners of the faith and commitment we should invest in our Dharma path.

### **Reviving Monastic Discipline**

During this degenerate time, monastic communities did not follow the rules of the Vinaya (monastic rules) conscientiously. Practices were degenerating, the Sangha had become corrupt and monks were abandoning themselves to worldly pleasures.

Tsongkhapa followed the methods of Atisha - a prominent Buddhist saint of the 11th Century - to revive monastic discipline. In his teachings, Tsongkhapa particularly stressed the importance of holding vows and commitments, and adhering to discipline.

With the guidance of his Gurus, Rendawa and Chennga Chokyi Gyalpo, Tsongkhapa accomplished the enormous task of reviving the *Vinaya* among the Sangha. For this, he gained great respect from many people who began to follow his teachings and become his disciples.



## The *Lamrim Chenmo*

In the early 15th Century, many scholars and Lamas began requesting Tsongkhapa to write books that would provide teachings about the graded path to Enlightenment. Thus, Tsongkhapa began to write the *Lamrim Chenmo*, The Graded Stages of the Path to Enlightenment.

Among the many texts he composed, the *Lamrim Chenmo* is Tsongkhapa's most famous work. This important treatise was based on Atisha's text, *Lamp for the Path to Enlightenment*. Tsongkhapa's *Lamrim Chenmo* united all the Buddha's teachings from the various existing schools of Buddhism in Tibet and even from the Indian pandits, and provides a most excellent guideline for the practice of Dharma, from the moment we step onto the path all the way up to Enlightenment.

After completing the *Lamrim Chenmo*, Tsongkhapa then began writing the *Ngarim Chenmo*, The Stages of the Path of Tantra. Among his other famous texts, Tsongkhapa also wrote many extensive commentaries on root texts such as the 50 Stanzas on Guru Devotion and the 14 tantric vows.

## The Great Monasteries

Throughout his life, Tsongkhapa made extensive offerings to the Three Jewels. He was famed for restoring the ruins of the Maitreya Temple to a resplendent state and for the many beautiful offerings he made to Tibet's most beloved statue, Jowo Rinpoche in Lhasa.

From the great merit he accumulated for Tibet, Tsongkhapa then began to build Gaden monastery in 1409 at the Drok Riwo mountains. This would become the first and most central monastic institution of the Gelug School of Buddhism. During the construction of Gaden Monastery, the conch shell which Buddha Shakyamuni had ordered to be buried there 2,000 years ago was unearthed, thus fulfilling Buddha's prophecy.

Following the construction of Gaden, Tsongkhapa told one of his students, Jamyang Choje, that if he built a monastery, it would be even bigger than Gaden. He offered the conch shell to Jamyang Choje, who proceeded to build Drepung, another of the greatest Gelug monasteries.

In 1419, another of Tsongkhapa's disciples, Shakya Yeshe, built Sera Monastery. Together, Gaden, Drepung and Sera Monasteries would become three of Tibet's most prominent monastic institutions.

Today, these three monasteries have been re-established in India, where they continue to thrive

with a rich Sangha community and produce unrivalled, highly skilful and wise Dharma teachers.

## Back to the Pure Land

In the last few months of his life, Tsongkhapa went to Drepung to give teachings, during which a rainbow appeared and an earthquake shook the lands. People felt that this was a sign that Tsongkhapa would be leaving. As he was teaching the Guhyasamaja Tantra, Tsongkhapa stopped the teachings halfway and returned to Gaden. As Tsongkhapa left, there was a sudden earthquake and the sky became very dark; many rainbows and clear streams of light shone forth in the direction of Gaden.

On his way back, Tsongkhapa visited Jokhang Monastery to make many offerings and prostrations to Jowo Rinpoche. He prayed there that Dharma would exist forever. Many people thought this unusual - it was only when he was very sure that he wouldn't be coming back to a place that Tsongkhapa would do prostrations as he left.

When Tsongkhapa returned to Gaden, he made many offerings, dedicated the merit to all sentient beings and recited a Pure Land prayer. That night, he felt great pain all over his body and the monks performed prayers for him.

On the second day, Tsongkhapa passed his pandit's hat to one of his foremost disciples, Gyaltsab Je Dharma Rinchen, requesting him to inherit the teaching throne.

On the morning of October 25, Tsongkhapa entered into samadhi meditation. He made many inner offerings and stopped his breath. Many saw his body transform back into that of a 16-year-old boy and rainbows emitting from his body. Some even saw dakas and dakinis in the sky, making a lot of offerings to welcome Tsongkhapa back into the Pure Land. He was 63 years old when he passed away.

Gyaltsab Je Dharma Rinchen inherited Tsongkhapa's throne, becoming the first Gaden Tripa (Gaden Throneholder) to continue Tsongkhapa's magnificent lineage. This is symbolic of Tsongkhapa's presence on earth and the propagating of his teachings. The illustrious position of the Gaden Tripas continues until today, upholding Tsongkhapa's teachings with great fortitude and practice. ▣

- *The Illustrated Story of Lama Tsongkhapa,*  
*Illustrated by Terry Lim, Adapted by Kok Yek Yee*

## WITHERING VALUES...ANY SOUL-U-TIONS

A common phrase heard today...the young lack tolerance, kindness, patience and all the values, our forefathers and parents taught us. The phrase is sometimes seen in motion at many public places like in public transportation, public toilets, even in opening a door, simple greeting or in a display of respect for the elders.

The lack of values such as tolerance, kindness, and patience, coupled with the abuse of social media, poses a significant challenge among the younger generation. In an era dominated by technology and instant communication, the impact of these deficiencies is increasingly evident in various aspects of young people's lives.

Tolerance, a fundamental value that promotes acceptance of diverse perspectives and backgrounds, appears to be dwindling among the youth. Social media platforms, despite their potential for connecting people globally, often become breeding grounds for intolerance. The ease with which individuals can express their opinions anonymously fosters an environment where differences are met with hostility rather than understanding. This lack of tolerance can lead to a fractured society, hindering the growth of empathy and compassion.

Kindness, another essential value, is often overshadowed by the competitive and individualistic nature of online interactions. The pressure to conform to societal expectations, fuelled by the pursuit of validation through likes and comments, can erode genuine acts of kindness. The online environment's focus on curated images and carefully crafted personas may lead to a superficial display of empathy, masking the absence of true compassion in individuals' offline lives.

Patience, a virtue critical for personal growth and relationship-building, is frequently compromised in the age of instant gratification facilitated by social media. The constant barrage of information and the desire for quick responses can hinder the development of patience among the young. This impatience may translate into strained interpersonal relationships and a diminished ability to persevere through challenges.

The abuse of social media amplifies these issues. Cyberbullying, for instance, is a manifestation of the lack of values, as individuals resort to hurtful behaviour from behind the safety of screens. The relentless

pursuit of online validation can lead to a distorted sense of self-worth, contributing to mental health issues among the youth.

Addressing these challenges requires a multifaceted approach. Education plays a crucial role in instilling values such as tolerance, kindness, and patience from an early age. Emphasizing digital literacy can help young people navigate the online world responsibly and understand the consequences of their actions. Encouraging open conversations about the impact of social media on mental health and well-being can also contribute to a healthier online culture.

Besides education, parenting is a key element in moulding the thoughts and deeds of our new generations. No one is born bad. It is the upbringing that matters. When parenting fails, tainting of values sets in. In the world today, parents are either busy or they leave the children in the hands of childminders or gadgets, to keep the child occupied.

When we were an agrarian society, the society was close-knit. No child was left alone in any corner. Every person knew of another child. There was enough caring and "watchful eyes" under the name of society who played a big role. Today, we lack that. We don't even know the next-door neighbours. Society has become more mechanical, thus we have lost this important element in keeping tabs on the young.

Moreover, fostering a sense of community both online and offline can help combat the isolation that often leads to negative behaviours. By promoting empathy and understanding, individuals can contribute to a more compassionate and tolerant society, both in the virtual and real world.

Ultimately, addressing the lack of values and the abuse of social media among the young requires a collective effort from educators, parents, and society to create an environment that nurtures positive values and responsible online behaviour.

The future is our current young generation. It will be a disaster if the future generation grows up to be a least empathetic society. Nature does do the balancing act, but as parents, teachers, society and community, we all must take cognisance of this issue and do our part to ensure we are heading in the right direction. ▣

*- Ravindran Raman Kutty, a public relations practitioner and community leader*

## INFLUENCE OF HOME CONDITIONS

**PROBLEM:** *I read a remark in a book on successful teaching which said: "Interest yourself in the conditions which prevail in the homes of your pupils". I think the teacher should never pry into the home affairs of pupils. Don't you agree with me?*

If by "home affairs" you mean gossip regarding personal matters, I certainly agree with you. But I don't think that is what the writer meant. You will notice that the writer you have quoted, mentions "*home conditions*" and not home affairs or domestic affairs.

You remember, in the very beginning, we agreed that there must be frank and easy co-operation between teachers and parents, and that the school and the home are not two water-tight compartments, but just one continuous environment in which the child is to be developed.

If you are to achieve success as a teacher it is important that you should interest yourself in the conditions that prevail in the homes of your pupils. Remember I do not say in the home affairs of your pupils but in the conditions that prevail in their homes. I agree that it is difficult to find out about conditions in the homes of pupils without showing undue curiosity or appearing inquisitive.

A friend of mine used to adopt a very effective method of doing this. On the first composition day, he would ask the pupils to write an essay or a letter to a pen-friend, describing "A Sunday at Home", in which the pupils were asked to describe family activities and other interesting side-lights of life at home. From these essays he learned, in an indirect way, about the home-life of his students.

He *Slept in Class*-Douglas who sat at a desk in the front row, dozed almost every day during the English lesson. I thought there must be something wrong with my teaching, but I noticed that he dozed even during poetry lessons, when everybody else eagerly participated in the lesson. "There must be something wrong!" I said to myself, and I wrote a note to his mother.

"When she came the next morning, I said to her, "What time does Douglas go to bed at night?"

"Eleven o'clock," she replied, "I make him study after supper from nine to eleven."

"And what time do you wake him up in the morning?" I asked.

"Four o'clock," she said, "then he studies from four to six."

I heaved a deep sigh of pity. My sympathies were all with Douglas. I turned to the mother. "'Who helps him in his lessons at home?'"

"I do," came the reply, "and I have noticed that he often does not seem to understand what has been taught in class," she continued.

"No wonder!" I exclaimed, "for he sleeps the whole day in the class; at least he does for nearly the whole of my period. You know," I went on, "that you are paying pretty high fees for him to attend my class. You surely don't want him to use that valuable time making up for sleep lost at home!"

The mother thanked me for this advice and Douglas had no more naps in class.

*How Parents Can Help:* Parents can take a keen interest in school reports, progress charts and notes sent by the teacher of complaints or suggestions. Rather than grumble at the staff, send a note of thanks, and explain what action you are taking.

Modern flats lack privacy due to space restrictions; but a room or table should be reserved for studying at certain fixed times, without interruptions for domestic work or from visitors.

Homework and school projects should be finished before taking children to a party or cinema.

**- A. P. Pereira in 'This Child is Yours to Make or Mar'**

## EMBRACING DEATH

We, three medical students, walked into the room to see William lying on the bed. His wife requested us to pray for him. He was suffering from terminal cancer and although he was in pain he looked calm, almost serene.

After praying, we conversed. He seemed to have accepted the inevitability of death. He was ready to embrace death. He passed away peacefully a few days later. In retrospect, I realized that William had reached the stage of 'acceptance' when we visited him that night.

### The Five Stages:

In the late 1960's, in her seminal work 'On death and Dying', Dr. Elisabeth Kubler Ross, outlined five stages experienced by patients suffering from terminal illness. This reaction to impending death has gained acceptance by many in various fields, and especially by those who are involved in pastoral care of the sick and the dying.

The five stages defined by Dr. Ross include,

- First Stage: Shock, Denial and Isolation
- Second Stage: Anger
- Third Stage: Bargaining
- Fourth Stage: Depression
- Fifth Stage: Acceptance

### Shock, Denial and Isolation

**'Man barricades against himself'**, *Rabindranath Tagore in Stray Birds*

On being told that they are dying, people often have initial reactions of shock. They may appear dazed, refuse to believe the diagnosis or deny that anything is wrong. In their hearts and minds they cry out 'NOT ME'. Initial shock and disbelief turns into denial. Again and again they say to themselves, 'it cannot be true'.

It is difficult to accept the fact that life will be coming to an end soon. The truth that one is mortal is suppressed and pushed into the recesses of one's mind. A feeling of abandonment can creep in and the person feels alone in this time of darkness.

The degree to which denial is adaptive or maladaptive depends on the support the person receives from loved ones and healthcare personnel. Effective and empathetic communication is essential during this stage. Just being there with the person, allowing for emotional responses and reassuring that she/he will

not be abandoned will go a long way in making denial adaptive.

### Anger

**'We read the world wrong and say that it deceives us'** *Tagore in Stray Birds*

People who are dying can become frustrated, irritable and angry. A common response during this stage is 'WHY ME?' During this stage anger can be aimed at God, a friend, a family member or even fate. The anger can be displaced onto medical staff and the doctor who are blamed for the illness.

It is difficult to be with the dying person during this period of time, and this difficulty can be compounded by a lack of understanding that anger is a predictable reaction in this situation. There might be a tendency to withdraw from the person.

The other extreme would be to reprimand the person for being angry towards people who want to help him or her. There are also well meaning people who say that it is a sin to be angry with God. This will only deepen guilt, anger and feelings of abandonment.

The way to deal with this person would be to try and understand that the anger being expressed cannot be taken as a personal insult. It is a displacement of the feelings within the suffering person.

There is a need for an empathetic and non-defensive approach in order to help diffuse the anger and help the person re-focus on deeper issues like grief, fear and loneliness that underline the anger.

It also should be recognized that this anger might represent the person's desire for control in a situation in which he/she feels completely out of control.

....to be continued

**- Dr Xavier Vincent Pereira, reproduced from  
Dharma Quarterly, Vol 38, No 1 & 2, 2003**





# *Remedies for Common Maladies-My Experience*

## *By Mother A Mangalam*

### SOUP WITH GINGKO NUTS

#### ***Ingredients:***

Gingko Nuts	- 25 nuts
Shiitake Mushrooms	- 6
Yam	- 200gm
Loofah Vegetable	- Half of a medium sized vegetable
Capsicum	- 1/2
Carrot	- 1/2
Flaxseed	- 1 tbsp
Roasted sesame seeds	- 1 tbsp

#### ***Preparation:***

- Remove shell from gingko nuts. Skin and wash well.
- Slice and roast shiitake mushroom
- Skin loofah vegetable and cut lengthwise into 4 and slice thinly.
- Slice capsicum into thin strips.
- Slice yam.
- Roast sesame seeds and crush.
- Crush flax seeds.
- Scrape carrots.
- Wash and slice yam into cubes

#### ***Method:***

- Boil gingko nuts, shiitake mushrooms and yam cubes until soft.
- Add sliced loofah.
- After 20 minutes, put in capsicum and carrot.
- Once boiled, throw in crushed flax-seed and roasted sesame seeds.
- Stir and remove from fire.
- Serve hot.



‘Feed your body with what it needs  
Don’t feed the body with what you like’

## Saying it in Pictures.....



Health Talk by a volunteer, Dr Krishnaveni for the junior children on maintaining personal hygiene, benefits of a vegetarian diet and other topics.



An annual event which the children look forward to excitedly - the receiving of goody bags for Deepavali from the President, Dato Ambiga.



A 3-day Yoga Camp for all children was organised by Mr S Ravin of Malaysian Akshaya Charity Movement in collaboration with PLS concentrating on asanas, benefits of yoga, self development, science, methods to excel in studies, etc.





## The Malaysian Speaks

Maintaining unity among different races and religions is essential for the progress and prosperity of Malaysia. It requires a committed effort from every single one of us to promote understanding, tolerance and respect for diversity. Let's work together towards this goal to unite our beloved nation.

**- Datuk Dr Teh Tai Yong, "Unity is the key to our progress", Your Opinion, The Star, 27 March 2023**

The power to change for the better always lies within the individual if he or she knows in which direction to change. That's where reading books come in. Permanent and meaningful change can come from a personal dialogue between the reader and an author who has decades of wisdom to share.

**- Mohd Tajuddin Mohd Rasdi, "Reading your way towards change", Your Opinion, The Star, 6 June 2023**

The potential danger we face is when we are comfortable interacting only within our own ethnic group. A true Malaysian should embody compassion (*ihsan*) and respect (*hormat*) especially when dealing with diversity.

Fostering multicultural understanding in Malaysia is not merely a noble aspiration but also a pressing necessity for the country's future. This journey may be challenging, but the rewards would be a harmonious, inclusive and prosperous Malaysia where every citizen will find their place.

**- Asma Abdullah, "Fostering understanding in a multicultural society", Your Opinion, The Star, 25 October 2023**

Components of a healthy lifestyle include watching one's weight, eating a well-balanced diet, reducing consumption of sugar and salt, staying away from harmful substances such as alcohol, cigarettes and drugs, and exercising both the body and mind regularly.

Funds should also be set aside for the construction of more sports and recreational facilities, such as parks, playing fields and swimming pools in every neighbourhood. By making these facilities accessible, we can encourage and enable Malaysians to lead active and health-conscious lives. With good health, they can achieve anything.

**- Dr Pola Singh, "We need to take control of our own health", Your Opinion, The Star, 25 October 2023**

## Reflections

### Salient Thought for the Day

Freedom is a condition of greatness; it is self-caused. We bind and free ourselves.

### Lines to Memorize

Those who constantly practise this teaching of Mine with true faith and devotion and unflinching heart, they too are freed from the fetters of action.

But those who find fault with My teaching and do not follow it, such self-deluded ones, devoid of all knowledge and discrimination, know them to be ruined.

*Bhagavad Gita*

### Lesson

As long as our mind is confined and narrow and self-centered, we can never bring anything fruitful into our actions. We must live in the material world without becoming material. We must gain knowledge without the arrogance that learning sometimes brings. From our thought comes our inspiration for action. When our mind is peaceful and focused, we gain a tremendous power for usefulness.

### Prayer

O Thou all-beneficent Spirit, who alone knowest my innermost feelings, who alone canst answer my prayers,

I open my heart to Thee with childlike and guileless simplicity.

Do Thou free me from all that is unworthy,

- from pride, ambition, vanity and egotism:

From all that binds me to my lower selfish nature.

**- Swami Paramananda**

## Great minds of Yesteryears

"Do you have the patience to wait  
until your mud settles and the  
water is clear?"

**- Lao Tzu**



பிறர்க்கின்னா முற்பகல் செய்யிற் தமக்கின்னா  
பிற்பகற் தாமே வரும் - குறள் 319

If you harm others in the forenoon, harm will visit you, by  
itself, in the afternoon.

- Thirukkural

**Be a part of Dharma....**

Dharma Quarterly  
published by  
The Pure Life Society, to  
encourage inter-religious and  
inter-racial harmony.

We would love to have your  
contributions.

**Come, be a part of us.....**

Where there is charity and wisdom, there is  
neither fear nor ignorance.

- St Francis of Assisi



## **Dharma QUARTERLY**

**Devoted to**

**UNIVERSAL**

**RELIGION,**

**RIGHTEOUSNESS &**

**CULTURE**

**ONE GOD**

**ONE WORLD**

**ONE RACE**

### **DHARMA Editorial Team**

Editor	- P C Shivadas
Design & Content research	- Geetha K Madhavan
Editorial Board	- Dr Amir Farid bin Dato' Isahak - S Sundareson - Joachim Ng

Have you certain views and perspectives you wish to share?  
Your comments and even suggestions are most welcome. Write,  
fax or email to:

The Editor of Dharma  
c/o The Pure Life Society (Shuddha Samajam)  
Batu 6, Jalan Puchong  
58200 Kuala Lumpur  
MALAYSIA

Phone: + 60 3 7782 9391 / + 603 7785 1087

Fax : + 60 3 7784 6020

Email: [info@purelifesociety.org.my](mailto:info@purelifesociety.org.my)

Web : [www.purelifesociety.org.my](http://www.purelifesociety.org.my)



Published by: The Pure Life Society (Shuddha Samajam)

Batu 6, Jalan Puchong

58200, Kuala Lumpur, Malaysia

Phone: +60 3 7782 9391 / 7782 8303

Printed by: Percetakan Bintang

No. 23 Jalan Perindustrian Maju Jaya

Batu 14, 46000 Puchong

Phone: +60 3 8068 3561