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DHARMA

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

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- ∞ *Remedies for Maladies*
- ∞ *Silence*
- ∞ *And many more*

WOMEN AS LIGHT

Would you agree that women are gradually getting to rule the world of today? You see them steadily coming up as heads of governments, corporations, politics, ministries, departments and so on. But, she has always been the uncrowned queen of the home since days of yore.

But there is one thing that woman has to guard herself from, when she is at the top; one, the ego should never be allowed to rear its ugly head and two, she has to preserve her self-respect at all times.

I am sure you all know that there are some natural impulses in women, such as loving and giving and an aptitude for sacrifice. These two impulses have to be nurtured and well directed in the course of her success.

It need not be feared that these two impulses may go out of bounds because the woman has in her, an innate quality of being intuitive, shrewd and wise. Of course, woman should not just rest on her laurels. She should ensure that these natural innate qualities are nurtured, cultivated and channelled appropriately. This can only be done if she spends some time in silent reflection and prayer.

What I have said till now are ideals carried out in ideal situations. The world today, as is seen, is full of challenges – in the field of economy, politics, a feeling of uncertainty in the environment polluted with noise, viruses and bacteria playing havoc, natural disasters, as well as racial, and religio-cultural prejudices which have also crept into families because of inter-religious and inter-racial marriages.

Continued on page 04



Selamat Hari Merdeka

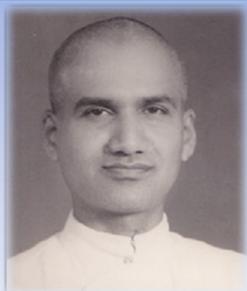
Malaysia celebrated her 64th year of Independence on 31st August 2021 rather quietly due to the pandemic that is raging all over the world.

This year's theme - **Malaysia Prihatin** – Malaysia Cares – was truly echoed by people from all walks of life who came together to help those who were affected badly by the pandemic.

Wishing all our readers Selamat Hari Merdeka despite the current pandemic. Stay safe.

Cover page photo:

Logo for this year's National Day of Malaysia.
Theme is *Malaysia Prihatin* - Malaysia
Cares.



*The more the ego is
eliminated, the nearer man
goes to the source of his
life; or; in other words,
every attempt of man to
brush aside his finite con-
sciousness is a step to-
wards the realisation of the*

Infinite Consciousness – God.

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



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FROM DARKNESS TO LIGHT

Darkness is but
temporary
Let's not mourn over it
The Light will dawn
With brightness THAT
NEVER WAS
From Darkness unto
Light
Is the way of Life
It needs to be so
For 'tis in Darkness
When nought can be
done,
That we gain moments
For contemplation
From which we arise,
With vim and vigor
To face life afresh
And move forward
With greater Wisdom
and Understanding
**God is indeed
gracious!**

- Mother A Mangalam



EDITOR'S NOTE

Is there anything spiritual about the Olympics? It certainly has something to do with the human spirit – to go faster, higher, be stronger, be able to win in the many disciplines for individual, team and national glory.

But, that's the human spirit at the basic level, or the fundamental level of existence. But what of the higher plane, that of consciousness about sportsmanship, knowing the difference between right and wrong...of empathy, compassion, unity in diversity, honesty and integrity. The two are intertwined for conduct extolled in all our different scriptures that have but with one central message – to live a life of salvation in the end, coming to realise our shortcomings as imperfect beings who have the power within to attain perfection – if we so desire and put our minds to it.

One thing stands in the way — our senses that rule our baser instincts for survival and propagation. The gold, silver and bronze medal winners have the capacity to go beyond the fundamentals of prowess.

At the basic level, what medal winners do is encourage aspiring youngsters and sportsmen and women to strive and be winners in their own right that never comes easy, unless they are naturally gifted.

Those who qualify to be Olympians and win glory at one level or another provide inspiration for those who desire and find themselves capable of following in their wake. How much more effort would they invest in, if they realised that there is more to winning glory than just the medals?

It's what one can do with the glory to bring attention to the causes that will help lift people out of poverty or human trafficking, suffer lack of education or are victims or perpetrators of corruption. Our medal winners can be ambassadors for bringing laptops to school-going children in need of a level playing field, so to speak, in having access to education to open them to material and spiritual education. There are so many other causes begging for consideration to bring out the best in us at a level that transcends medal glory and make us truly human with consciousness that goes way above the mundane.

The 2020 Olympics was delayed a year, but the important thing is that it was held at all. It gave a lift to the human spirit, that of the competitors, the officials and all of the sponsors heavily involved at various levels and those acting as hosts.

For those watching around the world, the games were a distraction that can be seen at not just the physical, but the spiritual level, people and nations coming together in a spirit of sportsmanship that's to be lauded and even encouraged.

The spiritual takeaway from the games shouldn't and cannot be underestimated as an underlying element good for the soul that's in dire need of repair, given today's global realities. 



WOMEN AS LIGHT

Continued from front cover page

These situations are very real. They have to be accepted and overcome with strength of body, mind and spirit. It is here that we may have to turn to scriptures and our inner self for the right solution. In the Gita, it is explicitly said that negativities such lust, greed and anger are the gateway to hell.

Practical Solutions

All that have been said thus far are only words and they have to be translated into practice. I was mentioning earlier about the body, mind and the spirit. The body is a divine instrument and its potential is limitless. It is a gift from God, to be used by you and me for the benefit of all including the self. It is through this divine instrument that you and I can express ourselves.

But how? It has to be nurtured with the right foods that God in His infinite bounty has provided us through this earth. But what are we doing? We are polluting the body and mind as well as the environment which I do not have to detail.

Culturing the body, mind and spirit is the duty of the Man. But the woman has a very special role for she is a spark of the divine energy known as Shakti. It is through her that humanity has multiplied. It is through Mother Earth that nature itself has become prolific with its flora and fauna.

The seed that is laid in the mother's

womb has to be cultured with care, just as we would nurture a plant. Every thought, word and action of the mother affects the growth of the child. The food that goes in the body nourishes the child in its physical form and the emotions portrayed by the mother affects the mental and spiritual development of the child in the womb.

So, in order that the child may be born whole, the mother has to sacrifice her temptations for things that will not help the foetus to grow healthily.

A reasonable amount of physical work, reading of spiritual texts and books of substance, self-control and a healthy lifestyle would go a long way towards the proper development of the foetus. Here, the man has also to play his role by extending his emotional support, in addition to physical support.

Woman has word power and Man has muscle power! Both have to be under control in order to generate peace. And woman with her natural ability to be patient, will bring forth peaceful vibrations, which is very necessary for progress and prosperity in the family. □

*- Talk delivered by Mother Mangalam
organized by the Ladies Wing of Sathya Sai
Baba Organisation in 2013*

I am in you and I am you. No one
can understand this until he has lost
his mind.

Rumi

THE IDEALS OF THE PURE LIFE MOVEMENT

Founder-President of the Pure Life Society, Dr Swami Satyananda, JP

The world of experience is one of variety. At the same time, there is a unity underlying this variety called Reality, God, 'Universal Spirit', the Great Mind and by many other names, according to climes and times. It is Consciousness - Peace - Existence itself.

Variety and Unity (Matter and Spirit) are not two separate entities. They are the obverse and reverse of the same coin. They may be conceived of as two planes of one integral existence - the Absolute.

The underlying unity can be realised, to some degree, through intellectual endeavour, art, poetry, philosophy, psychology, science and selfless service.

The deeper aspect of religion which consists in living a highly ethical and moral life coupled with a life of self-culture the practice of contemplation and meditation is the key to the lasting realisation of this unity. This is borne out by the experiences of the mystics of all religions. They are unanimous in their verdict that purity of life is the essential condition for this realisation of the Divine.

This effects a transformation of the human personality. Names and forms, rites and ceremonies may be aids but unimportant. In fact, priest craft, sectarianism and emphasis on the non-essentials of religion have been invariably the cause of the failure of religions. What is really needed is more the practice and living of the principles of spirituality than mere assent to or dissent from one religion or another, or assent to one personality or another.

The variety of phenomena is governed by evolution, which is an interplay of forces. The purpose of evolution is perfection. In all the cultural expressions that mankind has evolved there are certain permanent values. These values are to be recognised with an open mind and accepted for their worth, knowing that they are the expressions of the one Divine Unity, which has been fulfilling itself in the different climes and times. The aim is to achieve a world-culture.

Humanity is at a stage of social revolution which is the age of the common man. Races and cultures, consciously or unconsciously, are being brought together. The impulse of this age is towards equalitarianism. Because of lack of proper insight into the higher values and meaning of life, this impulse is being directed towards destruction and turmoil.

The same impulse can be given a right direction if only the leaders of societies and countries can reorientate their attitude by spiritualising their lives and deeds as did Mahatma Gandhi. Spiritual Socialism seems to be the order of the coming age. Neither proselytisation nor asceticism will have a place in it.

The Pure Life Society aims to propound the above ideals in theory and practice, drawing its inspiration from all the past Teachers of the World and the very recent ones who revived these ideals like Sri Ramalingam, Sri Ramakrishna and Sri Aurobindo. □

- Kind courtesy of 'Dharma Essays' (1956)

MERDEKA – A CELEBRATION BEYOND POLITICS AND THE PANDEMIC

On the morning of Awal Muharam, my neighbour's 10-year-old son, Yu Wei, came rushing to my gate with a greeting "*Happy Merdeka, Uncle Ravi!*" That reminded me of one thing that I had overlooked - placing my *Jalur Gemilang* in front of my home. I thanked him, with an added treat of a pack of Snickers.

Not everyone needs reminders, I guess. Merdeka, which falls on 31st August every year, must be celebrated with lots of joy and enthusiasm. Merdeka is an inspiration for all. It gave us the freedom to be a nation. A nation without any chains nor pains. A nation full of blessings and jubilation. It must never be forgotten that this historic day changed the mindset, livelihood, economy, political landscape, and social status of our beautiful nation. We must all take pride and recalibrate ourselves by celebrating this momentous day.

One may argue, why celebrate with the pandemic around your neck and politics on your back. My response is, no pandemic nor politics should bar anyone from our celebration. We can still shower our patriotism and love for our country by flying the flag be it at your home, office, workshop, bank, factory, worksites, parks, gardens or even at strategic junctions of our town. The pandemic may prevent us from dining out or partying, but we can still show our love and respect to the momentous day of Merdeka by flying the nation's flag; start today and instill the greatness of our independence and its intrinsic values that it beholds.

To anyone who feels that the politics sucks and refuses to pay any attention to this, I think you must review your thoughts. Politicians are here only for a short period. They are here today and replaced tomorrow. However, the sense of patriotism shall never be changed, ceased, or erased overnight. It must start from young. We as parents, elders, teachers, employers, bosses, friends, neighbors must make an extra effort to start these celebrations where the young will learn and stereotype from our actions.

Nationalism of course does not come from merely flying the flag or singing *Negara-raku*. It comes from many inter-connected actions and activities like safety, security, employment opportunities, economic and social well-being, health care, human rights and overall peace and good governance. Yes, we are plagued by political drama. We have a situation where the parliament is literally hanging on a numbers game. This game will end soon. Let's not give up hope or get immersed in this sad state of political affairs.

Remember, we will pass these dark clouds looming over our nation. Yet, our sovereignty and love towards our motherland should never be doubted or faltered. We should stand upright and sing our national anthem and show our love, respect and loyalty without an ounce of doubt. Politicians are a passing cloud. They will soon pass and there will be great leaders governing our nation. This temporary period of instability is not the yardstick to measure our nation's strength or its caliber.

Celebrations such as Merdeka are not merely a public holiday to pass. We must make it a point to engage with our family members, neighbours, and friends to bring about the camaraderie and spirit in rejoicing the National Day celebrations. Though COVID19 is an issue, we can always organize Zoom meets among our friends and families to exchange pleasantries and greetings marking the significance of the day.

The Merdeka celebrations need not to be crowded with people. It must be crowded with positive thoughts showering love to our nation and the sovereignty. We should all understand that the pandemic will soon be a thing of the past. The political impasse will soon see its end. Never shall our love, respect and loyalty towards our nation be a pass. It will continually blossom into several million hibiscus flowers colouring our nation as one beautiful country.

Malaysia and Malaysians need a break.

We are bombarded by too many negative issues. Every mobile phone is laden with fake, sad, gory, and made-believe stories, affecting the people. Suicides are rampant. Politicians are not getting it either. They are issuing statements to show who has the numbers, but failing to see that the infection is skyrocketing to 21,000 daily as of 12th August. We are not here to read and see these unwanted stories and news; we are here to build a nation that was once known as *Swarnabumi* - a land of gold.

We want a better nation. We want our people to be happy. We want our children to be back in school and in the universities. We want the hospitals to return to their norm. We want every COVID19 patient returning home with hope and determination. We want the shops and places of worship opened. We want football fields and badminton courts filled once again with people playing and rejoicing. It is exasperating to contain children within the four walls of the home; parents, mainly mothers, struggling to manage this.

This is my Merdeka wish. I want a nation that is happy. I want people to smile forgetting their pains. I want enough food at every B40 kitchens. I want people talking about the next Olympics and World Cup with Malaysia playing and participating in it. I want our nation to completely eradicate poverty. I want our nation to provide equal opportunities for everyone. From Sabah to Sarawak, from Kedah to Johore, we want every Malaysian returning to normalcy after the pandemic and political uncertainty.

Let's all pray while rejoicing our Merdeka. Let's celebrate this unique day/month of independence with hope, courage, enthusiasm and patriotism.

Happy Merdeka to every Malaysian here at home or abroad. May the *Jalur Gemilang* fly high in all your hearts wherever you may be. ◻

- Ravindran Raman Kutty

TIMELESS FRAMES



HH Dr Swami Satyananda, JP, with Tunku Abdul Rahman, Sir Donald MacGillivray and Lady MacGillivray at the opening of the Dharma Institute in 1957

Children's Corner

Don't argue with Donkeys (Fable)

The donkey said to the tiger: - "The grass is blue". The tiger replied: - "No, the grass is green." The discussion heated up, and the two decided to submit him to arbitration, and for this they went before the lion, the King of the Jungle.

Already before reaching the forest clearing, where the lion was sitting on his throne, the donkey began to shout: - "His Highness, is it true that the grass is blue?". The lion replied: - "True, the grass is blue."



The donkey hurried and continued: - "The tiger disagrees with me and contradicts and annoys me, please punish him." The king then declared: - "The tiger will be punished with 5 years of silence."

The donkey jumped cheerfully and went on his way, content and repeating: - "The Grass Is Blue"... The tiger accepted his punishment, but before he asked the lion: - "Your Majesty, why have you punished me?, after all, the grass is green."



The lion replied: - "In fact, the grass is green." The tiger asked: - "So why are you punishing me?". The lion replied: - "That has nothing to do with the question of whether the grass is blue or green."

The punishment is because it is not possible for a brave and intelligent creature like you to waste time arguing with a donkey, and on top of that come and bother me with that question."

The worst waste of time is arguing with the fool and fanatic who does not care about truth or reality, but only the victory of his beliefs and illusions. Never waste time on arguments that don't make sense...

There are people who, no matter how much evidence we present to them, are not in the capacity to understand, and others are blinded by ego, hatred and resentment, and all they want is to be right even if they are not.

When ignorance screams, intelligence is silent. Your peace and quiet are worth more.

- Web Source

LEARN TO SACRIFICE FOR THE WELFARE OF OTHERS

The great people always regard their body of flesh and blood they bear, just for the world's good and welfare.

One who wants to save his limbs agrees to sacrifice his wealth. One who wants to save his life agrees to sacrifice his limbs. But a great man who wants to uphold his principles would agree to sacrifice his limbs, wealth, life and everything for the sake of others. Such great people are very rare in this world. The great people always regard their body of flesh and blood they bear, just for the world's good and welfare.

Man must know how to use his youth, wealth, power, energy and knowledge at the proper time, at the proper place and in the proper way for his own benefit, and for the benefit and welfare of others as well. If he misuses such privileges, it will only cause his own downfall. Man must be strong enough to know when he is weak, brave enough to encounter fear, proud and unbending in honest defeat, humble and gentle in victory.

A person may be very clever, but if his private life is questionable, and leads to no good, from the standpoint of the Buddha he neglects himself very badly, and cannot really serve others; he is no real helper of society.

We ought always to serve others, while at the same time we should never forget to train and develop our mindfulness. That is the right method leading to the welfare and well-being of oneself and others.

In another context the Buddha says: "One should first establish oneself in what is proper; then instruct others. Such a wise man will not become stained (will not be remorseful)" □

*- Ven Dr K Sri Dhammananda, 'Why Worry?',
Buddhist Maha Vihara, KL*



We are blinded by our mental defilements. That is why we cannot understand the truth. That is why others can mislead and influence us very easily. We always go on changing the beliefs that we have accepted as truth because we have not grasped the ultimate. People change their religious labels from time to time because they are easily influenced by human emotion. When once we have realised the ultimate truth, we need never change it under any circumstances because in the final truth there is nothing to change, it is Absolute.

- Ven Dr K Sri Dhammananda, excerpt from 'How to choose a Religion'

ARE YOU IN THIS WAR AGAINST NATURE?

When President Emmanuel Macron, dressed in military combat uniform, declared six times over French television in March 2020 that “We are at war” and (our then) Prime Minister Tan Sri Muhyiddin Yassin the same month told Malaysians “We are a nation at war with invisible forces”, they unwittingly depicted humanity the way it has become - a species at war against Nature and the wild animals.

SARS-CoV-2, the coronavirus behind the Covid-19 pandemic, is a war refugee driven out of its forest habitats that have been replaced by agriculture and human settlements. Wildlife is the natural home of these viruses, but wild animals are being driven to extinction. Massively stressed while in captivity, and in close contact with their captors, traders, and consumers they become transmitters of coronaviruses to human beings.

When humans become destroyers of the earth, their vibrations are clearly out of sync with Nature. Even if you're personally innocent, the species is guilty and despite your personal innocence you will also suffer the whiplash action consequential upon the defensive actions taken by Nature.

Have you seen any UN resolution criminalising wildlife destruction and imposing the severest penalties on nations that fail to stop hunting, trading, and slaughter of wild animals for the pot or for a cure?

Even if the United Nations were to ban wildlife trade globally, we are still at risk. Farmed animals, with which humans have greater contact than with wildlife, may act as the source for deadly pandemic viruses. The slaughter of terrestrial livestock is now at a high of 200 million animals a day and this is undercounting as there is a lot of backyard killing. The animals in descending order by volume of slaughter are chickens, ducks, pigs, rabbits, geese, turkeys, sheep, goats, and cattle.

Hunter-gatherer tribes chased animals for a good meal, but there was a code of

natural ethics. Meat supplemented plant foods gathered from the forest, and never supplanted them. Meat was always a minor portion of their diet and they ate meat only some days, unlike today's diet that emphasises daily meat intake.

To feed billions of consumers, meat production operates on efficiencies of scale to maximise profits and hence there is no consideration for animal welfare. Livestock animals are subject to immensely cruel breeding and slaughtering conditions, imprisoned in cages and pens with poor ventilation. On route to the slaughterhouse they are stuffed into lorries like ikan bilis.

Just to make sure they don't fall sick, they are fed with antibiotics mixed into their food. Over 80% of the world's antibiotics production are fed to livestock to ward off diseases that plaque crowded unsanitary factory farms.

Under horrific conditions of existence, the brains of livestock animals respond by pumping stress hormones into the flesh for a prolonged stretch of weeks or months. The popular way of killing is to cut the animal's neck and drain out the blood. With a severed vocal chord, the animal can't scream and so we assume it's a painless death.

The slaughter of 200 million animals a day means that humanity has no sense of wholeness and can't feel animal suffering. Our spiritual distancing from Nature is vast indeed. It is a war. In consuming animals that have undergone prolonged misery, we ingest the stress and the negative vibrations embedded in the flesh.

The unexpected consequence of meat-eating is that we have released zoonotic viruses from their animal hosts. In search of a new home, these coronaviruses take shelter in our bodies. Besides SARS-CoV-2, other coronaviruses freshly emerging from the wilds may take a route through livestock before landing on humans.

Living in sync with Nature requires

compassion for animals. Some 2,300 years ago the Confucian sage Mencius warned against meat-eating in *The Works of Mencius*. “*Beasts devour one another, and people hate them for doing so*” (Book 1, Pt1, Ch4, v.5). “*So is the superior person affected towards animals, that, having seen them alive, he cannot bear to see them die; having heard their dying cries, he cannot bear to eat their flesh*” (Bk1, P1, Ch7, v.8).

Taoism is similarly anti-slaughter. The Writings of Chuang Tzu extols the intimate links between animals and humans. “*Yes, in the age of perfect virtue, people lived in common with birds and beasts, and were on terms of equality with all creatures, as forming one family*” (Bk9, Pt2, Sect2 v.2). Chuang Tzu also condemns wildlife hunting. “*The knowledge shown in the arrangements for setting nets, and the nets and snares themselves, is great, but the animals are disturbed by them in the marshy grounds*” (Bk10, Pt2, Sect3, v.4).

All Buddhists in China are familiar with the advice of Buddha in *Nirvana Sutra* (Ch4: *The Nature of the Tathāgata*, Pt1): “*Any meat that is clearly present should not be eaten; to eat it constitutes a transgression. I am now proclaiming this rule eliminating meat eating. To eat meat is to cut out the seeds of your own great compassion.*”

The Metta Bhavana and Karaniya Metta Sutra contain these words: “*Having seen that all beings like oneself, have a desire for happiness, one should methodically develop loving-kindness towards all beings*” and “*As a mother would risk her own life to protect her only child, even so towards all living beings one should cultivate a boundless heart.*”

Isaiah, a book of the Old Testament Bible, admonishes the people: “*He who kills a bull is as if he slays a man; he who sacrifices a lamb, as if he breaks a dog’s neck.*” Isaiah also portrays an image of the righteous person in whose domain “*the wolf also shall dwell with the lamb, the leopard shall lie down with the young goat... and the lion shall eat straw like the ox*” (11:6-7).

It is not a description of futuristic nature, but a poetic way of saying that “*Animal Lives Matter.*” Treat Nature as your mother whose guidance is to be followed, and not as a slave to be whipped. In the end, we are getting the whipping. Nature is the hand of God or the face of God, and not a machine for us to push into overdrive to satiate our expansionist goals. □

- Joachim Ng

Excerpt from his book, Slay Your Identity and Find the Real You

Land is not merely soil, it is a fountain of energy flowing through a circuit of soils, plants and animals.

— Aldo Leopold —

14TH SWAMI SATYANANDA MEMORIAL LECTURE 2021

Theme: 'A Post-Pandemic Society: Unity, Integrity and Harmony'

We recently concluded our online webinar, the 14th Swami Satyananda Memorial Lecture 2021 on 17 July 2021. Organised by the Centre for Spiritual Advancement under the auspices of The Pure Life Society, the theme was '**A Post Pandemic Society: Unity, Integrity and Harmony**'.

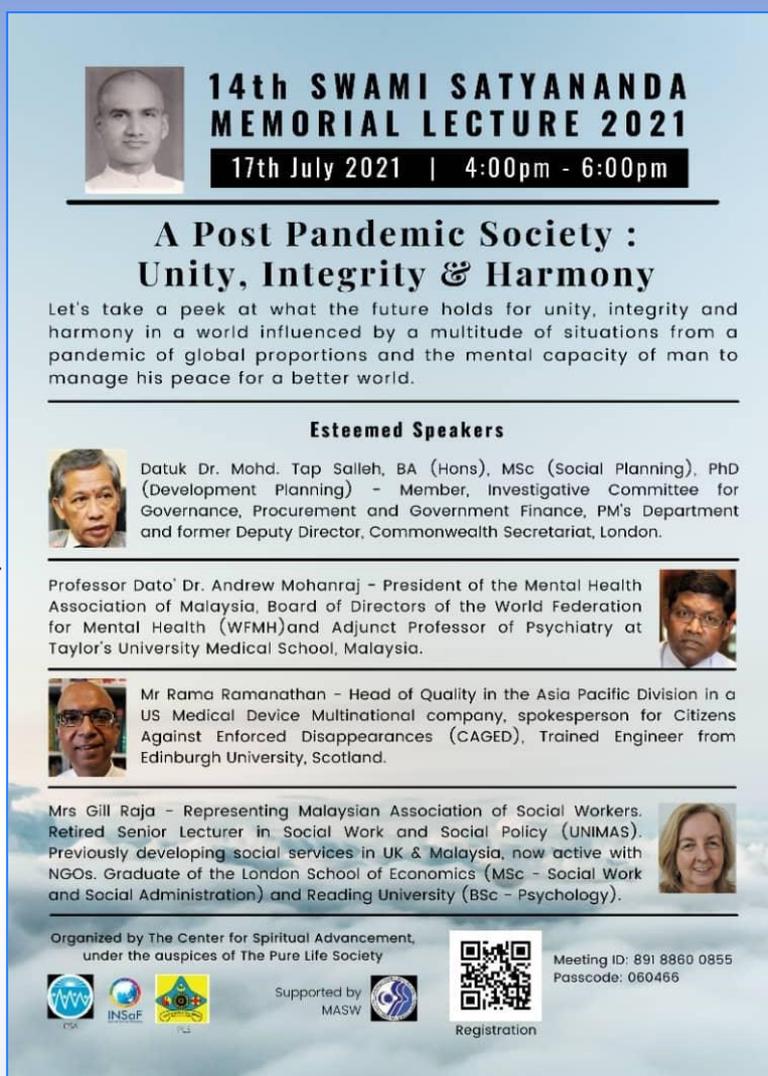
For many people, this global pandemic was the first time they experienced what it means for the world to come to a standstill. Although there were numerous stories of hardship, in time, a new realisation dawned – we humans can change for the good of humanity and learn to coexist peacefully when there is a common threat. We are able to create a united society based on our integrity and shared values.

As vaccines are being administered, we are beginning to be hopeful that the end of the pandemic is in sight.

With this in mind, Dr. Amir Farid Isahak, who is the Chairman of the Interfaith Spiritual Fellowship, introduced our esteemed speakers who were the following:

- Datuk Dr. Mohd Tap Salleh – Member of the Investigative Committee for Governance, Procurement and Government Finance, PM's Department and former Deputy Director, Commonwealth Secretariat, London.
- Professor Dato' Dr. Andrew Mohanraj – Consultant Psychiatrist, President of the Malaysian Mental Health Association, Board Member of World Federation of Mental Health, Adjunct Professor of Psychiatry at Taylor's University Medical School, Malaysia.
- Mr Rama Ramanathan – Engineer, Retired Head of Quality in the Asia Pacific Region in a US Medical Device *Multinational* company and spokesperson for *Citizens* Against Enforced Disappearances.
- Mrs. Gill – Graduate of the London School of Economics in Social Work and Social Administration, *Retired* Senior Lecturer in Social Work and Social Policy (UNIMAS) and representing the Malaysian Association of Social Workers.

109 people registered for and attended the webinar via the app, ZOOM. Among them, there



The poster for the 14th Swami Satyananda Memorial Lecture 2021 features a portrait of Swami Satyananda on the left. The main text reads: "14th SWAMI SATYANANDA MEMORIAL LECTURE 2021" and "17th July 2021 | 4:00pm - 6:00pm". The title of the lecture is "A Post Pandemic Society : Unity, Integrity & Harmony". Below the title, it says "Let's take a peek at what the future holds for unity, integrity and harmony in a world influenced by a multitude of situations from a pandemic of global proportions and the mental capacity of man to manage his peace for a better world." The section "Esteemed Speakers" lists five speakers with their photos and biographies: Datuk Dr. Mohd. Tap Salleh, Professor Dato' Dr. Andrew Mohanraj, Mr Rama Ramanathan, Mrs Gill Raja, and a woman representing the Malaysian Association of Social Workers. At the bottom, it states "Organized by The Center for Spiritual Advancement, under the auspices of The Pure Life Society" and "Supported by MASW". There is a QR code for registration and meeting details: "Meeting ID: 891 8860 0855" and "Passcode: 060466".

were several VIPs, namely:

- Tan Sri Dato' Seri Azlanii Dr. M. Mahadevan – Consultant psychiatrist and recognised as the Father of Modern Psychiatry of Malaysia
- HH Swami Swayamjayananda – President of the Divine Life Society
- Professor Dato' Dr. Denison Jayasooria – Co-Chair Malaysian CSO-SDG Alliance
- Professor Dr. Azlinda Binti Azman – President of Malaysian Association of Social Workers
- President Richard Ho – the KL Malaysia District Presidency from The Church of Jesus Christ of Latter-Day Saints
- Yg Bhg Dato' Lim Yan Pok
- Mr. Harmandar Singh – Marketing Magazine Asia
- Mr. Joachim Ng – (a veteran interfaith researcher and writer, and a longtime supporter of PLS, INSAF and CSA)
- Mr. Sivajnani Nagappan – President of Artha Dharma Concept Builders.

We were delighted that we had a VVIP guest, Datin Paduka (Dr) Mother A Mangalam, the President of the Pure Life Society.

All the speakers spoke without fear or favour within the remit of their chosen areas. The first speaker showed us how to create harmony by sticking to our values and integrity. In essence, harmony cannot exist in the absence of values. The second shared with us the importance of maintaining a healthy mind and emphasised the point that instead of fearing or avoiding the uncertainty around us, we should embrace it. The third, shared many stories, both positive and negative based on his observations on what is currently happening as a result of the pandemic. He sincerely believes that society is sustainable only when each individual has deep-rooted values and a sense of social responsibility. For him, self-reflection is the most important value to be nurtured. Our last speaker showed us how society grows when people maintain positive thinking by sharing stories from within her sphere as a social worker and lecturer.

Dr Siby did the concluding remarks and thanked every one. □

- Dr C D Siby, Chairman, CSA & Organising Committee, SSML 2021

Non-violence involves absolute simplicity of life, personal purity and adherence to Truth, for love means the losing of the ego, with all its phases, for the common good of mankind

- Swami Satyananda

MALAYSIA'S FESTIVALS CALL FOR CELEBRATION BY ALL

My Muslim friend commended my thoughtfulness in conveying well-wishes to all Muslims in the fasting month, especially during sahur, the meal before fasting begins, and buka puasa, the breaking of fast. His comment that very few non-Muslims make such effort inspired me to write this piece.

Last week, the third week of April, was indeed an auspicious one, with the holy month of Ramadan coinciding with the Sikh and Telugu New Year, followed by the Tamil and Malayalee New Year, on the 13th and 14th, respectively. These beautiful festivals are celebrated by 75% of the Malaysian population, and 95% of the peoples of Southeast Asia and East Asia. During the New Year celebrations, I made it a point to wish my Muslim brothers and sisters before the start and at the breaking of their fast.

There are many of them who do this, too, but my love of poetry inspires me to craft poems for any auspicious day that strikes me the most. However, it is not about the messages, or me, but about how many of us use this opportunity to wish one another on these festivities among Malaysians.

How many Malays or Chinese know that there are several New Years among people of Indian origin? The Sikhs celebrate Vaisakhi, the Telegus have Ugathi, the Tamils celebrate Tamil Puthandu, and the Keralites celebrate Vishu. There are many other Indian festivals, such as Ponggal, Thaipusam, Onam, Karthigai and Navatathri, too.

Likewise, how many Indians or Malays know that there are several Chinese festivals, such as Dongzhi, Yuan Xiao, Qingming, Duanwu and Hungry Ghost? We cannot forget our Sabah and Sarawak friends. The Regatta Lepa, Sabah Festival, Pesta Kaamatanam, Pesta Kelapa, Sabah Dragon Boat Race, Pesta Rumbia, Hari Gawai, Kaul Festival in Mukah, Kapit Raft Safari, and Ba'Kelalan Cultural and Apple Festival are some of the events that are

very close to the hearts and minds of our brothers and sisters in East Malaysia.

These festivals are wonderful gateways to the various communities of our country. Since almost every Muslim festival is known nationwide, it is imperative for every Malaysian to take heed of the other festivals, which are colourful, joyous, religious, or even cultural, in nature. These festivals are a fabulous way to get to know every Malaysian. Everyone who receives my messages, especially for Chinese New Year, Hari Raya Aidilfitri or Hari Raya Haji, will certainly respond with a huge smile.

With the advancement of technology, we can now do away with sending postcards, and instead, send messages via our mobile phones to wish one another on all the wonderful festivals that we celebrate in the name of culture, religion and art.

How many Malays or Chinese know that there are several New Years among people of Indian origin?

Every Malaysian must make it a point to know about other races' interests and festivals. As how I send messages before the start and at the breaking of fast, I sincerely feel that every Malaysian must send messages to wish one another and make us all feel as one. We must be precise in making another Malaysian happy.

The civics subject used to be taught in school, emphasising all the aspects that I have mentioned. However, these elements have since been removed from the curriculum. It is a pity that we now focus too much on a religion and forget the basic, beautiful facts of our wonderful nation. The colours of our nation have been blackened by the poor education system that prevails today.

Every Malaysian parent must teach their children about the importance of other races, and their roles, significance and festivities, so that

every child appreciates and respects the beauty of other races, and their colourful culture and lifestyle. Once a child is positively ingrained, the outcomes will be great.

My Facebook friend and a filial Malaysian, Anas Zubedy, must be remembered in this instance. He has been a very participative and engaging Malaysian, diligently wishing every community, especially on the major festivals, by taking up full-page advertisements in leading newspapers. He wishes them on Raya, Chinese New Year, Deepavali and other festivals. This is an encouraging sign of camaraderie and solidarity. Malaysia needs more individuals likes Anas Zubedy, rather than the politicians who grind the wrong side of every Malaysian daily in the name of race and religion.

The former director of broadcasting, the late Syafiq Alfonse Abdullah, used to say that all radio and TV stations must highlight and speak about the various festivals celebrated by every race in this country, thus providing education to and creating a greater awareness and understanding of our multicultural, multiracial elements among the young, who are becoming ignorant of or oblivious to such diversity. RTM and all private radio and TV stations must make the extra effort to propagate these wonderful elements of the different festivals, further enriching the nation's multicultural aspect.

The Chinese celebrate several festivals, including Dongzhi, Yuan Xiao, Qingming, Duanwu and Hungry Ghost.

The more that Malays and non-Malays understand one another's festivals and practices, I think we will be en route to a much more sublime nation filled with love, care, empathy, respect, trust and dignity. These virtues are critical to build a nation that will withstand any tsunami, or pandemic.

As a melting pot of cultures, Malaysia is indeed very fortunate to be the home of all the major races of Asia. The tagline "Malaysia Truly Asia" is very appropriate indeed. The combination of multiple races in one country makes Malaysia a tapestry of colours, beauty and prowess, just like a rainbow with its pot of gold, everywhere. It is just about using the right lenses to spot it.

Racial harmony is an expensive gift. No money can buy it; no one programme can salvage it. It must be imbued daily, from conception to birth. We must ensure every opportunity we get to embrace it is seized without hesitation. A simple message to the people we know during the festivals they celebrate will certainly enhance our relationship with them.

We may have lost our economic strength and no longer hold the title of "Asean Tiger", but we can always keep our colourful and bountiful racial harmony intact if we choose not to ignore our neighbours. Instead, bring them together in an inclusive manner, thus creating a harmonious nation. Through harmony and peace, we can certainly bring in more investors, and enjoy greater economic sustainability by being resilient in building a stronger Malaysia called "Malaysia for All".

We do not want anyone to say we are different. Instead, we must strive to be known as one nation. □

- Ravindran Raman Kutty, The Vibes, 9th May 2021

FREEDOM FROM STRESS

In order to promote positive thoughts, it is very important to create a mental environment that is free of stress. The mind is generally pressured by tension, worry, fear, and apprehension about the future. If these invade your mind, positive thinking cannot be possible. You must be relaxed and free of these burdens. I will tell you a parable from the Mahabharata that pertains to this:

The tree that worried too much

Once upon a time in a forest there was a gigantic tree. This tree had many branches, adorned with beautiful leaves. It happened to be the healthiest and most majestic tree in the entire forest. All the other trees adored and praised it, and the tree developed pride. Swaying its branches, it began to declare: "I am the most powerful tree in the world. Even the Wind God is afraid of me." Soon all the other trees began to whisper about these proud words, and eventually these whispers reached the Wind God himself.

When the Wind God learned that a certain tree had developed great pride and was bragging about being greater than he was, he said, "I am going to take care of that conceited tree. I will come upon it with my mighty force early tomorrow morning just as the first rays of the sun begin touching the tree."

Again, through the whispers of the trees, the message was quickly conveyed to that gigantic tree. Once the tree learned that the Wind God was going to attack it early in the morning, it became terribly frightened. It trembled and shivered the whole night and became so miserable that it let all its leaves fall. Many of its huge branches even broke down, and by the time morning came, the tree was the very embodiment of misery.

When the Wind God came sweeping through the forest and saw the tree, he was surprised. "O tree," he said, "I never intended to put you in this state. I would have come and just shaken some of your branches. Why did you

do this to yourself? There was no reason for you to put yourself in this tragic predicament."

The message of the parable is that the human mind is adept in dramatizing misery that has not yet come. When you dramatize misery, you make it a hundred times worse than it will actually be. What really happens in the world is never as terrible as the mind imagines it to be. As you think about the events in your life, how many times have you allowed yourself to be shaken, when, in fact, things were not so bad? They never became as bad as your imagination said they were going to become. Such negative imagination cripples the mind, not once but a thousand times, and it goes on doing so, intensifying misery.

The World is a Divine Plan

In order to prevent this kind of negative imagination, one must gain Divine Plan insight into the fact that the world is a Divine Plan.

You did not create the world; you did not even create your body. God knows what is best. Even when certain conditions seem difficult or painful, you must have faith that there is some purpose behind such happenings in life. You must have an innate understanding and conviction that nothing can really go wrong. The world has been fashioned by Divine intelligence with tremendous compassion, and it is never inimical to any person or any soul. Rather, no matter what the circumstances, the Divine purpose is to help the soul evolve. As that conviction grows, you begin to curb your negative imagination and realize that nothing really can go wrong.

You are the Immutable Self

Even the worst things cannot take you away from your Self. You are not the body; you are the Spirit, and that Spirit cannot be destroyed. Your body may undergo suffering and even death, but the Spirit remains un-

touched. In the words of Lord Krishna, "Fire cannot burn it, water cannot drown it, swords cannot pierce it, winds cannot shake it, and hurricanes cannot drive it away. That Spirit is unshakeable and immutable" ...and you are that Spirit!

Self-effort and Surrender must go together

Along with this awareness that your Spirit is Divine, and prior to a full-fledged understanding that you are indeed Brahman (the Absolute Self), a profound devotion to God unfolds. God is the ruler of your soul; God abides within your heart, and your life is sustained by His Will. That spirit of surrender must be developed.

Surrendering to God does not imply that you stop your self-effort. Rather, a spirit of surrender to God is the fountain source of energy that allows you to perform every effort in a most dynamic manner. People who misunderstand the philosophy of surrender to God stop their efforts and think, "Well, let me depend on God to do everything. I don't have to do anything." That is not surrender to God in the true sense.

You surrender to God in the true sense by exercising all that God has given to you: your mind, your intellect, your body, your sense of inner freedom. Exercise all of these to the best of your capacity, without expecting any fruits or rewards for your actions, surrendering these to the Divine Will. When you do so, you are performing Divine surrender in the truest manner. On the other hand, if you develop a false understanding and in the name of surrender, stop your self-effort and take recourse to inertia and laziness, you are making a great mistake.

When you are hungry, you do not sit back and say, "Let me surrender to God and food will jump into my mouth." Rather, you feed yourself with gusto. However, after eating, you fall into a state of melancholy, assume a pseudo-philosophical attitude, and assert, "There is no point in doing anything in life. If God wills, then it will happen." This attitude

is completely irrational. Unless you exert your best self-effort in all the practical realities of life, you cannot develop surrender. However, at the same time, you must have patience. The spirit of surrender grows gradually. It is not a sentimental development.

As you grow in the spirit of surrender, you do not dramatize a calamity before it happens, and your mind becomes free of the pressure caused by worries, apprehensions, negative imaginations, etc. When your mind is free from all of these, you are much more energetic, more brilliant in intellect and more creative. Naturally, you begin to work in a more qualitative and efficient manner without feeling pressured. As you do this, your mind becomes increasingly purified. As the mind becomes purified, the spirit of surrender blossoms more and more.

In this two-way spiritual process, you work, and your work promotes that state in which surrender unfolds. You surrender, and in your self-effort you begin to excel. Thus, self-effort and surrender go hand in hand. However, your self-effort has to be under proper guidance.

As you delve into Yoga philosophy, you learn how to exercise your self-effort in daily life in the right spirit and how to balance your personality by not overdoing things.

Relax in Divine Hands

As you practice the techniques that you learn from Yoga philosophy, such as meditation, japa (repetition of mantra), and satsanga (good association), you develop a trust in the Divine Hand. That trust relaxes your mind, which becomes like a heavenly sky, free of clouds. The most positive thoughts take flight like swans in that pure sky of your relaxed mind, and your spirit soars into the Divine realm. □

- Swami Jyotirmayananda, 'The Art of Positive Thinking'

Remedies for Common Maladies-My Experience

By Mother A Mangalam

SEAWEED SOUP

Ingredients:

Seaweed
Fresh mushroom round/dried mushroom
Fungus (white / yellow)
Pepper / Salt / Kicap
Soft taufoo
Fu chok
Hard taufoo
Ceylon Spinach (optional)
Braggs Amino-acid kicap



Preparation:

- Cut mushroom into strips and stir fry with little oil;
- Cube soft taufoo into 16 pieces and soak in Braggs kicap;
- Cut hard taufoo pieces into thin strips, sauté in non-stick pan;
- Wash white fungus, break it into small pieces and allow it to swell;
- Soak fu chok and strain.

Method:

- Place pot with water on slow fire for making soup and add salt;
- When boiling, throw in seaweed, fu chok, white fungus, hard taufoo & soft taufoo;
- Allow soup to simmer for 20 minutes. Add pepper and Braggs amino-acid kicap to taste;
- Serve hot.

MISO SOUP

Ingredients:

Miso	-	3 tbsp	Broccoli	-	¼ head	Salt	-	to taste
Soft taufoo	-	2	Coriander leaves			Pepper	-	to taste
Flax Seeds	-	Optional						

Preparation:

- Break broccoli into small florets;
- Crush soft tauhu. Chop coriander leaves.

Method:

- Boil 3 tbsp of miso (can be bought in supermarkets in a jar);
- Add soft taufoo and flax seeds;
- Season with salt and pepper powder and put in broccoli at the end;
- Add chopped coriander leaves;
- Serve hot



SILENCE

To meditate we try to be silent. There are three kinds of silence, that of the body, the mind and the emotions.

We are growing more conscious today of the connection between the physical, the psychological and the spiritual. If we are to be silent within, we need to be physically silent. When we begin to meditate we will often experience restlessness, a wanting to get away from it. Sometimes we will almost feel our feet walking out the door or that the body has gotten up and left before realizing that it has happened.

The next kind of silence is silence of the mind. As we try to be, still we find that we have several theatres within our heads all showing their own internal movies. We may be reliving the past or enjoying fantasies about the future. One Indian writer said that the mind is like a tree inhabited by monkeys. They keep jumping from branch to branch and chattering at each other. It takes great patience with ourselves to calm this turmoil and to stop the movies and the monkeys.

The third kind of silence is an emotional one. As we try to let go and become still we may become aware of tension or unrest within. Very often this is due to fear, anger or resentment which we may or may not be able to name. Psychological processing would say that these feelings should be brought out into open consciousness and faced. This is often very helpful. Flight from them or repression is not helpful. By the silence of meditation we deal with these emotions in another way. We just stand our ground. We are not intimidated by them, we just sit still. As we do this, they weaken. Bit by bit this letting go, this tenacity bears fruit in wholeness, integration and calmness.

The Pernicious Peace

According to the Fathers of the desert, one of the great enemies of meditation is the pernicious peace, the *pax perniciosa*. It is also the most subtle. It is a state of mental vacuity or absorption during the time of prayer that could easily be mistaken for prayer. It could be a pious absorption or an absorption in one of our fantasies or distractions and it is discovered almost with regret. You have come to a modus vivendi with the distraction, almost come into friendship with it. You suddenly -realize that you have been "out" for ten minutes and you are somewhat glad about it. The lazy part within you has enjoyed a break from the discipline of the Mantra. Or you may wonder if you were really into silence and really absorbed in the Lord. May be I'm succeeding at last!

The tradition here is very clear. As soon as this state is discovered, whether it is a state of genuine contemplative silence or mental vacuity or absorbing distraction, step firmly on it by saying the Mantra. Do not waste time or effort analysing it. Just go back to your Mantra.

Distractions

Attention or attraction is to be pulled in a definite direction. Distraction is to be pulled in other directions. When we try to meditate, to be still, we find ourselves being distracted. Our desires, our regrets for the past, our plans for the future, all pull us in different directions. The Ego is ever seeking to be Lord of the manor. The Mantra tradition gives us a remedy for this. When we get distracted we know exactly what to do to come into traction, just begin again to say the Mantra.

Ultimately "noise" is always internal and we must learn to be silent even in the market place.

There was a monk in the city monastery who envied those in the country one. There, he said, it would be easy to meditate as there were no distractions. He got permission to go to the country monastery. He settled down to meditate and noticed that the fragrance of the Joss sticks as they burnt before the altar was much finer than in the city. It would be possible, he thought, to get some from the country to use in the town. In fact, it may be possible to arrange with the person who delivered the groceries to bring them on a regular basis and they could even sell them in town and make a little income for the monastery The time for meditation was over. He realized that the external place has little to do with silence.

Posture

All traditions agree that good posture helps meditation. One essential rule is that the spine should be straight. As lying down is often associated with sleep it is not normally a wise posture but Fr. Bede Griffiths recommends it, especially for the elderly. If the head, the chest and the abdomen are imagined to be three boxes, a good posture is to have these sitting nicely one on top of the other. I prefer to use a prayer stool as it helps to make those boxes sit properly on one another. A definite prayer posture can be a prayer in itself and by association dispose one for meditation. Any posture in which the knees are higher than the thighs is not helpful.

Time

Two periods of meditation, one in the first half of the day and the other in the second, are essential to the teaching and tradition about meditation. The minimum time is twenty minutes and the optimum time is thirty. For children it is recommended that they meditate one minute for each year of their age. So a six year old would meditate for six minutes.

It is important to meditate for the planned time, to not abandon meditation early if things are going badly or extend the period if you feel ecstatic. As mentioned already, we

meditate to be faithful not to be successful. To indulge a "good" meditation or abandon a distracted one would be to be following "success" and the Ego.

According to one's circumstances in life, one has to find the best time to meditate. Some can meditate when they wake up during the night, others in the early morning before the bustle of the day begins.

Meditators have found that family members, friends and business associates can be quite supportive and accommodating if one has the courage to say that one wants some time apart to meditate.

Most traditions teach that it is not good to meditate soon after a meal. Personally, I have not found that this makes any significant difference.

Breathing

Good breathing helps meditation, and meditation helps towards good breathing. Some traditions just focus on the breathing and this has for them the same effect as saying the Mantra. Most people find that they will tend to say the Mantra in time with their breathing, for example, MA-RA with the in-breath and NA-THA with the out-breath.

Smooth breathing in and out is important for health.

When we are fearful we tend to hold the breath. This happens dramatically in the person who is prone to asthma. Meditation can help people with this condition. It also helps to reduce blood pressure although these effects are not the purpose of meditation. As a scuba diver, I found that my air consumption was reduced by about 25% after I began to meditate. □

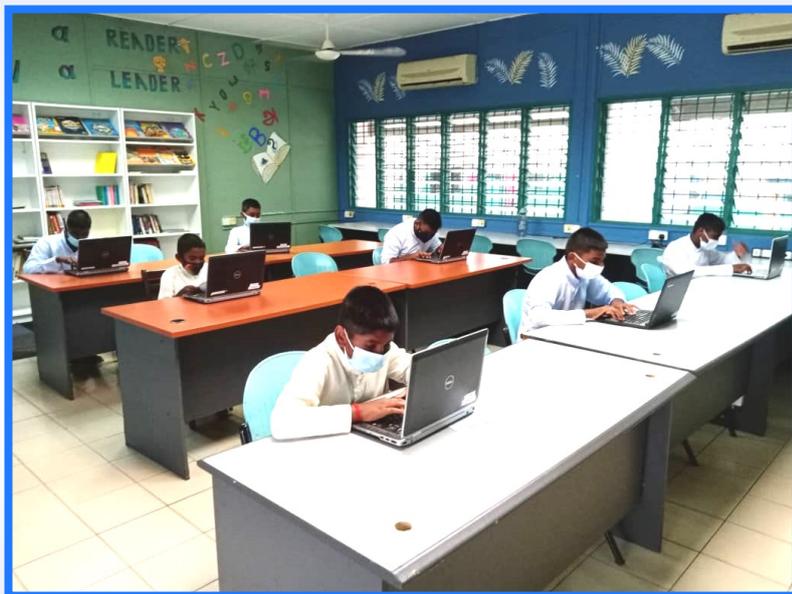
.....to be continued

*- Gerry Pierse, C.Ss.R., A Wider Vision
(Reflections on God, Prayer and Church in
the light of Christian Meditation*

*Saying it
in Pictures.....*

*Activities @
Pure Life*

Keeping the brain sharp
with a game of Scrabbles



The new norm the children
have gotten used to -
'online classes'

Hmm...how do I move now?



EXPECT TO MAKE MISTAKES

An ancient Chinese philosopher, Yang Ming, once said: "The sages do not consider that making no mistakes is a blessing. They believe, rather, that the great virtue of man lies in his ability to correct his mistakes and continually make a new man of himself."

Most people have a mortal dread of making a mistake. But more often than not, the reason is not a very noble one. It is usually based on human respect - the fear of being misunderstood or ridiculed by others.

Those who are dominated by such a fear seldom do anything except take care of themselves and frequently fail at that!

The very fact that you try to serve God and others is a sure sign that any mistakes you make are unintentional or caused by a weakness that can be overcome with the help of divine grace.

The more hopefully and persistently you push on, despite your mistakes, the better disposed you will be to help others who have made bigger mistakes.

Good nature and good sense must ever join; to err is human, to forgive divine. - A.Pope

- J Maurus, from Just a Moment please!

When you get what you want, that's

God's Direction

When you don't get what you want, that's

God's Protection

Reflections

Salient Thought for the Day

Do not let your faith waver or weaken.

Lines to Memorize

O Faith, holy Redeemer,

My Divine Protector!

Put thou thine armor about me.

I am always safe with thee.

This conflict of life Hath no fear for me

When thou art in me and with me.

Holy Redeemer, Divine Protector!

Put thou thine armor about me.

Lesson

Faith is the greatest reformer. One becomes saintly through faith. Faith gives life, faith gives exaltation. Through genuine faith one can accomplish all things. Complete faith and surrender are essential factors in the spiritual life. When you have them, all your troubles cease-not that they have been eliminated, but you have risen above them. Unless a man has patience, faith, perseverance and courage, it is impossible for him to enter into the spirit of holiness.

Prayer

May the fire of faith burn in my heart,
Consuming all my impurities and weakness.
May it sustain me and protect me from
coldness and indifference.

May it make me brave and enduring in the
hour of trial.

May the fire of faith never grow dim
or die in my heart.

- Swami Paramananda

The Malaysian Speaks

The sacrifices that the older generation made to develop Malaysia to what it is today must not be forgotten. It has been estimated that nearly 90% of Malaysia's population were born after Merdeka and have no personal knowledge of the many challenges their parents and grand-parents faced in the past.

- Tan Sri Lee Lam Thye, Trustee,
Malaysia Unity Foundation, The Star,
17th August 2021

I feel blessed to be born in a unique country, with so much diversity in culture, race, religion, food and more. Growing up here with friends from so many ethnicities has been a fun and enjoyable experience.

- Mohd Azlan Shahul Hamid, Businessman,
"Diversity and food a shared love among Malaysians", The Star, 7th September 2021

This Merdeka, we are once again reminded that great men and women come and go but their underlying greatness and resonating legacy continue to live on long after they are gone. In honour of Tunku's ideals and principles, let us strengthen ties with each other and work for the betterment of our beloved country. *Selamat Hari Kemerdekaan ke-64 fellow Malaysians!*

- Alan Teh Leam Seng, 'Pivotal Moments that sparked the idea of Merdeka', News/Feature, NST, 1st September 2021



Great minds of Yesteryears

Believe nothing, no matter where you read it, or who said it, no matter if I have said it, unless it agrees with your own reason and your own common sense.

- Buddha

MERDEKA my MERDEKA

My nation my pride
My country my abode
My Malaysians my tribe
My love, my Malaysia

31st August 1957, you were born
Providing our bread and butter
Blessing us with everything
Nurturing us all the way

We are of Various Colours
We are of Various Cultures
We are of Various Religions
We are simply Diverse

Our strength is you
Our life is in you
Our future is in you
Our guide is you

Our rivers run full
Our land is dressed green
Our hills are our food baskets
Our islands are paradise

We are what we are, b'cos of you
Our MERDEKA gave us the ticket
To stand tall amongst all
To pride ourselves as the best!

MERDEKA you are so sweet
MERDEKA you are so divine
MERDEKA you are so full of love
MERDEKA you are our spirit



- Ravindran Raman Kutty

இன்னா வெனத்தா னுணர்ந்தவை துன்னாமை
வேண்டும் பிறன்கண் செயல் - குறள் 316

Shy away from doing to others what you perceive
would have harmed you.

- Thirukkural

“The primary cause of unhappiness is never
the situation but your thoughts about it”

- Eckhart Tolle

Be a part of Dharma....

Dharma Quarterly
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Society, to encourage inter-
religious and inter-racial
harmony. We would love
to have your contributions,
whether ideas or articles.
Come, be a part of us.....



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RIGHTEOUSNESS &
CULTURE

ONE GOD
ONE WORLD
ONE RACE

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