

*It is a capsule containing all the micronutrients and antioxidants for the mind which has been assaulted and injured in the mad, unending race of today's digital jet age. It is indeed an enriching read for all those who want to nourish their minds and souls for a joyous and fruitful onward journey of life...*

**- Dr. D.G. Jain, New Delhi.**

MD (Pune), FRCP (Edinburgh), FRCP (Glasgow),  
FRCP (Ireland),  
FICP, FNCCP (India), FIMSA, FIACM, FCPS (Dli.)

\* \* \* \* \*

*"The writing is very sensitive and unusual in its depth."*

**- Madhav Nalapat,**  
UNESCO Peace Chair

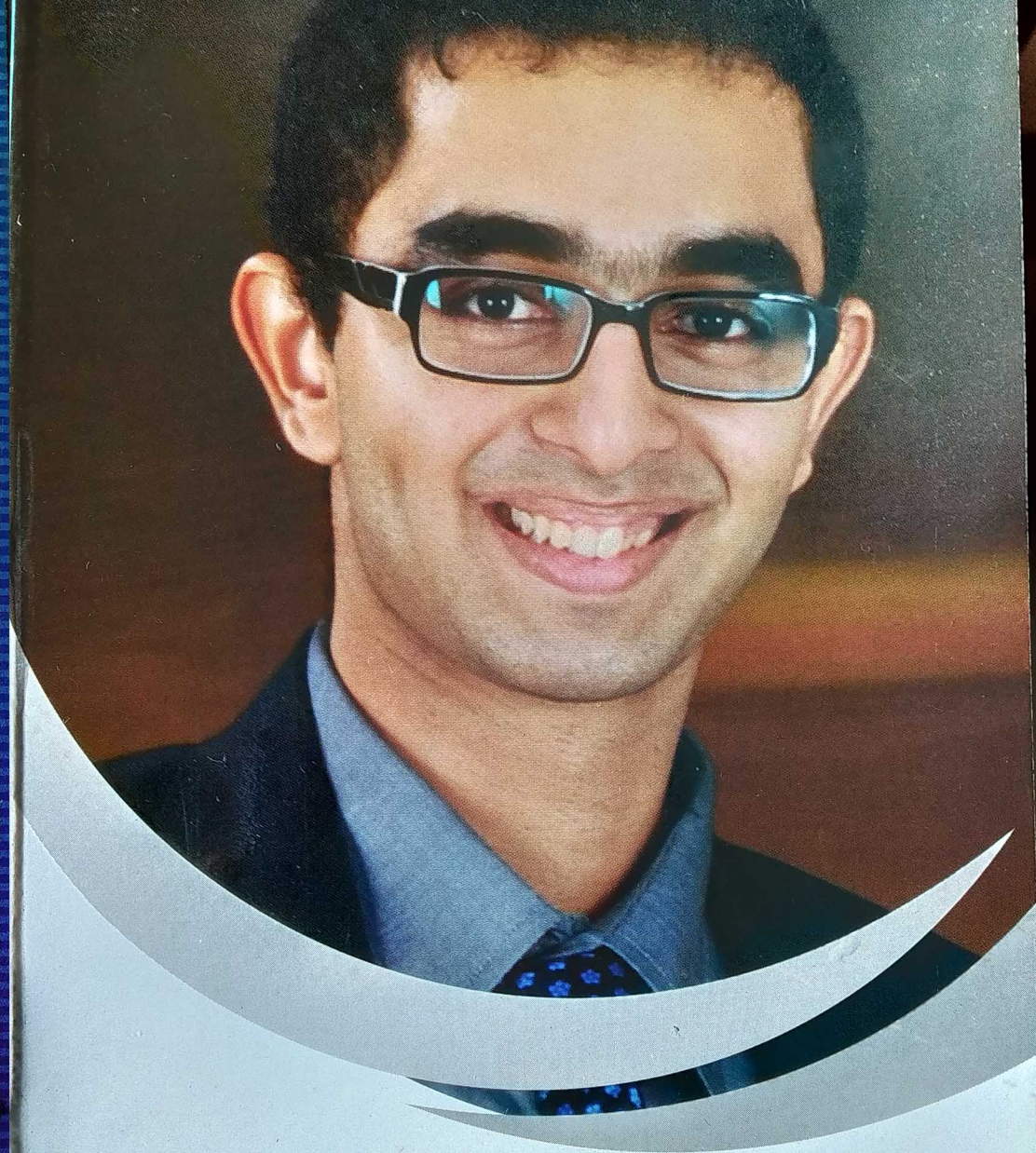
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*This book gives us perspectives on the fragility and divinity of life, something we so often fail to appreciate.*

*I would highly recommend this book to everyone. It's a must read.*

**- Angela Sim,**

Assistant Vice President, Team Leader,  
HSBC Premier International Centre, Singapore



## **SMALL THINGS THAT MATTER MUCH**



**EDMOND FERNANDES**

## NOTE

*This book was first written by the author when he was 19 years old, however it got published and released only when he was 21. May 30<sup>th</sup>, 2012 was the day when it was first released. This is a reprint edition for those who have always wanted to read it. A few chapters have been deleted now and rest is as usual, not many changes have been made. Foreword has remained unchanged, the author is focusing on newer books and projects which he has presently undertaken.*



## About the Author

Dr Edmond Fernandes is Chief Executive, Center for Health and Development, a registered humanitarian organization and is also a Medical Journalist. He is an Associate of the Madras Diabetes Research Foundation and at present a Post Graduate in Community Medicine at Yenepoya Medical College, Yenepoya University, Mangalore, India. He can be followed on twitter *@edmondfernandes* or on *facebook.com / efernandes* or you may directly write to him on *edmondvirgo@gmail.com/indiaoffice.edmond@gmail.com*. His blog address is *www.edmondf.blogspot.com*

# FOREWORD

It is heartening to go through the thoughts of a young Medical Student, who is incidentally also an inborn Journalist cum author.

This is a very promising book, especially at a time when people are writing off the younger generation being focused only on materialistic pursuit. In this regard, Edmond comes out as a very sensitive, humane and focused youngster, May be representing the views of a silent majority of a young India.

Young Edmond has tried to look into those simple questions of the very purpose of human existence and has made an attempt finding answers which could possibly make all our lives beautiful from within.

The essence of human life is to attain and achieve happiness which is seldom got from what the material world has to offer. It is my personal belief that this book reflects the author's thoughts and experiences over the years in the by-lanes of Mumbai and in the corridors of a medical school and hospital where he has seen life in its true colors.

The author also tries exploring the human mind for attaining perfection at the personal level as well as



helping him to become a social leader. The entire book focuses on a theme where you can achieve and attain complete satisfaction and happiness while living not only for you but also for others. It is his conviction that our lives should have values, ethics and sensitivity which should become essential ingredients of our education.

With this brilliant heart throbbing book, Edmond enters the list among one of those very few league of writers across the world to have published books during their undergraduate student days. This is truly a talent to watch.

I wish his maiden venture and would like to request him to continue penning his thoughts for all of us to read in days to come.

With affectionate best wishes,

**Captain Ganesh Karnik,**

Member of Legislative Council,

Government of Karnataka.

Former Deputy Chairman, NRI Forum

Ex-officer, Indian Army.

# Message

I went through the contents present in *Small Things That Matter Much* written by Dr Edmond Fernandes.

It is true that Mother Nature has bestowed mankind with lots of items to be used by us totally free of cost. However we fail to realize the rich potential that the earth has given us and we never thank the Lord almighty for the excellent resources that have been bestowed to us.

It is only of late that people have started to know the importance of spending quality time with family. However, our forefathers had spent their time with their family in a very wise and judicious way, as a result of which the world had illustrious sons and daughters in various walks of life.

The author has stressed the importance of being kind to our fellow beings and others, so that we will be able to make a difference in their lives.

If the readers follow some of the good things written by the author, there is sure to be positive transformation in the life of such readers.

I wish the author all the very best in his endeavor.

**Dr G . Bakthavathsalam**

MS, FICS, FCCP, FAMS, FMCC, D.sc  
Padma Shri Awardee & the Jewel of Coimbatore Award  
Chairman, KG Hospital.



## **Dedication**

This reprint of the book is dedicated to Dr Abhay Nirgude, Prof and Head, Dept of Community Medicine, Yenepoya Medical College, Yenepoya University, Dr R P Pai, Professor, Dept of Community Medicine, Yenepoya University and Former Consultant WHO-SEARO and all other faculties in the Dept of Community Medicine and colleagues who persuaded me to bring out another edition and I also re-dedicate this book to my parents and to all my well wishers who have read the first edition.

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# As the journey unfolds

*“As the journey unfolds, we will be faced with choices to make. In the end, nothing is more important than how we react to the choices we made. It depends through which prism we see it, that very prism influences our journey knowingly and unknowingly.”*

– **Dr Edmond Fernandes**

Many questions have been forthcoming ever since man’s existence in this universe. Several explanations have been attempted due to man’s quest for meaning. Some liked, some disliked. But most of the time, we have missed to acknowledge the fact that all creation is sacred. Science has exploded so much that we humans have ignored to understand the meaning of life as a whole, the divine laws that govern nature. We have foolishly thought that the entire earth is ours and little do we know that we are going down perhaps sinking to our greed.

We ought to accept the non-negotiable truth that we are only temporary beneficiaries out here. Theology says that, “Man has a soul, or rather that he is a soul who has for the time being a body for experience. “Our life is not fully ours, we are being influenced by those who live around us, by the daily chores we undertake, by the new acquaintances we meet and the numerous things we venture into. Our action also has immense impact on

our friends, family and at workplace. The way we carry ourselves will have profound impression to others. There can be only one real purpose for us being planted on this planet and that is to enrich the lives of those around us. We must then for this reason live our life meaningfully, not just while away time in insignificant pleasures that don't matter in the end at all, instead let us realize the small things that matter much.

These days we have become so super engrossed in material things that we have no time to enjoy the timeless pleasures that nature has given us. We are being carried away by the wave of the present. How many of us amidst our daily schedule give the heavens above more than just a passing glance? How few of us spend quality time with our families daily? Do we even appreciate to know that the best things in life are free?

Do we even take time out to thank God everyday even if for a few minutes?

For most of these questions our answer is no. We have time to spend for hours over the cell phone, we can watch non-stop movies, we can drink our daily share and smoke our lungs out but again these are all momentary happiness. Life will become meaningful when we find inner peace and bliss within. The time to shift focus from man made things to God made things is starkly ringing. Our world is dangerously out of proportion, we are in a deep mess and with each passing day we are collapsing not progressing.

Don't you think it is high time for us to look back



and see whether we are truly happy? Whether we have answered our calling? There exists a beautiful world beyond money. Of course we live in a time where money cannot be ignored or sidelined and we all are painfully aware of it but we cannot afford to lose the big picture for some small ones. Vivian Greene has said, “Life is not waiting for the storms to pass by, life is about learning to dance in the rains.”

Let us remember that whenever we see a flower blooming or a lovely tree spreading its branches, the waves that hit the shore and across the rocks, the animals in the wild, we are observing divine life in action. While we brush through sometimes amidst the trees or forest area or besides some stones, we must seek to find meaning with life, it would silently lead us to appreciate divine life in action. Occasionally as often as possible we must try to appreciate the rosy sunset go by, listen to the music of the birds, and at times have walks in the parks or picnics by the river banks. You will feel a new sense of energy entering into your being, your purpose will be renewed and enriched, and a giant will awaken inside you.

Somewhere, Bertrand Russell has written that when for the first time he visited a primitive community of aboriginals living deep in some hills, he felt jealous, very jealous. He felt that the way they danced, it was as if everybody were an emperor. They had no crowns, but they had made crowns with leaves and fruits and flowers. Every woman was a queen. They didn't have kohinoors, but what they had was far beyond, it was sufficient. They danced

the whole night and they then fell asleep, on the dancing patterns of the ground. By morning they were back to work. They worked the entire day and again by evening they were ready to celebrate once more. Russell says, "That day, I felt really jealous. I cannot do this." Life is to be celebrated in all its fullness. We often feel, we cannot dance, cannot sing, we feel shameful. A shame most of us suffer in private. But to celebrate you don't need to have anything special. You have all you need to celebrate life. Be ordinary, life will make you extraordinary. If you spend moments worrying about things, are you actually celebrating? Many a times during weddings, birthday parties, we get dress conscious. What the others may think and what comments they may pass. In such a case, we do not enjoy the occasion; somewhere back of the mind we are still pre-occupied. Whose loss is it anyways?

*"Allow yourself to be unmade and into the vastness of the beyond, you will be made"*

**- Jaggi Sadghuru Vasudev**

There is so much given to us by nature that one life is too short to know its worth. As we are temporary beings, we must put up a good score by playing the game well and with utmost truth in it.

*"For when the one great scorer comes to write against your name, he marks - not that you won or lost but how you played the game."*

**- Grantland Rice**



Our fast electrifying world has left us with little time for anything to spare. It is so painful to watch most youth spending the springtime of their life in purposeless suffering. They wake up in the morning to rush to school and college, and after the tiring ordeal they rush for tuition classes reach home only to catch up with the day's work, complete the home assignments and records. This is a kind of set-up created as the pressure to excel has superseded the necessity of survival. In the end they might gain for that purpose, but overall development suffers and the essence and joy of life is lost. Indeed it is sad that our time is become such that we cannot enjoy leisurely walks or perhaps enjoy the thrill of small moments of togetherness and bonding. We have no time to open our hearts and minds to the glorious sunshine of a splendid winter morning that cushions us with timeless joys, ones that money can't buy.

All of us face problems in life; there is no life free of problems. But we can control how we react to certain situation. We tend to crib over many a thing, good many number of times. But for a moment, think:

*What did you bring with you, which  
You have lost?  
What did you produce which  
Has been destroyed?  
You did not bring anything  
When you were born  
You came empty handed and you will  
Go the same way.*

*Whatever is yours today, was  
Somebody else's yesterday  
And will be somebody else's tomorrow  
Change is the law of the universe.*

**- Vedanta**

There is no point holding onto something and saying, “Its mine” it never was. Very often we hear the pain of the cry of ‘why’. These are our times of gruesome test. But if you believe or no, the human kind demands that the cry of why not be suppressed but instead it should act like a learning experience to guide our future endeavors. I was posted in the Obstetrics and Gynecology OPD, as my professor was speaking to her patient, the cry of why emerged. The previous pregnancy was a fetus born with multiple anomalies which had enlarged ventricles, multiple cyst in the kidneys and a rocker bottom foot. The only saving grace was a termination as the child would have struggled for existence in this world. An attempt can be made to explain the possibility of why the fetus was formed that way, but certain things remain surrendered to the cry of why. Sufferings are an intrinsic part of life. They remain to walk hand in hand with us. Meantime let us also begin to pay attention to little details. Every day we take so many small decisions that change the track of life. Depending on this, something will be born over-time. Every word that comes out from the mouth will either bring in goodwill or will foster hate. Each mood you adopt tests your patience.



On the whole as we live, let us improve the journey of our fellow companions and strangers for that matter; we will indirectly elevate our own life's process. By executing acts of kindness however small they may be, we will be supremely satisfied to have contributed. Each of us can make a difference for the sake of mankind. We may not know that we are making an imprint somewhere, at some moment and some place and on some one. But we are. I would like to share with you a poem which was given to me by the then Rector of Don Bosco High School, Matunga, where I grew up as a kid.

“One Song can spark a moment  
One flower can wake a dream  
One tree can start a forest  
One bird can herald spring  
One smile can begin a friendship  
One handclasp can lift a soul  
One star can guide a ship at sea  
One word can frame a goal  
One vote can change a nation  
One sunbeam can light a room  
One candle can wipe out darkness  
One laugh will conquer gloom  
One step must start each journey  
One touch can show you care  
One voice can speak with wisdom  
One word can start a prayer  
One heart can know what is true  
One life can make a difference.”

Our life is also a reflection of our own, the more we give love, the more we will get it back. The more we help others, the more help we will get back.

We are beings who have a tendency to explore, we can do that but while we do whatever we like to do, let us know that few things, just a few handful things matter. These are not those that could be brought for a price, rather these are the priceless things which human nature craves for and needs. Nothing more, nothing less.

Knowing the beautiful relation of friendship, having the inner traits of Gratitude, giving ourselves out in service, keeping faith in the maker and making our life vibrate with staunch positive beats inspite of the numerous hiccups that surround us is something which keeps us going. Moreover, utilizing the most powerful weapon of loving and living are the only things in the final road to tranquility. At this juncture, let us look back and see where have we come so far, are we even putting an effort to realize our worth in the world so vast? Or is it that we are going with the flow, just doing what we are supposed to do and living life yet not truly living.

If we haven't, it is time that we question our own selves and start to understand our journey.





# Make Love Your Choice

*A Mighty, eternal and incomprehensible force pushes us all forward. But while all are so being pushed, many linger and look back. Unconsciously, they oppose this force.*

- **Prentice Milford** (1834-1891)

New Thought author

Love is the force that attracts us to life. We hate more and love less. Love is not the momentary insanity that we see in the young. It has a higher purpose, a deeper meaning. We have been put here to love each other. A lovely family bonding is not seen anymore. Very few families come together to spend the evenings together and go for trips and likewise. Financial burdens are ruling the roost. The father is engaged with work pressure, the mother has her own commitments in making the home or some mothers at work again, and kids go to school, college and do the running around. Love is not to be found anywhere.

*When one has fully entered the realm of love, the world- no matter how imperfect-becomes rich and beautiful. It consists solely of opportunities for love.*

-**Soren Kaierkegaard** (1813-55)

Love is not only restricted to family circles or friend circle for that matter. It is a duty we must execute with care. There are flowers that you love, the special food

and secret partialities that you love, your favorite musical songs, the voice of the birds and many more. We need to give more love away. In the bargain, more love will come back to us. A wise man once said,

*“Where there is love and inspiration, I don’t think you can go wrong.”*

It was a busy morning and the time was about 8.30 and the place was just being opened up, when an elderly gentleman in his 80s arrived to have stitches removed from his thumb. He said he was in a hurry as he had an appointment at 9.00 a.m. The nurse whom he approached for help saw him looking nervously at his watch every now and then, and decided, since she wasn’t really engaged with another patient, that she would attend to his wound first. On examining it she saw that it was well healed, so she talked to one of the doctors, got the needed supplies to remove his sutures and re-dress his wound.

While attending his wound she entered into a casual talk with him, enquiring about his day’s schedule since he was in a great hurry. He mumbled something to the effect that he needed to go to the Nursing home nearby to share breakfast with his wife. When the nurse enquired about her health, he non-chalantly confided that she suffered from Alzheimer’s disease. As the conversation continued, she asked if his wife would be upset if he was a bit late that day. To which he replied candidly that she no longer knew who he was, that she did not recognize



him in five years now.

Surprised the nurse continued, “And you still go faithfully every morning even though she doesn’t know who you are?” He smiled as he patted her hand and said, ‘she doesn’t know me but I still know who she is.’ Deeply touched, the nurse had to hold back her tears as he left. She had goose bumps on her arms and thought, “That is the kind of love I want in my life.”

How rare it is where someone comes across a love like this. It takes unending sacrifice to love and love beyond romance and physical pleasures. A love beyond valentine day gifts. A love that was just happy to exist for its own sake.

*“Love is a powerful tool, it is something to be appreciated through everything we do. In a world hijacked by hatred and diplomacy, it is urgent to rediscover paths of love.”*

– **Dr Edmond Fernandes**

Jesus gave us words of hope and love. He said, “Love one another as I have loved you.” He loved us so much that he willingly died for our sins, to save us, so that we may dine with him on being resurrected. Jesus was a God-Man, he could have used his divine power to save himself, yet he loved us so much that he died for us, so that we may live. Great indeed was He, the prince of peace and love.

James A Francis writes somewhere, “Here is a man,

who was born in an obscure village, the child of a peasant woman, grew up in a village, worked in a carpenter's shop until he was thirty and then for three years he was a teacher. He never wrote a book, never held an office, and never owned a home. He never had a family, never went to college. He never travelled more than 200 miles from where he was born. He never did one of those things that usually accompany greatness. He had no credentials but himself. He had nothing to do with the world except the power of his divine manhood. While still a young man, the tide of popular opinion turned against him. His friends ran away. One of them denied him. He was turned over to his enemies. He went through the mockery of a trial. He was nailed upon a cross between two thieves. His executioners gambled for the only piece of his property he had on earth while he was dying with his coat. When he was dead, he was taken down and laid in a borrowed grave through the pity of a friend.

20 centuries have come and gone. Today he is the centerpiece of the human race and the leader of the column of progress. All the armies that ever marched and all the wonders that ever were built and all the parliaments that ever sat, all the kings that ever reigned put together have not affected the life of man upon this earth , as powerfully as has this solitary life. He has nothing precious to offer like gold, silver, positions. But he is our treasure and we are his. His only command is love one and another as I have loved you. This is the love we



should give, and seek, and learn from. Love is the real in the unreal, the light in the darkness. It creates the universe, re-energizes it and sustains it. Love is life, happiness, peace, confidence, endurance, comradeship, immortality. Each one of us has experienced this love, somewhere, somehow and in some form. It has infinite variety of permutations and combinations

Love tides everything in your favor. Make love your choice in all that you do. Radiate love in all that you do. Give good feelings of love while sipping your morning tea, while meeting your colleagues at workplace, while beginning anything. And love alone will contribute to the wonders that happen around you. Learn to draw the line between passion, lust and the essence of love. Love everyone. Even your enemies, like Jesus Christ said.

“Love your enemies,  
Do good to those who hate you,  
Bless those who curse you,  
Pray for those who ill-treat you.”

Most of our sickness originates from thinking about our enemies, the people we hate, fight and disagree. Give love to these kind also, may be you could love them from a distance. Because even though that person is breeding bad blood with you, he/she is someone's life. That means beneath is good heart, let it get its right place.

Just imagine a person who had a terrible day at

office, who later travelled by a crowded bus to get back home and now is frustrated because his boss fired him for some mistake. He would indeed be in a terrible wild-fire mood and perhaps could swing anything against you that he would get. Can you even believe that by radiating love to that person, what tremendous power he would get, and how calm and compassionate he would then be? Human nature is like that. You can win him to your way by giving love, by being a bit more considerate. Which angry or frustrated fellow will react wildly for giving him back; love, which he truly deserves? Who wouldn't love such a man who gives love? Just do a little more listening and a little less talking in such encounters. And everyone would love to be with you. Love is the diamond of life's sublime purpose and eternal meaning and no amount of circumstances can ever dull this diamond of love.

*“Whether Humanity will consciously follow the law of love I do not know. But that need not disturb me. The law will work just as law of gravity works, whether we accept it or not.”*

- **Gandhi**, (1869-1948)

*“Love is life in itself. The hustle bustle of today's life has showcased love to be interpreted differently by youth and by others. Those alone prevail who still cherish this timeless and priceless tool of love.”*

- **Dr Edmond Fernandes**



## **It only takes a smile, to get the fire going**

It was the summer of 2008 and I was heading towards the west coast of India down south.

Seated in the Volvo bus, I had nothing to do other than look at the mad rat race on the road as the bus gained momentum. But speaking to a fellow traveler to pass sometime after all isn't a bad idea if s/he turns out to be receptive and responding. So I decided to radiate a 500 Megawatt smile to the guy seated next on my left. Alas and lo! He came back with a smile equivalent to mine. It is only a spark and little it costs in the giving but like morning light, it scatters the night and makes the day worth living. That smile, I tell you, ignited the seeds of fellowship for a life time. Getting to know him, was an enriching experience, he happened to be a doctor turned entrepreneur and was the Managing Director of a fine company with offices set up at different parts of the world. This smile from within is a bond that can open windows to the world. During many of my journeys I have come to realize this.

We ought to realize that a sincere heartfelt smile is a window to the world of random beats. I am talking about the smile that comes from deep within, an honest smile, not that kind of smile which you give for the heck of it, but rather the winsome-deep-driving-from the left

ventricle of your heart which will fetch a welcome at the market place. You need to remember one thing under high heaven that,

A smile costs nothing, but it creates much

It enriches those who receive it without impoverishing those who give it.

It happens in flash and the memory of it may last forever.

None are so rich that they can get along without it

None are so poor that they cannot be richer for its benefits.

It creates happiness in the home, fosters goodwill in a business and is the countersign of friends.

It is rest to the weary daylight to discouraged sunshine to the sad and Nature's best antidote for

Trouble.

Yet it cannot be begged, bought, borrowed or stolen, for it is something that is worth nothing to

Any one until it is given away.

In the course of the day, some of your acquaintances may be too tired to give you a smile

Give them one of yours.

Nobody needs a smile so much as those who have none left to give.

Sailing through this fast and furious world, we often lose the strings that tie the ropes of this fairytale and universal acceptability's together. It becomes highly important to connect our thoughts with reality. Accepting





ideologies is one thing and relating with it is an entirely different thing. All the formalities, protocols and decorum boil down to the basic grounds of the human factor. We may be anyone under the sun, but deep inside we have human heart which extends out to our fellows along with us who are constantly participating actively in the marathon of life. Some of the people you interact with may not be that responsive like others. Let it not disappoint you. Be prepared and on your guard, they may even embarrass you. But for every 8 out of 10 people you win towards your way of thinking, there will be two people who act differently. Their behavior should never provoke any anger in you rather it should only amuse and surprise you. They have their own reasons of why they do, what they do. Leave this minor group of differently acting individuals on their own. Certain circumstances make them the way they are.

Understand the opportunities that are available to you at the moment. Exceed yourself. There is a world to win. No matter where you are or what are your circumstances, you have great possibilities. Take a look around and nail them hard. Some may work in your favor and others might not work for you. Don't get low by such situations. These are all passing events. But you have to make sincere attempts. What comes out of it is a different ball game altogether.

Let the essence of random beats prevail. Let surprises surround you for the sheer excitement that comes with it, and positively forge ahead.

# When Inspiration finds a way

*“When you aspire to be part of a moment in history, self motivation should be your guide. You may have to learn early from the stumbling blocks that you will be offered from time to time. Raise the bar, slowly, but steadily.”*

– **Dr Edmond Fernandes**

We brush through numerous encounters every day, we try to meet a set target and moreover yearn for a higher purpose. Our energy gets consumed in the process, multiple stuffs rattle our mind. Do we emerge vibrant from all our doings, are we achieving at every step of our progress in this world? How is it that we are judged by others? He alone is great who by life heroic conquers fate. Every footstep we venture ourselves is spelling something new and beautiful provided passion and enthusiasm frolic hand in hand. Society formulates an opinion about us, sooner or later. We ought to rise, whatever they perceive us to be.

We all want to get most out of what we do, but how many of us really work for it, in whatever way we can?

Genius that power, which dazzles mortal eye is generally but hard work in disguise. Infinite efforts in themselves imply, in spite of infinite falls, the power to



rise again. Achieving great things, winning hearts, fans, appreciation, admirers, is not a matter of luck. It is just a simple life value realized early in time that sheer positivity and faith will turn the tide in your favor. However definiteness of purpose is the starting point of all achievements. If you believe in yourself, then no matter what the world says just hang on and do what you like the most. There is nothing more powerful in this world than a human soul on fire.

Long ago, way back, she was rejected by 20<sup>th</sup> century Fox as they thought she was unattractive. Little did Fox realize that even years after her death Marilyn Monroe would remain the Hollywood diva everyone loves to love.

Most of the time when you have stuff in you, you will be rejected, but never quit because remember “This earth is His, all times and seasons obey his laws.” He can take you anywhere, without faith in God and faith in yourself, you can’t go anywhere.

“Pray as if everything depended on God, work as if everything depended on you!”

It is not what happens to us that matters, though, as much as how we take what happens to us. The road to success and achievement is not even. Fractures are expected on the way but that must not turn into a decision making state. On we must go.

On a wintry December night, it is said that a fire broke out in Thomas Edison’s Laboratory. Anyone would

have surmised that as he saw his assets go up in smoke, witnessing it in futile submission. This 67 year old man's spirit would certainly be crushed. Instead to every one's surprise, the moment he saw the fire he shouted to his son, "Where is mom? Go get her! Tell her to get her friends! They'll never see a fire like this again."

Later he said, "One can always make capital out of disaster. We've just cleared out a bunch of rubbish. We'll build bigger and better on the ruins. Strange man he certainly was, stranger still was his reaction in this disastrous situation. Here we learn that, Edison like all of us could not control the circumstances of his life. But his principle was such that rather than being heartbroken at seeing his life's work go up in flames, he chose to welcome the opportunity to start all over again, making a new beginning. It takes only a brief reflection to accept the fact that some of the greatest work of art and inspiration were born out of deep suffering and unending pain. Firm must be the will, patient the heart and passionate the aspiration to secure the fulfillment of some high and lofty purpose.

"Fail not for sorrow, falter not  
For sin, but move onward till  
The goal you win."

You have been put on this earth, you cannot simply leave without contributing your story and making it a story to cherish and learn from. Everyone is unique and different in his own line, do something worthwhile to



justify your presence here, otherwise what is the difference between you, the trees and the flowers? Even they come to this earth, decay and die. We contribute in many ways, some known, and some unknown. Many do get influenced by the activities we undertake, some of them may learn from us, on the same line others might observe us. But then we all have to answer our maker, atheists included. Ralph Waldo Emerson puts it best when he says,

“To laugh often and much  
To win the respect of intelligent people  
And the affection of children  
To earn the appreciation of honest critics  
And endure the betrayal of false friends,  
To appreciate beauty  
To find the best in others  
To leave the world a bit better  
Whether by a healthy child, a  
Garden path or a redeemed social condition.  
To know that even one life  
Has breathed easier because you have lived,  
This is to have succeeded.

In a manner similar to these we must not only take ourselves higher but also make our contribution to the earth we live in. We must indeed do our bit because we consume so much from nature, is it not our duty to give back.

But a fact we must remember is that we should not just use and dump things only for our selfish ulterior gains. So that we may attain something and get somewhere. The problems which confront us today are all due to a narrow minded mentality. The climates that create suspicion, the fury of nature, the animals that have begun to knock our doors in all due to man's self centered gain. Will we ever have a way out? I really can't say at this point in time. The rate at which we are going, we will surely land up somewhere. Where the destination would be, I leave it up to you to realize it.



## **On Dreams and Contributions**

To dream the impossible dream  
To fight the unbeatable foe,  
To bear the unbearable sorrow,  
To run where the brave dare not go  
To right the unrightable wrong,  
To love the pure and chaste from afar  
To try when your arms are too weary  
To reach the unreachable star  
This is my quest  
To follow that star  
No matter how hopeless  
No matter how far  
To fight for the right  
Without question or pause  
To be willing to march  
Into hell for a heavenly cause  
And I know if I'll only be true  
To this glorious quest  
That my heart will be peaceful and calm  
When I'm laid to rest,  
And the world will be better for this  
That one man scorned and covered with scars  
Still strove with his last ounce of courage  
To reach the unreachable star.

**- Frank Sinatra**

“The journey of a thousand miles begins with a small step, but however this small step, is nothing but the extension of a dream. Nothing in this world generates more power than a great dream whose time has come.

Dreams get formulated from beliefs and are a blueprint before the making of any great journey. The sheer fact of belief that you can achieve it helps you make a beginning. The truth of the dream keeps you going. In the process, let self motivation become your only strength. Your dream is your fortress and how you execute the making of your great dream is the ball which you must keep rolling.

During my interactions with college students, I often came across some of them telling me that they don't know where they see themselves 5 years from now. It worries me because either they lack vision or they just don't know where they are heading.

*“Vision is the world's most desperate need. There are no hopeless situations, only people who think hopelessly.”*

**- Winifred Newman**

You begin to contribute your story to the world once you begin to feel the pin-pricks that go in the making of a dream. It is never easy to fulfill anything. At the





same time, it is not difficult either. Being passionately involved and making slow and steady progress in all that is required. If you have a dream or an idea, you have all that you require. But these dreams ought to be treated like neonates.

Treat them tenderly,  
They may get killed pretty quickly  
Treat them gently,  
They can be bruised in infancy  
Treat them respectfully,  
They could be the most  
Vulnerable thing that ever  
Came in to your life.  
Treat them protectively,  
Don't let them get away  
Treat them nutritionally,  
Feed them, and feed them well.  
Treat them antiseptically,  
Don't let them get infected  
With germs of Negative thoughts.  
Treat them responsibly,  
Respond! Act! Do something with them!

**- R.H.S**

Why is it often observed that some people succeed and accomplish the grandeur of their dreams, while others still continue to dream yet never reach? It's the lack of enthusiasm to go that extra mile, that last moment

effort, that consistency because till the very end, any cookie can crumble. Everything that has made a beginning needs to be followed fully and to the finish line. You are never given a dream or an idea without also being given the potential to make it come true, but you may have to work for it however. Cherish it, relish it, sit over it, feed it, oil it and let it grow. It will shine and shine. Many a times we find and rather observe that most often people don't like to see others reaching their goals. They burn with jealousy. It silently reminds them of how far from living their dreams they are. They enter into a trance of shame, a shame they suffer in private. They will make every effort to hit stones at you, while they get back into their own comfort zone. They will always give you every rational lie they ever gave themselves. Our life till this moment is nothing more than a collection of results of the choices made so far put together.

It is sad to know that sometimes the parents and relatives suppress the creative ideas and discourage their children. Instead of helping them bloom and doing all it takes to give them a place in the sunshine they don't encourage, short of it they demoralize.

*“Without dreams you cannot begin a journey. With dreams you need to stay on the journey, with perseverance you will suddenly be reaching the end of the journey. And thus ! Life will come full circle.”*

**– Dr Edmond Fernandes**



There are so many known instances we see and observe where we find the kids pursuing the course not because they desired and wished for it but because their parents wanted them to do it. We cannot make someone do the things we want him or her to do. Let them chase their dreams. Their lives are for them to design. So let them make it all it can be.

If we can help someone on the way to find the way rightly, lets indulge. Otherwise it is much better to keep the mouth shut.

Of course, no doubt if the direction is lost, it should be brought back to the track. A candle loses nothing by lighting another candle.

Let something come out of a dream however small or big. It still continues to define individuals, its still the most important fuel without which the engine may collectively collapse. Sometimes hobbies that each person is gifted with paves the way for future dreams. It is really delightful to know that different kind of hobbies keep individuals going in this noisy format of life. Hobbies in fact have marked the beginning of fortune and fame for good many people, who never dreamed that their spare time activities would develop as an instant passport into worldwide renown in various fields of sports, literature, art, industry, music, science and others. Because these hobbies are things that keep taking place on a daily basis and one fine day you learn that you no more are learning the ABC's of that field,

but have already reached QRST. Hobbies contribute in a big way life wards. They directly or indirectly enkindle the dream. No man is really supremely satisfied without a Hobby and it makes precious little difference what the outside interest may be – biology, bees or bugs, lotus, roses or hibiscus, diving, driving or passionately doing the things you like to do, absolutely anything will do as long as you ride a hobby and ride it well seeking constant improvement. Let your dreams, hobbies and interest continue to fascinate and excite you. Life after all is creating yourself not finding yourself.

Let the beautiful dreams and aspirations continue to design your life. May the mighty dream you envision live on.



# The Joy of Service

“The spirit of service will never be taught, it ought to be developed, perhaps often caught. But the joy that one earns through sincere and honest service cannot be matched. It can only be experienced and lived. – **Dr Edmond Fernandes.**”

No matter how big bungalow you stay in or how much cash you have. Your service to society will matter in the final analysis.

How many of us reach out to people in need. If someone has fallen down on the road how many among us would lend a helping hand! Good Samaritan act seems to have vanished from our principles. People will give any number of reasons of why they could not help, where all they need is one reason why they could. You don't need to do great deeds; you can do small things that will bring a smile on the faces of men. Not all are blessed in cash and kind, but that doesn't mean we cannot do our bit. Services come in many forms, if we can only understand it. Helping a blind man cross the road, giving a seat in a crowded bus or train to elderly persons, pregnant ladies, and like will only add to the blessings. We are helping the chosen race of God Almighty. The people we reach out to or do an act of kindness might not even be grateful to us, most might not even say a thank you or speak few soothing words, but that should

not dampen our spirits. Let us know that if we do something good in service, we will be supremely rewarded in some way by the Most High God. It has been mentioned so strongly in the Bible and it is a fact, no one can deny. Every deed done will be blessed and rewarded.

“How far you go in life depends  
On your being tender with the young  
Compassionate with the aged,  
Sympathetic with the striving  
Tolerant of weak and strong  
Because somebody in life will  
Have been all of these.

- **Lloyd**

This world exists and sub exists with varied forms of people. We need to put ourselves in the place of others. Only then will we see the real picture of the world we live in and the needs that are necessary. I once got an email forward which caught me at once. It read as:

I was parked in front of the mall wiping off my car. I had just come from the car wash and was waiting for my wife to get out of work. Coming my way from across the parking lot was something what society would consider a bum.

From the looks of him, he had no car, no home, no clean clothes, and no money. There are times when you



feel generous but there are other times that you just don't want to be bothered. This was one of those times."

"I hope he doesn't ask me for any money." I thought. He didn't, He came and sat on the curb in front of the bus stop but he didn't look like he could have enough money to even ride the bus. After a few minutes he spoke. "That's a very pretty car," he said. He was ragged but he had an air of dignity around him. His scraggly blond beard kept more than his face warm. I said, "Thanks," and continued wiping off my car.

He sat there quietly as I worked. The expected plea for money never came. As the silence between us widened something inside said, "Ask him if he needs any help. I was sure that he would say "yes" but I held true to the inner voice.

Do you need any help? I asked. He answered in three simple but profound words that I shall never forget. We often look for wisdom in great men and women. We expect it from those of higher learning and accomplishment. I expected nothing but an outstretched grimy hand. He spoke the three words that shook me, "don't we all?" he said.

I was feeling high and mighty successful and important, above a bum in the street, until those three words hit me like a twelve gauge shotgun. Don't we all?

I needed help. May be not for bus fare or a place to sleep, but I needed help. I reached in my wallet and

gave him not only enough for bus fare, but enough to get a warm meal and shelter for the day. Those three little words still ring true. No matter how much you have, no matter how much you have accomplished, you need help too. No matter how little you have, no matter how loaded you are with problems, even without money or a place to sleep, you can give help.

Even if it's just a compliment, you can give that. You never know when you may see someone that appears to have it all. They are waiting on you to give them what they don't have.

A different perspective on life, a glimpse at something beautiful, a respite from daily chaos that only you, through a torn world can see. May be the man was just a homeless stranger wandering the streets. May be he was more than that. May be he was sent by a power that is great and wise, to minister to a soul too comfortable in themselves. May be God looked down, called an angel, dressed him like a bum, then said, "Go minister to that man cleaning the car, that man needs help." Don't we all?

The satisfaction we get after a service done in true spirits can only be experienced by those who have done it. There is nothing more gratifying in the entire world than to hear "thank you" from a person you've been kind too. Just go on doing good things without expecting anything in return and your life will never be the same again. There are so many ways in which one can reach out. Although professions like Medicine involve a great





deal of service, every field can contribute if practiced rightly. What blessing it would have been if politicians did what they should well.

The media today is very tricky as money bags control the market big or small. However individuals who do reach out to develop the human factor are there too. We have seen how great people like Bill Gates, Azim Premji and others have contributed to the welfare of mankind.

The immortal Blessed Mother Theresa gave all she had. Mother tells a small incident when she picked up a man from the drain, half eaten with worms, and she brought him to the house, that man said “I have lived like an animal in the street, but I am going to die like an angel, loved and cared for.” Who could die like that without blaming anybody, without cursing anybody, without comparing anything? Just imagine the intensity of joy that might have filled Mother Theresa when that man uttered those words, he had nothing to give, yet he gave the most satisfactory thing above all, that is the joy of being kind.. Mother goes on to say, “it is not enough for us to tell, I love God, but I do not love my neighbor. How can you love God whom you do not see, if you do not love your neighbor whom you see, whom you touch, with whom you live. And so this is very important for us to realize that love, to be true, has to hurt. We have been created to love and be loved. God makes himself the hungry one-the naked one-the homeless one-the sick one-the one in prison- the lonely one- the

unwanted one-and he says: you did it to me.

Our life of service will matter in the final analysis, God comes to us in many forms, and little do we realize it. If we serve him on earth, he will likewise in heaven. If we reject him here, he will likewise reject us in heaven. Let us try to do our best, whenever possible. If someone meets with an accident on the road, most often nobody helps the person, fearing the police formalities and others, let us change this idea of ours and be the first to respond. Saving someone's life will give us blessings manifold, more than we can ever imagine. Contributing our bit during disasters like floods, earthquakes, accidents will not only help the victims, but indeed deep down we will find our joy. It is only a small measure and little it costs in the giving but like morning light, it scatters the night and makes the day worth living.

Don't worry about the absolute & the ultimate.  
Selfless service alone will make you divine.

**- Swami Shivananda**

Service is doing work without self-gratification, not just because you like it. You work without waiting for approval, without praise. You do the work that needs to be done simply because it needs to be done.

Above all, let us remember that it is only in giving ourselves that we shall get more. This truly is a factor towards human-ness, a trait of philanthropy, a purpose called Life.

## **Gratitude- An Inside Story**

A poor boy who was selling goods door to door to pay for his education, One day,he found that he did not have enough money to buy a meal. He knocked the door of a house for a glass of water. The young lady who opened the door looked compassionately upon him and offered him a glass of milk instead. This boy named Howard Kelly left the house with much gratitude in his heart.

Years later this young woman became critically ill. She was admitted to a city hospital. A well know doctor was called in for consultation. When he heard the name of the town she came from, he began to recall something. He went straight to her ward and recognized her at once but said nothing. He went back to the consultation room and determined to do his best to save her life. After a long struggle the battle was won. Dr. Kelly requested the accounts department to pass the final billing to him for approval. He wrote something across the bill and sent it to her. She feared to open it, for she was sure it would take the rest of her life to pay for it all. But tears welled up in her eyes when she read the words in bold letters. “Paid in full with one glass of milk” and signed his name as Dr. Howard Kelly.

What a way to express gratitude. We do not see much of this kind attitude anymore. Not many take time out to really appreciate the human factor. Casually a thank you is all you may get and sometimes with an expression along with a gift may be. But gratitude is best shown when there is a life-style change in it. How many of us pay heed to this aspect of gratitude? Many such beautiful people who execute help will never expect anything much in return but it is here that we must realize that human nature seeks gratitude, recognition when someone has helped us, in whatever way they could, may be even just with a sincere blessing. Don't you think we must give back when our time to perform comes? Isn't there a conscience that says, we must? Well there is no limit to how much concerned you can be for another human being and what is the line of inclusion you make.

*“Let us live our life in such  
A way that people will have  
ample reasons to speak well of us.”*

**- Don Bosco**

You will surely agree that we all have, at certain times in life eaten the fruit from the trees that we did not plant. Well indeed, later when it is our turn to give, it binds on us to plant garden that we may never eat the fruit of, but that which generations to come may continue to reap.



Gratitude is definitely indeed an inside story. How few recognize its importance and value the worth. For that matter how many of us, once at least have been grateful to God for the gift of life? How many of us realize that we are fortunate for so many things? There are millions who are less fortunate than us in ways manifold, but most of us care a damn about it. We are so much self centered that we will never even render any help let alone gratitude.

Realize the worth of every person in your life, don't just use and throw them. Be with them throughout, it is not a difficult task especially in our times. But continue to do good in all your doings; you will receive your reward, if not from the man himself, but surely from the Most High.

Don Bosco once said, "How unfortunate are those who expect praise from the world, which invariably pays with ingratitude." Yes my dear friends not all people are good, bullies are the easiest people to lick. Wonder and bliss still exists, and we are the ones who should pay it forward. There is another inspiring example which proves that gratitude is infectious.

A young Indian couple living in America, own a restaurant doing pretty brisk business all week. They decided one day to launch into a novel scheme. Every Sunday they serve their guests as usual but when presenting the bill the amount is always \$0.00. When the surprised

patrons seek an explanation wondering whether there is some kind of mistake or other, the answer is the previous guests who had a meal here have paid for your meal. They wanted you to enjoy your Sunday meal and remember it for a longtime. It is absolutely free for you. Taken aback guests would be tongue-tied for a while but invariably would offer to pay for those coming after them.

It has been noticed that Sunday is their busiest day – and never once have they got less than what they would have, had they charged their clients full fare. Rather it was always way above their expectation. Not only that, several people offer their services, some as waiters, cooks and in other capacities. All wanting to join in the novel way of sharing and bringing joy to others, and that is what the couple initially had in mind to provide people with opportunity to think of others.

This kind of thought process at least succeeded in leading people to think about being grateful if nothing else.

Here is a small food for thought, which will make you realize the worth of the people, participating in your life. Answer the questions below & you will begin to strike a pleasant realization.

- Name four persons who have won the Oscars this year?
- Name five of the world's richest men?
- Name two persons who won the Nobel Prize this year?
- Name the winners of the Miss America contest?



Hardly do we remember the answers to these questions. They are the best in their line, but the point is, times pass by, no one will ask you for those events. Achievements are forgotten. Laurels get buried with their owners. Give importance to those people who are playing their role in your life. Give time for them with a grateful heart.

*Answer another set of questions:*

- List the professors who made an impact in your life?
- Name four friends who helped you through difficult times.
- Think of the people who made you feel special
- Enlist 3 people with whom you like spending your time with

See how easy it is to answer the questions; life on the whole is so easy. The people who make a difference in your life are not the ones with the most credentials, the most money, or the best of awards. They are the ones that care. Show them back your amount of due gratitude & reverence.

# **The Beat that was magnetically positive**

It is very important to know the power of keeping positive beats, no matter how bad a situation is. The outcome of anything will depend on your action and reaction to it. Every other thing we undertake will turn out into something but good can always be learnt from it. To get some fruits from the tasks you have ventured into, you need to be optimistic that it will work in your favor. That's the life principle on the whole. Being positive in all doings, will benefit us like as if the bad things never existed at all. Many of us might have heard the story of Warren Macdonald, an adventure enthusiast who only harnessed positive beats. Life was tough, but he was a runaway success. After having amputated his legs, the doctor mentioned that Warren would not be able to walk again. But Warren Macdonald was not among those who would listen to the doctor. He was a sign of extreme energy, perhaps mightier than a swinging sword. This man went on to climb Canada's Weeping Wall, Africa's tallest peak Mt Kilimanjaro and America's Tallest Cliff face El Captain. How inspired this man was is difficult to estimate.

Most of us require motivation, little do we know, that self-motivation is the only way through. The easiest thing most people do is to discourage others. To come





out of the discouragement and just turn deaf ears is what we must learn to adopt. You are a do-it-yourself concept, don't depend on others. Just continue to believe in yourself and make way forward, your life is in your hands. Keep immense faith in the Almighty and be inspired with a renewed dedication to humanity and self. I had a small poem which teaches us how to believe in yourself and go ahead. This is how it goes,"

Believe in yourself  
To the depth of your being  
Nourish the talents  
Your spirit is freeing.

Know in your heart  
When the going gets slow  
That your faith in yourself  
Will, continue to grow.

Don't forfeit ambition  
When others may doubt  
It's your life to live  
You must live it throughout.  
Learn from your errors  
Don't dwell in the past  
Never withdraw  
From a world that is vast.

Believe in yourself  
Find the best that is you  
Let your spirit prevail  
Steer a course that is true.

Positive beats depends on your thoughts and words. No one can help the man with the wrong mental attitude. Nobody on earth can stop the man with the right mental attitude. J. K. Rowling is an inspiration and classical example of extreme positive beats. That is what made her the world's first writer to be a billionaire. She faced lot of rejection. A small lived marriage kept her without a job and it was so difficult to live in modern Britain without it. An old typewriter, a dear daughter and her imagination were all that she had to make her name. Undying positive beats and self belief kept her going. That was J.K. Rowling for you.

Inspire yourself, watch in your mind's eye, your every step. Write your pep talks, you have to go through every barrier; you have to push every limit to get the perfect touch and confidence. As you walk by, many will give you their viewpoints, listen to them but take only what is good. You are old enough to judge for yourself. The tongue weighs next to nothing, yet how few can hold it. Men will keep speaking things, some relevant, some irrelevant. You have to stick to your guns no matter what. You will surely win one day and have the last laugh.

We often hear of great stories of great men, but we rarely hear what they went through in order to get there. Be it Abraham Lincoln or be it APJ Abdul Kalam, be it Dr David Hartmann or Robert Schuller. They had nothing accept, the confidence in themselves and right frame of mind clubbed with the desire to win.



After being rejected by multiple universities, Dr David Hartmann never surrendered, till finally Temple University, Philadelphia accepted his Challenge: A blind man with the will power to join Medical School, he said Blindness put his life into focus. He completed not only his basic grades in Medical School but also completed his MD in Psychiatry. Although he lost his eyes, he improved his sense of touch and co-ordination. During school the microscopic Histo-pathological structures had been recorded by well-wishers and lot of effort was put in. This man today is a light to the world. What a gem of positive beating heart. Such was his confidence that while selecting him, somebody in the College Management said instead of rejecting his offer, “If a one legged man wants to hop the 100meter Olympic dash run in 10 seconds we must give him a chance.”

That day he made his Landmark entry into Medicine and he exhibited a triumph of Human spirit.

I will share with you a poem which will surely re-inspire you

When things go wrong as they sometimes will,  
When the road you are trudging seems uphill  
When the bunds are low and the depths are high  
And you want to smile but you have to sigh.

When care is pressing you down a bit  
Rest if you must but don't you quit.

Life is queer with twists and turns  
As every one of us sometimes learns  
And many a failure turns about  
He would have won had he stuck out.

Don't give up though the pace seems slow,  
You will succeed with another blow.  
Often the goal is nearer than,  
It seems to a faint and faltering man  
Often the struggler has given up  
When he could have captured the victors cup.

And he learned too late  
When the night came down  
How close he was to the golden crown

Success is failure turned inside out  
The silver tint of the clouds of doubt  
And you never can tell how close you are  
It may be near when it seems so far.

So stick to the fight when you are hardest hit  
It is when things seem worst  
That you mustn't quit.



# The wine of Friendship

Some friends are met through random collision, others get introduced to us, and we are introduced to some, for some of us, its love at first sight, and the possibilities of getting to know people are endless. But then what is so wonderful in friendship that indeed spells magical webs if handled with care?

Friendship is one of those marvelous stars which make the world we live a better place. But early it is, that we should know, not everyone who smiles would make a wonderful someone with whom we would like to spend time and share our soul secrets, realize soon that what most people want is news for gossips. Not everyone is healthy enough to have a front seat in our lives. Definitely filtration is required beyond doubt, but that doesn't mean a fracturing experience with a certain someone must influence our opinion on the friends who would step into our life a little later.

Everyone is special in his own way and is a gem unless proved otherwise. Each of them needs a fair and fighting chance to be with us and not all should be typified under a single banner.

*“A friend is someone to laugh with over little personal things,*

*A friend is someone we're serious with in facing whatever life brings."*

I have heard some people say, they require time to call somebody a friend. One life also is perhaps too short to judge a friend or a person. Never trust or believe these kind, because for them friendship is not based on instances of care, understanding or wonder, it is just measured with time. We have a short life here on earth. Giving friendship to time is a fool's ideology. If even for that matter, we find someone not the way we expected or to our liking, we can always love them from a distance. It is amazing to see what you can accomplish when you let go of a not going anywhere friendship. The more you want understanding, faith, love and trueness around you, the easier it will become for you to decide who should stay with you and whom you should let go for good. Remember true friends are worth fighting to keep.

*"Some friends only bring ruin; others are closer than a brother."*

### **Proverb - 18:24**

As I sit back watching the world go by across a misty morning I am reminded of the wonderful poem written by Khalil Gibran, and here it goes:

If I could catch a rainbow  
I would do it just for you



And share with you its beauty  
On the days you're feeling blue.  
If I could build a mountain  
You could call your very own  
A place to find serenity  
A place to be alone.  
If I could take your troubles  
I would toss them in the sea  
But all these things I'm finding  
Are impossible for me  
I cannot build a mountain  
Or catch a rainbow fair.  
But let me be...what I know best  
A friend that's always there.

“A friend that’s always there.” If you haven’t found one, keep looking, if you have found an “always there” kind of friend, then cherish it till death does you part. As you sail through life many people will tell you, “we are with you.” They may be right or they may be wrong. This could be figured out easily. When you were in adversity, who was there for you? While the world rejected you, who was it that accepted you and stood like a rock by you? Who agreed to be with you, when you had nothing to offer in cash and kind? Who was the person who still loved you, when you were the person everybody loved to hate?

These are the ones with whom you should polish further your relationship with.

Many a times we might have heard the words like best friends, close friends and what not. But most of the time its only superficial lip service, while in a group, you think they are with you, but the real test is when you get separated from them by miles. That time does the heart still connect? Or do they get engaged into things, so much so that to even pick your call is a big question mark? Let alone them calling on you. This is a truth often heard off. Then what kind of a best friend do they become? Understanding is reasonable if within limits, but some funny people are there who turn up only at your birthday or say during Christmas or any major festival and they expect you to be understanding. What you think of such kind people, I leave it up to you!

*“It is the time of Crisis that tries Men’s Souls”*

The glory of friendship is not the outstretched hand, nor the kindly smile, nor the joy of companionship, it is in the spiritual inspiration that comes to one when he discovers that someone else believes in him and is willing to trust him.

**- Ralph Waldo Emerson**

During our daily rig-ma-role we often fall into gossips. In the bargain, our possibilities die a natural death. We obtain an opinion about someone by gossiping





and get a certain idea and conclude that so and so is like this. But in reality, that might have turned out to be a blissful endeavor which we could appreciate in the remembering if we had only listened to our thoughts and checked that person, personally rather than listening to gossip.

Having said this, we must be cautious about the use and throw type of friends. We could never really tell the ulterior motives of people. I remember clearly an episode where a certain friend used to speak so well and so sweetly – sugary sweet that you would never in the wildest of thoughts from the most remotest part of the brain feel that the person has been telling bad things about you to the rest of the friend circle for reasons you would never understand. When one fine day, by luck or by coincidence the matter cropped up among others on a certain issue and the real picture came to light, we were left dazzled in a state of semi shock. Trust was shaken and the word trust was degenerating to rust.

Think again; look back before you look ahead. Love such people from the distance but don't create rivalry. Because when we create enemies and fights, we spoil our mood, our thought, our peace, above all our health. We then gossip about this so and so to others all over.

*“Don't be afraid of the enemies who attack you; be afraid of the friends who flatter you.”*

Gossip truly is one of the easiest things to do and

many if not most of us succumb to gossip. Gossip seems harmless at the surface, but it only degenerates our lives, our energies are wasted talking about someone and something. The topic of discussion or the person being spoken of is not being affected even one bit. Amidst friends, this is most common although it extends equally at workplace too. A modification in this regard is very essential for the superior purpose of our well-being.

We are often judged by the kind of company we keep, the kind of social circle we are in. As far as possible, do not associate yourself with high society crowd. Now, when I mean high society crowd, it is those who have a certain set criteria about friendship or fellowship. There are those who expect that one should match up to their level in dressing sense, in outlook, in speech and many more. It is appropriate to politely distance such people for good. There are some of them who become uncomfortable when they visit an average hotel or dress averagely. Do what you feel most comfortable and its upto you to associate with such type of people.

Because it is in being humble that you will be exalted. Today if we remember those great men who went before, it is because of their humility and benevolence. There are many typical crazy people who think consuming alcohol or smoking gives a cool tag. These are all fair weather friends who come together only during this kind of company. Stick to your reservations when you encounter these fair weathers. There were many souls



I remember, who had a good laugh when they realized I don't drink or smoke, but today when I look back at them, I am still laughing.

“Rejoice and men will seek you  
Grieve and they turn and go  
They want full measure of all your pleasure,  
But they don't need your woe.  
Be glad and your friends are many,  
Be sad and you loose them all  
There are none to decline your nectared, wine  
But alone you must drink life's Gall.

Associate yourself with those friends who will be open to you. Those who sincerely trust in you, and express themselves. Don't assume something if your friends have never expressed it. It's only in expressions and frankness straight from the heart where one can believe.

After all, the friend you can call your own is that one, that special someone who you can hug without reasons, who talks about your weakness in front of you and speaks your strength to the world, who will always understand you and accept you the way you are, your special friends are those, who will fight with you this moment, criticize you but the very next moment will love you. Again, those who will love you consistently and express it, march with you hand in hand to face whatever

the world has to offer, whether its praises or tantrums, who will share their secret partialities, who never change with time, education, migration or after marriages, who will never judge you on the basis of your money, you spend on them, neither will they expect you to continuously spend on them without reciprocating likewise.

Read it once again and ponder seriously, this time around. It may seem like a small thing, but it is one of those very weapon, if I should say so, that man cannot live without. Without Friendship, he is handicapped from all aspects.

Richard Exley puts it best,

*“A true friend is one who hears and understands when you share your deepest feelings. He supports you when you are struggling, he corrects you, gently and with love, when you err and forgives you when you fail.*

*A true friend prods you to personal growth, stretches you to your full potential. And most amazing of all he celebrates your success as if they were his own.”*

How wonderfully said, every word rings true, and yet how few find such people, those you can call your own.

I will end the insights in friendship with a poem which is about friends forever, friends eternal. Here it goes.

You're a true friend,  
That I want you to know,



Our love for each other  
Has helped us to grow.  
We've been through some tough times  
But we've made it through  
The only one I ever trusted was you.

You helped me through anger  
You've chased away fears,  
You held me through sadness  
And kissed away tears.

You stayed by my side  
When the world turned away  
You helped me see joy  
When the skies were all gray.

You were the rainbow  
At the end of the storm  
You help me be different  
When I shouldn't conform  
You held my hand when you knew  
We would fall  
Every heartache, you saw me through  
It all.

I'm not sure  
I'm always the best friend to you  
I know I'm not perfect  
But this much is true.

When life gets down  
And there is nowhere to turn  
I'll help you through and  
I'll share your concern.

I'll try my best to return every favor  
When you're sure that you'll drown  
Then I'll be your life saver,  
Even if we both go down.

Whether we sink or swim  
Doesn't matter at all  
Just know that I'll be there  
Whenever you call.

I'll pull you out  
When life pulls you under  
I'll be the sun  
When there's lightning and thunder

And when it's all over,  
And we've fought every war  
There's one thing I promise  
Of this I am sure  
When the time comes  
That we're put to our rest  
Be sure that you know that  
My friend, you're the best



And if there is heaven  
Then I know you'll be there  
That if you die first  
Then you'll hear every prayer  
And soon I'll join you,  
But just know until then  
That I'll miss you each day  
Till I see you again.

At the end of the tunnel  
You'll be my guiding light  
You'll lead me to heaven  
Away from the night.

We'll be there together,  
And we'll never grow old  
And we'll walk hand in hand  
On the streets paved of Gold.

# Aspects of Networking

Good networking is a larger extension of your inner self. Having a fine company to network with influences your own processes. You carry a little if not much of what the other person radiates and emits.

The world is compressed due to the evolutionary impact taking place around. We know much about what's happening miles away, but we have no idea of what's going on in our own backyard and neighborhood.

Sad indeed for this generation which is struggling to find its identity.

Social networking sites have narrowed the reach of the world and it's definitely a blessing in disguise. But it has come with a huge price for nothing. The amount of time people spend on these networking websites is phenomenal. They are more e-connected than e-emotionally connected. The quality of work they render has reduced drastically due to their websites activities. People are cautious of what they do on these sites, so in the bargain lot of time is invested in thinking how to beautify their profile. With lucrative internet offers by telecom companies, this e-savvy cliental seems to be on the go always. Every notification, message, request, applications are received with beeps. During the course of the day, the time approximately spent put together runs into hours.





What a waste of time indeed. The sooner people realize the fact; the better it is for them.

The personal factor has been terribly destroyed because of this explosion of explorative networking. A person may spend two or three hours on a chat or via e-telephone but has no time to personally visit or meet a friend over a cup of coffee unwinding his chronicles.

The beauty of enjoying a personal face to face conversation besides admiring the world go by seems to die a natural death. The fact is forgotten that we are basically human beings and we cannot be manipulated by technology and time. Although we live in an age where robotic surgeries are performed, grandmother's common sense will always have the last laugh. No one can challenge it, no one can destroy it. We have gone astray due to this fast forward nature of ours. What will be of our becoming? Who knows!

The World Health Organization (WHO) made a startling pointer that India was the most depressed country in the world. The time spent on the internet by Indians is just amazing. This facilitates lot of health problems. Psycho-social behavior problems can partly be blamed towards the networking realities. Depression, low self esteem, failing sleep patterns, insomnia and other medical concerns like computer vision syndrome, back and neck pain are alarming factors that raises eyebrows.

Change in life style pattern is the only way out. Finding your space and identity with nature than establishing your identity on the internet cannot be stressed enough.

Whoever you are, whatever you do, you are still a child of this universe.

The previous football world cup brought Paul, The Octopus to center stage. And as Paul, the Octopus predicted the outcome of the game before it began, he silently and humbly reminded us that we humans are not even the center of a football field. The crux of the reality that goes in the making of a divine life in action is far very great. But the fear that this human touch could recede faster than how its meaning could be re-understood booms large and threatens. It has rung dangerous bells of which even the souls have begun to tremble. Are we making a shattered purpose of life productions? Anything within limits is permitted and accepted, but when its use crosses its benefits, the very purpose gets defeated. Networking is surely good but the limits should be known. Spending the precious twenties of life whiling away time on the internet is insanity to boot.

It is a matter of surprise as to how certain websites claim to make love on the internet and they also help you find your match. The possibility of this materializing is no doubt a coin flip of a chance, but they have their own risk factors that need to be addressed. There are forums through which real people connect really.



Nevertheless, these people are mostly in public domain with some accountability. In such instances you can for sure trust the sources. Networking remains a Pandora's box. Attractive SMS offers and market driven reduction in call schemes by telecom providers have helped bridge the world's divide. It is left for the user to make the productive use of it. I have come across people who spend the night hours with friends over conference calls and speaking crap. They call it fun, but medically speaking the circadian rhythm of their sleep is in jeopardy. Their health gets a beating and their workplace commitments go berserk. No amount of explanation and counseling will help such people. It is a self realization that needs to dawn on them. They can only be driven to our way of thinking. Enforcing our opinion on them will only build walls, not bridges. There was a time when I used to religiously spend one or two hours, perhaps even more in e-connecting. It took some time before I had a self realization that, "Man, I have wasted lot of time." I tell you, I am much better after having reduced the time I invested e-connecting.

There have been times when some people misuse and clone photos and later use it elsewhere. Properly used networking is a treat to the mind and it surely reverberates the soul. The finest of humans also can be met while e-connecting, but one must stay alert.

"You like a person or a space, excuses to interact are a plenty".

# On the track of the Clock

“Little drops of water  
Little grains of sand  
Make the mighty ocean  
And the beauteous land  
And the little moments  
Humble though they be  
Make the mighty ages of eternity.”

Yes indeed! Utilizing time properly is the need of day. Today’s world is improving on one side through various scientific techniques and on the interior front through wars it is being destroyed and the entire human race is being damaged resulting in failure, confusion, misery and melancholy.

Time is money, it is a treasure yet people waste it foolishly in doing foolish things at the wrong time in an unwanted manner. Those souls that waste time find themselves in a medley of intense frustration, utmost dejection and extreme disappointment. The scarcest resource we have is our own time. Trust me when I say there are only –yes only three things that can never be retrieved the spoken word, time gone and opportunity ignored.

If we take good care of time then other things will



take care of themselves automatically. All of us grow in time, live in time and die in time. So move on with time. We all have one thing in common, that is a 24 hour day. Isn't it? Now it's how we use our time that makes the difference.

The most precious commodity that God has given us is not gold, silver or diamond but it is time. Every year when I visit Mumbai, I feel sad. This is one kind of city where the people are time crunched. They are constantly in a rat race, running from pillar to post. What is of their becoming then? There have been times where people didn't even know who their neighbors were. This is not an exaggeration, it is simply the truth. What's the whole point if you live in a manner like this, yet not live?

You have to know that we have one life to live, while you grow and grow and continue to shine, you cannot forget the basics. Cherishing the beauty of life is of prime importance. If not now, then when? This clock never sleeps. The waves of the seashore never rest. Our brain and heart continues to run, yet we spend one third of our entire life in sleep. What separates the great from the very great? It's the way they handle their time. How we intend to deal with our situations and prioritize them is left upto us, but the point to know is that we need to organize the entire sequence. It becomes highly important to have a life, a personal life which remains separated from issues & concerns of workplace.

Every morning when we wake up, God gives us a

magical purse filled with 24 hours! The same purse is given to a millionaire as well as a pauper, a rich man as well as a beggar. Neither can we borrow this from someone nor can we lend it to anyone. It is our very own. It is up to us to utilize and enhance every hour of this miraculous purse. Use it sensibly and happiness, wealth and a fruitful life are at your doorstep. Waste time and time will waste you in return.

If you have ambitions, learn the value of your time. Successful people know how to make best use of it.

“If you want to leave  
Your footprints on the  
Sands of time, then  
Do not drag your feet.”

Remember there is nothing more fatiguing than worrying about an unaccomplished task. You will always find time to do the things you want to do because the time is always right to do what is right. Question now arises how do we utilize our time properly? The answer is simple. Plan your day in advance in which you resolve to think positively and effectively and implement your thoughts with action. Treat every minute as a precious gem to be spent in the wisest manner. If you utilize this precious commodity sensibly, I assure you that you will have adequate time for your studies/work, play, pursuing your hobbies and other things of interest.

In fact you will find that 24 hours is more than enough which Almighty God has given and is giving you.



Sweat and time usage will only bring satisfaction in the end. Thinking is the capital, enterprise is the way and hard work is the solution. Some people never have time for anything. Call it lazy or call it their shortcoming, but this attitude has to undergo a transition. The busiest people find time for almost everything under the sun. The other kind has no time. Being in a medical profession, I have been asked the question of how I include my hobbies within the given time frame. The answer is simple and straightforward. When others go for a movie and hang around, I play with my hobbies. It keeps the fuel and engine in me going.

In times we change, in age we understand. Realize time and realize self because you know self realization is the focus. Each of us must become aware of our higher self. We are links of a great past to a grand future. Time is all powerful. It is really a delusion to think that we can waste time. People want success, happiness and fame but only a few have these because they knew the value of time. Time is opportunity. If it slips once from our hand, it can never be given again. Time is precious than money, powerful than things. Time is neither the Alpha (beginning) nor the Omega (end).

What is seemingly important is the present.

“You do not know what

Tomorrow holds,

But you do know

Who holds tomorrow.”

It is stupid to repent for the lost past. There is no tomorrow nor yesterday. It is always today. Today means hard work, labour, sweat and toil.

Life is short and time is fleeting. It has been said that time is like a drop in the ocean. This can be turned into pearl. Idlers are enemies of time. A stitch in time saves nine means work done in time is time earned. Delays and inaction are thieves of time.

Each of us have within ourselves the ability to create the circumstance for using time to attract so to say, to ourselves what we desire what we are, what we believe in.

The time we waste or use is ours alone.

Success always follows time utilized, though there may be setbacks and delays disjointed thoughts, compartmentalized preparation and isolated hard work will not bear fruits. Rise to your highest capacity using time. Here is something that I had read from a book and scribbled in my diary of that time.

“Day after day, day after day  
We stuck, nor breathe, nor motion.  
As idle as a painted ship  
Upon a painted ocean.”

From this I realized that one should not experiment time it will lead to nothing and do not test time since it will give no result. Also sacrifice some time for the Creator. You know one who possesses the magnanimity





of the river, thoughtfulness of time and modesty of earth is closest to God.

So rise, go ahead, see and conquer. Hunger for achievement utilizing time wisely, because it is a highly evolved one and undoubtedly, the strongest.

# **The Powers that are and are not**

As we continue to sail through life there are numerous forces which stick to us like a magnet. It is so difficult to let go of something which belongs to you. But most often it is something not worth our while. Experience teaches many things they say. The joy when it's shared with others, so that others can benefit is something only to be cherished. Memories draw back to those yesteryears in the India of yore, when I was school going. The very concept of an airplane used to excite me manifolds. And moreover the idea of visiting a foreign country was just seventh heaven. But these were all passing moments that came with the tide. It was the year 1998, when the thought of establishing base and settling down in Singapore cropped up. The thought process began to get converted into serious discussions and the winter of 1998, we were there. The mood of Christmas, the craziness of a wonderland away from home and the merrymaking that went along was perfect for a school kid to be passionately involved with. For the temporary phase, life was undoubtedly an exclamation! But anticipating numerous issues and concerns involved was something that had to be addressed neatly. We had to view a larger picture of long road rather than be attached to something temporary.



Transitory and fleeting options often crop up. Identifying, the knowhow and making a reasonable conclusion is required of.

Often it is our past happenings that influence our present and future events. In the interest of a particular event we then do not do justice towards that, for a simple reason that we become more fabricated by our past. Little do we make any effort to understand the truth that the events and happenings that went by will be of no consequence now on. Yesterday is history.

We must build our links from a fine past to a potentially prosperous future. In virtue lies our strength. We all are born for greater things.

We ought to burn within us the fire of hope. The power of this world thrives on hope. When one reverberates with hope and keeps in mind the real larger picture, life becomes meaningful. Dead dreams surface once again, the joy of excitement can be felt, everything that was buried alive, makes a beginning once more. Horizons open up and a new era ignites forth.

*“An attachment to the earth lessens and,  
Sometimes extinguishes the desire for  
Heavenly things.”*

**- Don Bosco**

Living in a materialistic world, it is a mighty challenge for each one of us to resist the forces that

aren't so. Those people who lead a life in a metro have lost their worth and meaning.

It is extremely sad that we observe of instances where married couples are so stressed out that they are sent to different holiday destinations for producing babies. We live in a country home to a billion beats. There is excess of mobile phone users, but they don't know how to use toilets. It reminds us that we must stick to basic necessities first before we put our head into other stuff. Our lives dwindle thick and thin on the threads of faith and hope and largely grandmother's common sense.

Technology is complicated, humans are complicated, not life. I am reminded of a beautiful poem on hope and prayer which I had in the collection of my immortal book on musings and memories. It goes this way,

“I look up at the mountains, through the  
Pine trees green and fresh  
I watch the milky mist that falls,  
Then lays it's head to rest  
For only just a moment, it stalls  
And seems to cling.  
Waiting to delay it's plunge, denying  
What it'll bring.  
Glancing at the mountains and the  
Valley there below  
Reminds me of the days gone by, as  
The mist declines to go

It's covering all my yesterday, the  
Good and bad alike  
Now there's just tomorrow and I'm  
Hoping there'll be light.  
I remember many things and how  
My life began  
My future seemed so far away,  
I had time to plan  
Today there seems to be a  
Change, my age, my point of view  
These changes helped me grow a lot,  
There's still things I must do.  
So wait a few more hours, then the  
Mist can truly fall,  
And cover up my fruitful life, of  
Love that I recall  
I am satisfied with all that's past  
The ups and downs alike  
It made of me a stronger being  
Improved my inner sight  
Yet possibly the mist will rise  
One sunny, shiny day  
May be it will lift the fog,  
At least I hope and pray.

When we silently and regularly begin to vibrate positively, the subconscious force begins to work. We cannot see it, but can only experience it. Every night before you go to bed, just positively channel across all

the things you dream of and desire of. Reach that place as you enter into state of trance. You have to feel as if you have already achieved what you have dreamt. The power and force of the subconscious alone will bring it to pass.

Once you firmly believe in what you want from your life, think only about it. Make space for your thoughts. Our mind is a mighty force in itself. It is like a powerful object which is dangerously Magnetic. If you project thoughts of achievements and soak into it deeply and get consumed with these thoughts, you will certainly meet with exceptional success. On the same note if you feed thoughts of rejection, failure, defeat you will be granted with gifts such as these. The mental powers of our mortal life, is life ward. Whether you accept or reject the existence of such forces, they will continue to affect the makings of your life directly and indirectly. Science divides the whole of the human experience and existence into two parts: what is known and what is unknown. Going by the world, a panoramic explosion has taken place yet we know so little. The distance is only because man's knowledge is growing and as his knowledge grows the area of his ignorance diminishes. However what he knows is momentary things. But we should try to yearn to achieve the divine picture.

We connect with the divine through our daily deeds. The omnipresent exist all around us, more importantly, it is present as said in the Holy Bible that God is present



in the man who is dying of hunger in the streets, He exists in the form of a being who begs for some clothes to wear, He comes in forms we tend to distance ourselves from. How do we distinguish ourselves from the good, the bad, and the ugly?

We have to channel neatly our thought processes and connect with the mind and body and heart and soul. People may laugh at us, mock us but continue to do what you do and do it with joy. The reason for much of misery and chaos in the world is purely because people do not understand the interaction of their conscious and subconscious mind. When the confluence of these two mind forces meet, it culminates into a force which magnifies tranquility, bliss, health and inner happiness. The forces which get us distracted from the purpose of our deeds and principles, is seldom any force from outside. These are the forces from within. When you begin to hate someone, when you actively intend to take revenge on a person, you are making extra efforts and complicating your life. In fact kill your enemies with your kindness. If you can't stand a person, distance yourself but do not harm. You never know when you may need people. After all, the same very person you hate is some mother's joy, some friend's shoulder, someone's world. There are reasons why people do what they do. Early experiences, family circumstances, visibility factors all contribute in the garnishing of individuals. They get formed on these frontiers. It matters not where you live

and what you do, you only have to believe that there is a superstar in you, there is sufficient energy within the body to ignite the spark in all that you do.

*“To become conscious of this power is to become a ‘live wire’. The universe is the live wire. It carries power sufficient to meet every situation in the life of every individual. When the individual mind touches the Universal Mind; it receives all its power.”*

**- Charles Haanel**

The relevance of such forces which is more individualistic can be applied in any walk of life, in any format you desire of; whether it involves a big crowd or few people or only you.

I am reminded of my friend who is the Editor of a fine magazine of national relevance towards a purpose regimen. The market savvy bureaucrats had once organized a gathering to discuss how to promote communal harmony. Mainly for cosmetic reasons they spend time discussing such issues with no practical solutions to offer. This Editor happened to participate in this gathering. In an Indian context, Issues of communal harmony become entangled in History, faith and religion and remains tricky. On being given the mike this Editor raised a very fine question; He asked the august audience one extremely simple question which silenced them all. He said, “Can we have communal harmony by discussing it here? Or





should there be an attitudinal change put in practice altogether?"

The question extremely logical and simple and the mood definitely confrontational. Never can there be Harmony unless the force acts within. The realization that all people irrespective of gender, race and nationality, ability, language, age are worthy of love, respect, support and understanding has to dawn, only then such gatherings become relevant. What I intend to tell you is just that anything can break you or make you.

- Your life is yours to design, make it all it can be.

# **The Sun Sets, the Curtains Fall, Forever!**

I am talking about the inevitable hour. When I was posted in Emergency and Trauma care during MBBS days, I observed that some patients don't go back from the doors they enter from. One day the curtains should fall, the sun must set in everyone's life. When that hour comes and how it comes, we can never answer. The dance of death surfaces at a time one does not expect it. Many times we may have experienced instances which could have possibly drawn our names very close to the obituary column.

When somebody very dear to us passes away to enter another world, sentiments begin to show up. Hardships get a garland welcome and life does not seem the same again. The picture that often goes missed is when we should have cherished their presence when they were with us. While we live, we fail to appreciate the inherent worth of our very own and our associates. We create hatred, treat them like donkeys worth, we let our ego rule rather than our heart. This attitude is like a taken for granted one. The real heartache which perhaps is more painful than a myocardial infarct (Heart Attack) is felt after our dear ones depart. The cry of the pain of why begins to resurface once more! It may just be too late then. Life is too short for us to learn from our mistakes.



It is better to learn from the mistakes of others and try not to repeat it. By appreciating a good deed, by throwing lovely surprises, by just unwinding over pillow talks makes people secure. It puts them into a comfort zone which cannot be explained and which should only be experienced and understood. Yet how many families are lucky enough to have individuals who unwind over pillow talks, who appreciate good deed, you go out of their way to praise their child's success and make them feel special. Not many do it. If you have never done something like this before, do it now. Give it a try today. When you go home today, take the favorite dish your wife likes and give her a hug. Buy something your child always dreamt of and craved for, and then give him/her a kiss. Spring a surprise to someone you have long forgotten yet are connected with, give a big cake to a random friend and say a thank you with a winsome smile. Tell them a thank you, for all they have been. The amount of smile, love and tears that will fill their eyes will be beyond anything you have ever bargained for. Let these be those very moments in their lives which they could never really plan of, but rather which they could only appreciate in the remembering. Today is the day for you to cherish and celebrate life with your near and dear ones before the candle burns out. If you can do this, you will never regret it sooner or later. Let this be the litmus test and at least do it for the sake of its very meaning.

I recently read an obituary poem which suggested that the family did miss the person but accepted the

inevitable hour without regrets. It goes like this:

Little did we know that morning  
God was going to call your name  
In life we loved you dearly  
In death we do the same.  
It broke our hearts to lose you  
But you did not go alone  
For part of us went with you  
The day God called you home.  
You left us peaceful memories,  
Your love is still our guide  
And though we cannot see you,  
You are always by our side.  
Our family chain is broken  
And nothing seems the same  
But as God calls us one by one  
The chain will link again.

How touching indeed! There have been many cases where quality time is not spent while living and then they curse themselves after the person is gone. A person once told me that due to the amount of work load and unending deadline this person could not find time for anything. In this process this person began to lose friends, something whose importance cannot be rated. Asking me a solution, I told this person to quit the job and find another. Find a job which you like doing, which you look forward to, which gives you space, which makes you happy and which prods you also to personal growth. I also instructed this person to have a personal life which remained untouched by workplace concerns and to spend time with music and



appreciate life in all its divine fullness. Today as weeks have passed by and months have gone, this person has a new job, a superb friend circle, enjoys every moment unwinding with mixed genre of music and spends time in the great outdoors with a jog for healthy living. Looking back with smile this person states that it was the best of decision ever taken. When we begin to live life in such a manner, death has no meaning. It becomes only a substance and a passing moment. It reduces to a value of being a catalyst or a mediator from one world to another world. Because only the physical body leaves, the soul is immortal.

There are certainly times when death comes with terrible grief and pain that seems to have no end. I am speaking about a cooked human meat. Did you get it? This story dates back couple of years. It was my first exposure to Emergency care. Trying to get to terms with on-duty doctors running around and curious enough to connect what's happening, we see a human body deeply cooked with boiled flesh entering the gates through the stretcher. Evidence was all visible that this was a patient who has presented with burns. Severe burns, upto 80%. Establishing the intra-venous (i.v) line was difficult and time was running out. But with multiple attempts the i.v access was established and immediate resuscitation measures started. As I was trying to get to terms with the proceedings, I learnt that a burns rate of 40% makes survival difficult in the Indian Scenario. And 80% was to just wait and watch for the inevitable hour which would

come some days later for this patient. It feels like shit to be standing before a patient watching him or her die knowing that it's our job to prevent it, yet also being regretfully aware that nothing could be done. This is what I meant at the beginning of this chapter; there are times when people do not go back from the same door they enter. Time passes by and people come and people go. The world continues to flow like the stream through the river. Death continues to haunt people who are scared of it. However the death of a child is something very different. When a newborn who does not even know its name, dies, it's a different ball game. But when a reasonably grown up kid passes away, it becomes continuum. For a reason that it lives vividly in the minds of the parents, shattered dreams formulate the ache of its death with each passing birthday, year after year. Of course there are some people who are not fascinated by birthdays and occasions but life per se gives you reasons to celebrate. Not much can be done for people who do not wish to celebrate their occasions. But it becomes a sad entity when they cannot appreciate others celebrating for them too.

*Meanwhile, don't lose the larger purpose.  
The boast of Heraldry, the pomp of power  
And all that beauty, all that wealth E'er gave,  
Awaits alike the inevitable hour:  
The paths of glory lead but to the grave.*

- **Thomas Gray (1716-1771)**

Whatever said and done, the destination is certain.  
So love, live and give. Come out of the cob-webs if you



haven't found meaning. Start exploring your ideals of a true life. You have every right to. After all you are the child of the universe. Make it large.

Hospitals and a funeral procession teach us much more about life than anything else can ever teach. The sunset of our innings can be reached in different manners if we are lucky enough to last till that time. Will we all go the distance only time can tell.

In the oldest extent medical book of China – the Huang Ti Nei Ching Su Wen, written circa 3600 years ago—the mythical emperor is being instructed about old age by the learned physician Chi Po. He says:

When a man grows old his bones become dry and brittle like straw (osteoporosis), his flesh sags and there is much air within his thorax (emphysema) and pains within his stomach (Chronic indigestion) there is an uncomfortable feeling within his heart (angina or the fluttering of a chronic arrhythmia), the nape of the neck and the top of his shoulders are contracted, his body burns with fever(frequent urinary tract infections) his bones are stripped and laid bare of flesh (loss of lean muscle mass) and his eyes bulge and sag. When then the pulse of the liver (right heart failure) can be seen but the eye can no longer recognize a seam (cataracts), death will strike. The limit of a man's life can be perceived when a man can no longer overcome his diseases, then his time of death has arrived.

Death definitely has many descriptions and its agony gets personified when the end comes from things which

could have prevented it. If you want to appreciate the beauty of life, from those who tasted death in the eyes and cheated death, ask a person who survived a road traffic accident, ask a person who attempted suicide by consuming poison and made it, ask that person who escaped with minor hurt after falling from the top of the building, speak to a terminally ill cancer patient, learn from an air crash survivor of his experiences mid air and how the gaze of death was penetrating the unseen. You will then begin to find meaning.

People smoke and drink alcohol. The argument they give is that they find peace, get energized and they should continue it for the higher purpose of their sustenance. When somebody has started smoking and drinking, they do it for themselves. When they are requested to stop it, they should realize they do it for others. Cancer consumes the human race faster than ever before, most of those who die with this disease could have survived. As I am penning this thought down, numerous people are dying in some part of the world, double the number are just seeing the light of day, there is a large group waiting in hunger and poverty, wanting and desiring to eat two square meals a day. Every minute either a murder or a rape is committed, someone somewhere explodes a bomb and finds joy. If these are reduced, nature's furry is witnessed somewhere. Countless of them succumb to road traffic accidents, other traumas! The time to go may come anytime. It becomes extremely important to cherish every moment, every day. After all if tomorrow never comes?





# **On Principles and Life Enlarged!**

Principles are the golden threads of a highly successful and meaningful life. It ties the strings of life together.

Once a father and his son were walking in the forest, all of a sudden the boy tripped and feeling a sharp pain he screamed, “Ouch!” Surprised, he heard a voice from the mountain top “Ouch!”

Filled with curiosity he screamed, “who are you?” but the only answer he received is who are you?

This made him angry and so in annoyance he screamed, “You are a fool” and the voice answered, “you are a fool”. So the boy taken aback looked at his father and asked him, ‘Dad what is going on? Son, the man replied, “Pay attention carefully!’

Then the father screamed, “I admire you!” the same voice this time again replied with “I admire you!”

The father shouted again, “You are wonderful!” and the voice answered, “You are wonderful.”

That my son, said the father is an echo but truly it is life itself. Life often and always gives you back what you give out. It is a mirror image personifying our actions.

“Give and spend, He will send.”

Try it with someone nearby and see if it works. If you are kind towards someone they will usually be kind in return. If you complain, they will also complain. You may soon end up in a strange race to see who is more miserable. Life is an assortment of beautiful, pleasant and ugly moments.

Don't be influenced by what others suggest is a good or bad thing. Follow your heart always. Explore your possibilities and make every moment count.

Effective people have their own reasoning of life and principles. They are never in their comfort zone. They struggle and work intelligently. They don't spend time doing what is most convenient and comfortable. They trust their instinct, follow their heart and do wise things. This is a habit formed within. Self motivation remains their guiding light. Such kind people can be relied on, during decision makings and emergencies.

*“Successful persons have the habit of doing the things failures don't like to do.”*

**- E M Gray**

English writer Huxley in the 19<sup>th</sup> century said, “Perhaps the most valuable result of all education is the ability to make yourself do the things you have to do, when it ought to be done, whether you like it or not.

The academic textbooks never teach you about life principles. It's because of this kind of education we fall off track.



We get consumed in a race and lose our very purpose of existence. People try to find joy going to the pubs, discotheques, cinemas, but the best things in life are priceless.

Occasionally going to the movie theatre is nice but when you become dependent on such things, you get wrongly influenced and get consumed in it.

No matter how limited or inadequate you feel, no matter how entrenched your habits are, no matter how negative you have become, transformation is possible, provided you are willing to make that extra effort.

There is a big difference between wanting to do something and actually making efforts to do it. If you make a protocol plan and intend to make new your life within couple of days, it is highly certain you will invariably fail. Change has to be built, brick by brick with consistency and that extra. In the process you will learn that those things that were once impossible to you now seem like a cake walk. With more hard work and effort, you keep getting lucky each time.

Often you will observe of situations as you grow, as you get promotion, as you become visible, and as members of society begin to recognize you, listen to you, admire you, you will have a group of people to pull you down, to laugh at you. They will go to any length to prove a point. But you keep on principles and life enlarged. Surmount the rocky steps, press onwards, and

climb boldly over the torrent's arch. He fails alone who  
feeble creeps, He wins who dares the hero's march.

*“Let each day find you farther  
than yesterday, hoping for a better  
tomorrow.”*

**- Edmond Fernandes**

Few ever fail by trying, few ever win who wait. All  
of your sitting and just planning will never conquer fate.

So let the light shine bright, and may inspiration drive  
you through always. It's a big, big world!



# Faith, Your Way to Salvation

“If you want to go the distance, be like Jesus.”

Faith is the only way to salvation. It is not a small thing it is the only thing. In the end our achievements won't matter. It is our faith that will count. Every time we see a butterfly amongst the trees, a lovely waterfall, the creamy sunrise or the waves hitting the seashore we see divine life in action. God makes us, realize the glory of his kingdom. He loves us and expects us to do the same. Sadly and strangely, we have been ignoring God ever since he first created man in the form of Adam and Eve. Although they committed the original sin, God gives us umpteen chances of pardon and forgiveness. We all go down to our own greed, we have our shortcomings. But we must do our best to be near to the heart of God. All things are of his making, all times and seasons obey his laws. We are a tiny object in his mighty creation. Yet He loves us above all things. Must we not have faith in Him then?

While returning to the city early in morning, Jesus felt hungry. He noticed a fig tree by the road, went up to it and found nothing on it but only leaves. Then He said to tree, “Never again bear fruit!” and immediately, the fig tree withered.

When the disciples saw this, they were astonished and they said, “How did the fig tree suddenly vanish! Jesus told them, “Truly I say to you: if you had faith and did not doubt, not only could you do what I have done with the fig

tree but you could even say to the mountain, “Go and throw yourself into the sea and it would be done. Whatever you ask for in prayer full of faith, you will receive.”

How few people pray these days, most of them are so engrossed in their work that they forget about God.

We nourish our body by eating healthy food; we fine tune our body with exercises in whatever way we can. Then don't you think spiritual nourishment is a must? Our life does not progress without spiritual nourishment. Spending time with our creator is of prime importance. We are not required to spend hours and hours every day before the temple of God. But a small tiny prayer said straight from the heart is also sufficient to enlighten the soul.

There are so many people who toil and struggle, they become worried and they do not have any more strength to carry on. Yet in the end why is it that they remain poor? It is not because of anything but because of faith that is lacking.

*“Good and evil, life and death, poverty  
And riches, all come from the Lord.*

*The just can count on the  
generosity of the Lord and His  
goodness will guide them forever.”*

**- Sirach 11:14-17**

When we face a problem in life we remember God, do all kinds of prayers and when we receive what we wanted, we then become occupied with our selfish motives again. Why should we deserve the grants from God? Why then must He answer the prayers for an ungrateful lot,



think about it seriously. Faith is our only way to salvation. Many youth these days speak about being Atheists. They just refuse to accept that God exists. Which religion you choose to follow is a different matter but accepting the truth that God runs the universe is very important. The most prized of God is the man of faith. Faith is very important and must be accompanied by works. One who is faithful even to death will receive a crown of life. When we don't fervently yearn for Him we are unaware of how great the distance is that separates us from Him and what is worse is, we are not even bothered. I had a Internet print out where the photo of the Sacred Heart of Jesus Christ depicted a statement which read,"

You call me the way  
But you don't follow Me  
You call me the light  
But you don't see Me  
You call me the teacher  
But you don't listen to Me  
You call me the Lord  
But you don't serve Me  
You call me the truth  
But you don't believe Me

Don't be surprised if one day I don't know you.

If ever you don't get what you desire, don't be sad and never quit on God. Your prayers may be delayed if you have not worked for it sufficiently. But only good will come out of it. Stick to the roots of your faith because our God will only seek our greatest happiness in all things, however it may come.

## A Final Message

Small things in life matter the most in the final countdown. The richest man on earth and person lying on the streets will meet the same fate. This fate will come to us in ways unknown. When you will be nearing the sunset of your life, you won't see what you have gained in terms of wealth, it won't matter where you celebrated and what was the outcome. What will matter is how you lived, in what way you contributed your share to the world, how you helped the most deserving and the elderly. How you behaved with children? Whether you inspired them or banished them. It will count as to whom all left with smile and tears of joy after you entered their life. We have been called to answer our callings and explore our horizons, all in the true format. While doing this, we must remember not to paint a big picture and neglect the small details. It is only fine bricks that come together to make a huge building. Our life must be understood well, only then can we give love, have gratitude and reach out in service, make friends along the journey we undertake, banish jealousy with collective goodwill for all. But for all this we must be firm in our thoughts, body and soul. Above all have faith, a faith that no earthquake can shake.

I intend to leave you with a message which was found in old Saint Paul's Church, Baltimore. *Dated 1692*

“Go placidly amidst the noise and haste and remember what peace there may be in silence. As far as possible, without surrender be on good terms with all persons. Speak





your truth quietly and clearly and listen to others, even the dull and ignorant; they too have their story.

If you compare yourself with others, you may become vain and bitter for always there will be greater and lesser person than yourself. Enjoy your achievement as well as your plans. Keep interested in your own career. However humble, it is a real possession in the changing fortunes of time. Exercise caution in your business affairs for the world is full of trickery. But let this not blind you to what virtue there is. Be yourself, especially do not feign affection. Neither be cynical about love. For in the face of all aridity and disenchantment it is perennial as the grass.

Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with imaginings. Many fears are born of fatigue and loneliness. Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe. No less than the trees and the stars. You have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should.

Therefore be at peace with God, whatever you conceive him to be, and whatever your labors and aspirations, in the noisy confusion of life. Keep peace with your soul. With all its sham, drudgery and broken dreams, it is still a beautiful world. Be careful, strive to be happy.

Having shared with you all these, I wish you good luck and God-speed.

*- Cheers to Life*