

THE SECULAR CITIZEN

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A NATIONAL FAMILY WEEKLY

India and Pakistan Already at War on Truth



'Chatrapati Shivaji Award-2019' Presented to Albert W. D'Souza



Printania, Aldel Education Trust and Model Bank chairman Albert W. D'Souza is honoured with 'People Art Chatrapati Shivaji Award-2019' by The People's Art Centre on the occasion of their seventh annual programme held at Hotel Emerald auditorium, Juhu on 24th February 2019. The award is presented by High Court Justice K R Sriram who was also the Chief Guest for the occasion. Mrs. Elvina A. D'Souza, Aldridge A. D'Souza, Rueben W Buthello, and Mrs. Elaine R Buthello, were present at the event.

Ronida

Pope's Lent Message Focuses On Renewal of Creation!

Pope Francis' 'Lenten Message' for 2019, published 26 February, is a reflection on a verse from St. Paul's Letter to the Romans: "For creation awaits with eager longing to be set free from its bondage of decay, to obtain the freedom of the glory of the children of God" (8:21). It connects man's sinfulness to environmental issues. (chief excerpts):

"Sin leads man to consider himself as the god of creation and as its absolute master; and to use it not for the purpose willed by the Creator, but for his own selfish interests, to the detriment of other creatures."

"Once God's law of love is forsaken, it leads to the exploitation of creation, of both persons and the environment; and because of that insatiable covetousness or sin of greed, it sees every desire as a right. But sooner or later, it destroys all those in its grip."

"But in fasting, we learn to change our attitude towards others and towards creation; by turning away from the temptation to 'devour' everything to satisfy our voracity. We are also ready to suffer for love, which can fill the emptiness of our hearts. Further, prayer leads us to abandon idolatry and the self-sufficiency of our ego."

"Through almsgiving, we escape from the insanity of hoarding everything for ourselves, in the illusory belief that we can secure a future that does not belong to us. Unless we tend constantly towards Easter, the horizon of the 'Resurrection', the mentality expressed in the slogan, 'I want it all, and I want it now!' gains the upper hand!" (cf. Luke 12:15).

—Dr. Trevor Colaso, Bandra West, Mumbai.

ICPA AGM 2019 Jharsuguda Odisha



Indian Catholic Press Association (ICPA) held its Annual Convention and AGM at Jharsuguda, Odisha from 1-3 March 2019. Members from all over India attended the event.

Newly elected office bearers of ICPA for the year 2019 to 2022.



First Row (L to R): Dr. Roman Bhatia (Western rep), Ignatius Gonsalves (President), Fr. Suresh Mathew (Secretary), Sr. Tessy Jacob (Joint Secretary).

Back row L to R: Fr. Valerian Fernandes (Institution Rep), Fr. Joby Mathew (Treasurer), Fr. Sunil Damor (Vice President), Sebastian (Southern Rep)

Thanksgiving

May the Sacred Heart of Jesus be Praised Adored, Glorified and Loved today and everyday throughout the world, now and forever.Amen!!



Ask St. Clare for three favours two impossible and say nine Hail Mary's and the above prayer for 9 days with a lighted candle and publish on the 9th day your request will be granted no matter how impossible it is

—Mrs. Catherin D'Sa, Borivali

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India and Pakistan already at War on Truth

By Don Aguiar

In the predawn hours on Feb. 26, India launched an aerial attack -- unprecedented in peacetime -- on neighbouring Pakistan, in retaliation for a suicide bombing 12 days earlier that killed more than 40 Indian paramilitary soldiers in the disputed valley of Kashmir. Pakistan predictably responded the next morning with its own air strike into Indian-controlled Kashmir.

The confrontation could spiral out of control quickly. But fortunately, apart from a wounded Indian pilot and a Pakistani villager hit by falling rubble, the only confirmed casualty so far seems to be truth. **Right now, the more extensive and damaging war in South Asia is the multi-pronged assault on reality by the warriors of Twitter, Facebook, WhatsApp and hyper-nationalist news channels as well as mendacious governments.**

India's public sphere was the first to erupt with war cries. "Mess with the best," declared one aged Bollywood action hero on Twitter, "die like the rest." Even the few commentators ostensibly wary of Narendra Modi, India's Hindu nationalist prime minister, succumbed to patriotic bloodlusts. India's leading television channels vied with each other in urging more bombings and broadcasting transparently fake footage of the attack.

As this war porn went viral, it was hard not to feel déjà vu. A similarly murky "surgical strike" by Indian forces in retaliation for a 2016 terrorist attack in Kashmir also incited a euphoric unanimity -- though it achieved nothing, apart from an abysmal Bollywood tribute.

Enraptured by #surgicalstrike2 (the trending Twitter hashtag), far too many powerful and influential Indians appear determined to give war a chance. These smartphone bombardiers were shockingly incapable of grasping a simple fact -- that **assaulting hills and dales deep in Pakistani territory would do nothing to forestall more terrorist attacks in Kashmir while guaranteeing Pakistani escalation.**

The key to such wildly delusional behaviour lies, as does much else, in broad and radical shifts in Indian politics, communication technologies and self-per-

(Contd.. on p. 4)

(Contd.. from p. 3)

ceptions. Many Indians have found themselves ushered by digital media into a frantic realm of hyper reality -- one in which extreme feelings and continuously simulated experiences replace the obdurately dull facts of real life.

While a jingoistic mass media brazenly dissembles, social media offers easy escape to many from deep feelings of inadequacy into grandiose notions of self and nation. Having a skilful self-publicist in power has only accelerated a stunningly widespread descent in India into self-aggrandizing fantasy.

A deft hand at social media, Modi has triumphantly worked with the assumption that, as Hannah Arendt wrote in "Lying in Politics," "half of politics is 'image-making' [and] the other half is the art of making people believe the image."

Indeed, abject economic failures during his nearly five years in power have rendered Modi desperate to make voters believe in images of his martial prowess, especially as he faces challenges in upcoming general elections. Hence, his government's savage crackdown on Kashmir, where violence has dramatically spiked in recent months, and now India's equally unprecedented shock-and-awe attack on Pakistan.

But, as the pointless "surgical strike" of 2016 already proved, fantasies of spectacular violence won't change the reality on the ground. **Certainly, Kashmiris, especially brutalized at home during Modi's reign and now exposed to lynch-mob fury across India, will continue to produce young militants.** And Pakistan's pathologically India-obsessed security establishment has already seized the opportunity to further raise the threshold of escalation with the leaders and media on both sides of the border fuelling a stunningly widespread descent into self-aggrandizing fantasy and the truth of no importance to any.....

The cruel lesson from recent days for Modi and his reckless cheer-leaders should be clear: They have catastrophically lost a sense of reality while replacing political processes -- in Kashmir and with Pakistan -- with image-making.

Writing about systemic American deception during the Vietnam War, which included "phony body counts" and "doctored after-damage reports," Arendt marvelled at how "image-making" for domestic consumption came to replace clearly defined military and diplomatic goals. The aimless bombing turned into an attempt for "a superpower to create for itself an image" which would convince everyone that it was indeed a superpower and could do whatever it liked.

Deception in this case was not just a by-product of the fog of war; it became a shared objective. The mass media manufactured images to sell the war to ordinary citizens; the politicians and strategic experts waged war in order to bolster those images.

The result of directing all efforts to project a mere image of great power was, of course, a profound disconnect with the realm of objective facts. The U.S. failed for too long even to acknowledge, let alone learn from, devastating failures of policy on the ground.

In India's case, the habitual deceivers were always likely to end up deceiving themselves more harmfully. For, if superpowers such as the U.S. have big heads, aspiring or thwarted superpowers have even bigger heads -- and much more tender egos. Insulted, they are prone to take bigger risks with their image-making. And they continue to miscalculate until it is too late.

History has shown, from Vietnam to shock-and-awe campaigns in Iraq, that image-making through violence belongs, as Arendt wrote, "in the huge arsenal of human follies recorded in

history." It is, ominously, the tactic that Modi, unmoored from real-world objectives and goals and trapped by his own bellicose rhetoric, has deployed against a nuclear-armed neighbour. One can only hope, as Pakistan predictably retaliates, that he knows when to stop.

'Modiji washed the feet of the sanitation workers' at Prayag.

Good! Was it more praiseworthy act than Jesus washing the feet of his disciples!? But it would have been better if he had told U. P. CM Adityanath to scrap the scavenger system from the state and restore the human dignity of existing 50000 scavengers in the state!

Whereas hoping to turn manual scavengers into skilled workers, Delhi Chief Minister Arvind Kejriwal flagged off a fleet of 200 sewer cleaning machines.

The machines, which can enter narrow sewer lanes, have been provided to manual scavengers so that the illegal practice of forcing sanitation workers into sewers is done away with!

—Fr Michael G Vasai.

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Salute the Forces

Salute the forces for striking back and putting the fear of god in the enemy. No more border skirmishes for them. Twelve Mirage-2000s crossed the LoC for the first time since 1971, destroying camps of the purveyors of terror and leaving Pakistan in a catch-22 situation. Pakistan did not know whether to deny the attack or acknowledge it. In the end it did both!

Non-military pre-emptive strikes are the legitimate option of any sovereign nation. India has exercised this option with precision, targeting only terrorist camps. The international community cannot but approve of such action. Even Pakistan's greatest ally Beijing has only cautioned restraint from both sides and generally cold shoulderered it ally.

—**Robert Castellino**
Mumbai

Lent: A time for repentance and introspection

Very soon we will be entering into the holy season of Lent ---- a period of 40 days, during which time we, as pilgrims on a journey to our heavenly home are called to pause , take stock of our lives and reflect on how far we have deviated from the path of holiness, and accordingly transform our life by undertaking acts of mercy , compassion and charity. Jesus calls us to a conversion of heart by undertaking inner purification through acts of penance. Jesus set us an example by fasting for 40 days and nights in the desert. However, unlike the olden days, the church does not expect us to sit in sackcloth and ashes to atone

for our sins. St. Augustine tells us that besides fasting more frequently during Lent, we should also give generously to the poor and the needy from whatever is saved by fasting and abstinence. Charity is not only giving alms to the poor , but also manifesting Christ's love for the poor , the down-trodden, the marginalised, and all those who suffer injustice and violence.

Lent is also a time for forgiveness and reconciliation. The bible tells us to "love your enemies and pray for those who persecute you". St Paul tells us that forgiveness is one of the highest forms of charity. Christ forgave his enemies even when they crucified him. " Do not let the sun go down on your anger" says St Paul. "Forgive and you shall be forgiven, give, and it shall be given unto you".

"God so loved the world that he gave us his only son Jesus Christ , so that everyone who believes in Him may not die, but have eternal life" (Jn 3: 16). The crucified Jesus is the embodiment of God's love and saving mercy which we commemorate every Good Friday. While Good Friday brings to a close 40 days of the Lenten season, the resurrection of Christ on Easter is the celebration of the new life we have received in the risen Christ. Let us therefore during the season of Lent reflect on this great mystery of our salvation through the birth, death, and resurrection of Jesus Christ.t

—**A. F. Nazareth,**
Alto Porvorim, Goa.

Vatican summit over, the Church

must act

In the space of just ten days a leading US cardinal was defrocked and another very high ranking Australian cardinal was convicted of sexual crimes. The latter was a member of the Pope's council of advisers (C-9). Ironically the two cases came on either side of the Vatican Summit on Sexual Abuse of Children!

Summit over, the Church will undoubtedly make the right noises. But what the laity want is action . The Church must hit the ground running and show that it means business. In India, 'business' implies isolating Bishop Mulakkal so that he doesn't influence the probe and the witnesses who are likely to turn hostile because of sustained pressure from various quarters. The nuns must be provided with every possible assistance and support, unlike what is happening today. And the priests who were reportedly seen celebrating the release of Bishop Mallakal (on bail), must be censured. Only drastic and pro-active action will assure the victims and give them courage to call out sexual perverts among the clergy. However, we must admit that there are many, many good priests, and we praise and thank God for them.

—**Prof Robert Castellino**
Mumbai

Priests are only human

Professor Robert Castellino of Malad makes a valid point in affirming that 'priests are only human' [TSC 4 March 2019]. And indeed, most priests do let it be known that they are humans first and then priests.

By and large, our priests are a humble lot. In fact, today, priests in religious congregations who hold the Superior's post, call themselves 'Animators'. But the problem arises when a priest earns a 'doctorate' - he then

(Contd.. on p. 9)



"All we are saying is give peace a chance

All we are saying is give peace a chance"

is the chorus of an anti-war song "**Give Peace a Chance**" written by the famous 'Beatle' John Lennon and performed with Yoko Ono in Montreal, Quebec, Canada, exactly fifty years ago in May 1969. It became an anthem of the American anti-war movement during the 1970s. "Give Peace a chance!" was the message sent by the Prime Minister of Pakistan Imran Khan to Prime Minister Narendra Modi on Sunday 24 February.

Of course Modi was not listening! In the early hours of 26 February, the Indian Air Force apparently crossed the 'line of control' (LoC) and carried out air strikes, dropping 1,000 kg. laser –guided bombs on some 'terrorist camps' in Pakistan, destroying them completely! The official response of the Pakistani administration denies that there have been any casualties in Pakistan, though they maintain that the Indian Air Force did violate the LoC! So much for the 'information' one receives from both sides of the border!

Give Peace A Chance!

The Government of India and some of the war-mongers in the country have been calling for revenge ever since the Pulwama blood bath of 14 February 2019 in Jammu and Kashmir. With the political fortunes of Narendra Modi and his BJP/RSS combine on an all-time low and with a massive electoral defeat on the cards- Pulwama it seemed was just waiting to happen. The terrible attack on the CRPF convoy deserved condemnation. It came in from every section of society and unequivocally. The forty plus jawans who lost their lives in a single stroke, evoked national sorrow and even outrage. From across the political spectrum there have been statements not merely condemning the terrorist attack but also naming Pakistan for its involvement in the heinous attack.

The Azhar Masood led Jaish-e-Mohammed [JeM] was responsible for the attack. Masood tops the UN Security Council's list of the most wanted terrorist. The tragic aspect of the attack was that the victims were not on the battle-front but travelling. This sadist criminal has been responsible for countless mass killings and bombings of progressive-secular individuals/organizations and indulges in trafficking of women in Pakistan; he has also been the master mind behind hijacking of Indian Airlines Flight

814 (coming from Kathmandu, Nepal to Delhi) to Kandahar, Afghanistan in December 1999, the Mumbai terror attack in 2008, the attack on Indian Parliament in 2001 and the Pathankot Air Force attack in 2016 besides the latest attack in Pulwama



BY FR. CEDRIC PRAKASH
SJ

On 21 February, the United Nations Security Council(UNSC) in a statement said, "*The members of the Security Council condemned in the strongest terms the heinous and cowardly suicide bombing in Jammu and Kashmir, which resulted in over 40 Indian paramilitary forces dead and dozens wounded on February 14, 2019, for which Jaish-e-Mohammed (JeM) has claimed responsibility.*" Whilst the UNSC resolution is on expected lines – (as it does so for every terrorist attack anywhere in the world), many wondered if India would exercise restraint in dealing with Pakistan. The cries for vengeance and an attack on Pakistan seemed to grow shriller every day. Pakistan has obviously denied any involvement in the attack. The visit of the Saudi Prince to India and his 'bonhomie' with Modi – seem to have 'delayed' the response. (Incidentally, Saudi Arabia is known to be responsible for several acts of violence all over the world). However, given the fact that a false sense of nationalism, a misplaced patriotism and jingo-

(Contd.. on p. 18)

Can Rahul Fight Back?

Nobody could guess who will vote for whom. You make up your mind at some moment keeping some very definite point. Votes fall in protest and not in favour, I feel. India lost in 1977 - people had the 'emergency' to protest. Narsinh Rao lost in 1996 - people strongly protested the Babri fall. In 2014 Bhartiya Janata Party won - people could not pardon many scams and scandals the Manmohan Congress government was involved in. Modi men called the win 'Karishma'... Modi stood against corruption and that's why the crowds in his meetings. Now, at the end of the Modi inning, the country sees how miserably poor the BJP has performed.

A five year term is a short period in politics nonetheless Modi has failed to fulfill his promises. Our farmers, jobless millions and the poor fully feel that the BJP could not fulfill their aspirations. A serious opportunity is over - lost and the people at large feel 'cheated'. The farm sector with big promises is neglected. Lacs of educated and qualified youngsters has no jobs, college and village Narendra Modi tried the trick aim at Jawaharlal Nehru for "all evils" done soon after independence. Indira and Rajiv were his second target. Now and again he went



by Ignatius Dabhi
Sr. Journalist

on gunning at 'parivar' (Family). Often his language and style degraded the position he held. People, own Indian masses, are poor, less informed and illiterate. But they are not fools. People know everything and they are not easily fooled. In recent five state election they gave a strong jolt to BJP in general and Modi Shah duo in particular. Meanwhile the Rafale deal and the 'scam' became Rahul Gandhi is handy tool. The winter session and the president's speech sessions were washed out. The strong opposition did frighten one and all in BJP. 'Notebandhi' and hurriedly passed GST created enough problems to the BJP government. Lacs of poor and day-to-day bread earners lost their last chance to earn. The BJP rulers hardly cared to hear their pleas.... The ever growing rich class knew well in advance how to save themselves. Corruption grew and many in the government became hand in gloves with corrupt Indian burcracy. The more Modi became fears against Rahul, the more support Rahul received from the opposition. Of

late, the strong opposition has started worrying Modi. Priyanka - Rahul rally in UP greatly worried every file and rank in BJP... Rahul's hurried meetings in Adivasi belt in Gujarat greatly upset the BJP rules in Gandhinagar. Many TV channels and their bosses bought by BJP - have started accepting Rahul as a strong Modi opponent. Rajat Sharma in his channel, for years, depicted Rahul as 'baba', 'novice' and a school going boy... Now, they know that Rahul has struggled hard and made his place.

One thing is sure: It will not be easy for Modi to come back to power. This is known in the BJP camp also. If every opposition party selects a strong candidate, the frightened BJP will find it tough to win. This is sure Modi knows this well. From his body language and face, we can read this...

Did not the Atalji run the "gathbandhan" government (of 24 parties)? Modi seems to forget this... Vajpayee's advice of "Rajdhama" has shaken Modi when CM in Gujarat. In politics no "Superman" theory works.

Rahul can change.....
Let's see.



WHETHER THE CASH TRANSFERS TO FARMERS OR WRITING OFF THEIR LOANS MIGHT INCENTIVISE THE STATE TO SHIRK ITS CONSTITUTIONAL RESPONSIBILITY OF PROVIDING BASIC ENTITLEMENTS TO ALL?

by Eric D'Sa

With the general election around the corner and NSSO data revealing that the unemployment rate has hit a 45-year high, there is a spike in concern for the economic security of the people. Several recent proposals — whether the Congress's pre-emptive announcement of a minimum income guarantee scheme for the poor, or the Interim Budget's promise of a range of income transfers to farmers (albeit as low as ₹3 per day for a family of five) and a pension scheme for workers aged over 60 years in the unorganised sector, or the government's announcement of a 10% quota for the "economically weaker sections" in the general category — might appear promising but raise questions about their impact on the working poor. This is in addition to earlier more contentious writing off of the farmers loans from banks announced by the different state governments belonging to both the BJP and Congress.

Among the above proposals, I have always maintained that providing minimum income guarantee to the poor starting from the very poor who are unable to work due to age, sickness and disabilities, is beneficial as long as the money for it is obtained by taxing the very rich more and cutting down some non essential subsidy schemes. If uplift of the poor is a priority, why not provide decent employment opportunities, minimum wages and social security to all workers? Why not stream line MNREGA and make it wide spread and used to build village infrastructure? The old age pension scheme is useful as long as the person is able to do a paying job. Why not spend on universalising access to, and provision of, basic public services to all? Why, contrarily, are there periodic

cuts in social sector spending, including on public education and primary health; amendments in labour laws in favour of corporates; and privatisation and contractualisation even within the public sector? Why not spend more money on the free mid day meals for poor school going children?

In this context, cash transfers to the "poor" — also subject to gross exclusionary errors of identification — do not ensure accessibility, affordability or even sustained economic security

might incentivise the state to shirk its constitutional responsibility of providing basic entitlements to all.

Case studies around Direct Benefit Transfers have shown that they generally play an instrumental role in dismantling existing welfare schemes like the Integrated Child Development Services and deprive ASHA and Anganwadi workers of their wages. These workers have been pillars in creating an ecosystem for ensuring nutritional security to women and children. The country needs more of them. Even in Europe, wherever guaranteed basic income has been implemented, provision of services has increasingly moved towards greater privatisation. Will the government tax the rich and super rich more to fund the cash transfer to the poor and eliminate a few of the schemes that benefit the higher middle class? This needs strong political will.

Finally, it is surprising that the same government that earlier opposed cash transfer schemes as "doles" is now advocating them. Politically the scheme seems to be the most viable option now, given the unemployment catastrophe. As soon as they realised that the demonetisation has hit the poor daily workers very hard and millions of them had lost their temporary jobs, GOI should have pumped more money into the MNREGA scheme in the villages and used the scheme to build agricultural and irrigation infrastructure. You the Citizens will have to decide shortly, whether the cash transfer schemes before the election could be considered as 'cash for votes', and if such schemes expose the poor to the larger danger of the state's diminishing accountability towards its citizens, of upholding their rights to basic entitlements and to work.

(Contd.. on p. 9)

YOU THE CITIZENS DECIDE:

given falling real wages. The scheme also doesn't indicate where that money would be spent by the beneficiaries though it would go mostly for food. In a way this will increase the demand for food and as such of agricultural products and hence help the farmers. However and more importantly, the concern is that these cash transfers could replace, rather than supplement, existing schemes that provide subsidised goods and services to the poor. This would imply that citizens could be left at the mercy of private, for-profit players to avail even basic services. This

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Sex And The Holy Ones Of The Church

The Secular Citizen Vol 28/8 had the cover story by none other than Mr. Ladislaus D'Souza. The article had a very provocative title: Sex And The Holy Ones Of The Church. I am sure the title was put for the sake of arresting attention. I hope and I am also sure, that Mr. Ladislaus has met with dedicated priests who do not impose themselves in the way he thinks. But I do feel that we have to move beyond pointing to the many weaknesses and failures in living a credible sexual ethic to a discovery of the deep meaning of "vacare Deo" [Latin for "to be empty for God"]

Thank you for being a loving critic of the Church.

—Fr. Joy Prakash

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(Contd.. from p. 5)

wants to be known as "Doctor so-and-so", with his title 'Father' either being dropped completely or indicated as 'Fr' in brackets after 'Dr'. Worse, some priests take undue offence when the nomenclature is changed by anybody from 'Dr So-and-so' to 'Fr (Dr) so-and-so', lamenting thus: "That bull-in-the-china-shop won't even let me write my name the way I want to write it!" Such priests gamely forget that their main identity is their priesthood, not their 'doctorate', apparently caring two hoots for the fact that the prefix 'Dr' can be obtained by just about anybody and everybody whereas the prefix 'Fr' belongs only to the ordained, few being called to it.

Also overlooked by certain priests is the fact that the title 'Doctor,' when used without 'Fr', implies 'Bishop'. Perhaps they need to be told that all Bishops are, by virtue of their Episcopal Consecration, 'Doctors' (of Divinity - DD) while not all 'Doctors' are bishops. Of course, try reminding our priests that if Pope Francis wants the Church's bishops to have the smell of sheep, how much more would he expect priests to develop a similar smell!

—Ladislaus Louis D'Souza
Malad West

Abhinandan a picture of courage, calmness amid India-Pakistan

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A story that makes all of us proud of a truly loyal services officer who understands all about the rules and etiquette of military engagement.

We need more heroes like Abhinandan as true role models for our younger citizens and fewer of the rabble rousing politicos (all hues, colours and ideological bent included) who contribute little to making India a truly great nation and only look to the opportunity to leverage for another electoral win.

—R L Pai

The Period of Lent

For Christians, Lent is a period of self-restraint, marked by fasting, repentance, prayer and self-control. Luxury or rich foods, such as meat and dairy are often avoided by those taking part.

Abstention from personal "bad habits" such as watching television or eating too much sugar is also commonly practiced.

The observance starts on Ash Wednesday and lasts until Easter Sunday, as Christians imitate the 40 days Jesus spent fasting in a desert before being blessed by John the Baptist.

—Jubel D'Cruz,
Mumbai

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War Games People Play

Part I

Double agents are crucial in both war and peace. They seldom live to tell their tales. Those who do, are those who don't tell, for a price of course.

What does a golfer in Kashmir have in common with somebody who spends his time walking his dog and looking after a castle in coastal England? Read on to unravel the mystery and see if there is a pattern in the madness that could even have a bearing on the tragic killing of 40 CRPF personnel in Pulwama, Kashmir; followed by retaliatory strikes by the IAF and the threat of a nuclear confrontation, just before the General Elections.

Before the intrusion of TVs and smart phones, families could spend quality time with their children playing indoor games. One was a jigsaw puzzle, putting scattered pieces together to complete a picture. When dealing with war games and political machinations the complete picture is seldom visible to the casual observer.

A friend of mine often recounted this anecdote. A child was given a jigsaw puzzle of a world map, and told to put the pieces together. Could that be possible for a child that had never heard of Djoubiti, Bosnia or Latvia? Yet in fifteen minutes the child had completed the puzzle. How? Like a double agent, the puzzle too was double faced. On the reverse side the puzzle had a straightforward picture of a child, so putting it together was literally child's play. It was flipped over to reveal a clear picture of the complex world.

I will apply this principle to unravel certain puzzles (mysteries) by studying the face (the person) involved in mysterious events. This article is not intended to harm any person, but only

to unravel some mysteries that created history and have a direct bearing on current affairs. As the adage goes; if we don't learn the lessons of history we are bound to repeat those mistakes.

I do not belong to any political party and harbour no personal ambitions. What I am now writing is out of genuine concern for the future of my country and for peace and harmony in the land of the Mahatma.

One of my dramatis personae is Hashum Qureishi (64) who reportedly now lives in the Nishat area of Srinagar, Kashmir, plays golf and advocates peace between India and Pakistan. The other is Peter Bleach (68) who now spends his time looking after Scarborough Castle in England. These two disparate entities have a common thread that has impacted the destiny (history) of India, dating back to 1971 and 1995 respectively.

In 1971 Hashum was just 16 years of age when he and his cousin Ashraf hijacked an Indian Airlines flight from Srinagar and took it to Lahore on 30th January, ironically the commemoration of the Mahatma's martyrdom. The Fokker Friendship aircraft named Ganga was piloted by Capt M.M. Kachru (possibly a Kashmiri himself) with a crew of 4 and 26 passengers.. Straightforward so far.

Except that the cousins were "armed" with a toy pistol and a decoy grenade made of wood. Pakistan feted them as heroes of Kashmiri liberation, because Hashum had earlier been trained in Pakistan and sent back to India. What Pakistan didn't know was that the hijacker had been caught out by Indian intelligence and threatened with execution if he did not co-operate by becoming a double agent. He

was then recruited by our Research & Analysis Wing (RAW) to do the hijacking. When Pakistan later discovered the truth they jailed the heroes for 9 years (they should have been executed by Pakistan for high treason, but escaped the noose).

Three months after the "hijacking" Sheikh Mujibur Rehman declared his intent of East Pakistan seeking freedom from the West. The hijacking was used by Prime Minister Indira Gandhi to stop the over flight of even civilian aircraft from West to East Pakistan. This necessitated a circuitous and expensive alternate route for forces and supplies to reach East Pakistan. Having cut the umbilical cord of air support it became relatively easy for Indira to now send the Indian troops into East Pakistan and create Bangladesh.

By the time Pakistan realized the game plan it was too late. The damage had been done. A Hindi saying is apt, "Chiriyा choog gayi khet" (the bird has devoured the crop). I have always held that the creation of Bangladesh was Indira's greatest folly. For her short term political gains the country has paid a heavy price, not just in terms of a refugee influx and a refugee tax, but more importantly, by making a permanent enemy of Pakistan that now seeks revenge through the dismemberment of Kashmir and Khalistan.

The Qureishi cousins after a relatively short prison term of 9 years were allowed to go to Europe from where a "homesick" Hashum quietly returned to Kashmir and now plays golf! Imagine a firebrand revolutionary playing golf? Obviously India and Pakistan must have swapped spies, and the Govt of India now has one more pensioner who has served his purpose and put to pasture, like a milch cow that has stopped lactating. Does the face help us to unravel the mystery and put the pieces of the jigsaw puzzle?

(Contd.. on p. 16)

Care for the Earth marks the 3rd Annual Day at DKK



Sun, sun and the setting sun was on tap for DKK's 3rd Annual Day on Saturday 23rd February at Prathnalaya, Bandra, as over 40 students completed their Music and Dance Class of 2018, walking across the platform to accept their respective certificates.

Keeping up with 2018 as the year dedicated to creation and the environment and the theme 'Blend in. Creation is Calling, tiny tots dressed up with skirts made of newspaper, performed a Climate song titled Now, Now, Now that had a mix of music, dance which was appreciated by all gathered. The instrumental piece stressed about the need to do something about our planet earth, played aptly by students Kiara Coelho, Emmanuel Mcwan, Zenia Simon, Keira Ferreira, Ashish Lemos and Joylyn Gonsalves.

Continuing with the theme of the evening, the Rain dance by senior students of the academy brought free expression of nature's beauty and its bond with human life.

The Chief Guest Sr Thelma currently manager of the Carmel Pre Primary School, Bandra felicitated the students with merit certificates. All students looked pretty in their white

and black outfits, and posed for the camera with delight. In her convocation address, Sr Thelma complimented the youngsters on their achievements, while also congratulating the teachers for their dedication and hard work in shaping the students through music and dance. She recounted her days of childhood when she danced to the rhythm of the music adding, "Music is a spring of life, it lifts up the Spirit".

**Text and Photos
by Verus Ferreira**

Teacher Babita who teaches Yoga at the academy of Sister Disciples of the Divine Master read out the Annual Report for the year.

Canadian singer Leonard Cohen's classic folk rock *Hallelujah* reverberated all around as students from the Trinity college fourth grade sang their heart out on this masterpiece, accompanied by Azellia Carvalho and Rachel D'souza on piano and Ghanshyam on guitar. In the mood for dance we had students from Sailesh who performed a hip hop dance, followed by students of Initial Grade of Trinity College playing *Ode to Joy*.

The Indian Raga Dance was impressive with dance students of Akhil Bharatiya Gandharva University performing the Bharatnatyam to the music of Jason Derulo's *Swalla and Luis Fonsi's Despacito*. The neat mix caught everyone by surprise and got eyeballs moving to the fusion of styles displayed through body-movements and gestures. The beautiful costumes worn by the performers were colorful.

When you wish upon a star, you have a dream that can hopefully come true. *I have a Dream* brought in the story of every person's dream, played expertly by Lael Falcon, Rich Pereira, Vian Fernandes, Deanne Pinto, Cheryl Gouria and Andre Savio. It was a fitting tribute to all those who dream of making it in the world of music. The choral ensemble had both junior and senior students singing along.

In her address to the audience and students in particular, Guest of Hon-

our Mrs. Regina Rodrigs a student of DKK perusing her dream of learning the keyboards said

"We can praise and worship God through music and I see this vibration of music as I enter the campus. I am enriched to see the little ones giving melody to the notes and swinging hands to the rhythm. The warmth, love and patience of teachers in imparting music and dance to all ages make them special".

A well known face in Bandra and ex teacher of St Aloysius High School Bandra, Rodrigs words

of wisdom surely will remain with students forever.

The sun had set and it was almost time to go home, but the strains of the Sri Lankan folk dance showcasing the culture and rhythmic music of Sri Lankan couldn't be missed.

All students had a lasting memory of the event where they were the subject of pride in the eyes of their parents and peers, having successfully completed a higher level of music and dance, moving on to the next stage. The toppers of 2018 were Keira Ferreira (Best Student of the Year) and Richa Salgaonkar (Certificate of Excellence). Mrs. Gladys Mascarenhas was one among the senior student to complete higher level of Music.

Finally, Sr Jenybe delivered the vote of thanks and the function ended with the national anthem accompanied by 1st Grade Dhrishti Marchande and Initial grade students on keyboard.

Parents expressed joyful gratitude to the faculty and the management, Srs.

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Role of friendship in marriage

MARITAL RESPONSIBILITIES PLAY a big role in widening the gap between couples but the power of friendship in marriage can help overcome it. Friendship is an affectionate relationship which builds on mutual trust, communication and understanding between couples.

Why does it matter that couples harbour friendship in marriage? Marriage is not only a life time commitment but a promise to work things up. Research has it that friendship between couple plays a significant role in their day to day activities, it can never be overstated as it simply stands out. Lets see how friendship helps in marriage.

Build trust :

A friend is a confident. Which means that this person will give you the benefit of the doubt in everything. Trust means every-

thing in a relationship. Think of the adjectives when you think about trust? Loyalty, dependability, honesty, integrity and commitment, Nurturing friendship tags along with other responsibilities for thing couples will notice is that you cannot trust someone without being loyal to them. Friendship bridges this gap and fosters a happy marriage.

Create understanding :

Couples who are best friends before marriage make the perfect match after their wedding. As a result, they have learned from each other's strengths and weaknesses and have chosen to downplay those weaknesses over their favourite person. Understanding someone allows you to take them for who they are in actual colours. You know their best and their worst sides.

Friendships breed other friendships :

You cannot survive a marriage alone as a couple. You need other relationships around you

to help in your growth. These other relationships are developed from a relationship between the couples and outside world. These outside friendships play a role in supporting you two in the marriage.

Builds emotional and psychological intimacy :

Have you listened to a couple who are in sync as they speak and you keep wishing they were you? This could be you if you chose friendship to be the root of your relationship with your wife or husband. Friendship catapults emotional and psychological intimacy between couples. For the simple reason that couples who are friends share everything with each other. Sharing builds trust and which in turn plays a role in creating emotional and psychological intimacy between the two.

Friends spend time together :

Just like any healthy friendship, that needs to be worked on, friendship in marriage always needs to be worked on. Being friends in a marriage will help you create time for each other amidst your schedules. This goes a long way in harbouring togetherness between the married couples. Friendship will help you know what her hobbies are and you do the hobbies as you spend time together. This helps in bonding more as a couple.



What defines a good relationship?

WE ALL DESIRE a healthy, happy, romantic relationship. But what, exactly, does that look like? What exactly, does that look like? What exactly are the characteristics of a good relationship? Let's see what it takes to build a good relationship

Your relationship is one of the most crucial components of your life. Many people put all their effort on the flirting and the dating and then totally ignore their relationship once they are together. Developing and maintaining the relationship with your partner is the most important thing you can do for yourself. Here are some tips for building a healthy relationship.

Communication :

Communication is one of the essential qualities of a great relationship. Unfortunately, experts indicate that many couples do not know how to communicate appropriately; or even communicate at all. Partners in a healthy relationship discuss even the most challenging subjects and agree to disagree. They know that they will not always see eye to eye and that's okay. They, therefore respect each other's opinions and ideas.

Appreciate often :

Many times, couples fall into patterns and take for granted all the things that their partners do for them. Notice all the small things that your partner

does for you and thank them. Appreciation is an excellent motivator to your partner and it generates positive feelings within the relationship. Also, when you consciously practice appreciation and gratitude, you will focus more on the good instead of fixating on the negatives and you will be much happier in your relationship.

Compromise :

Every relationship will be punctuated by conflict. It is not a conflict that affects your relationship but how you handle issues. The most crucial in your relationship is compromise. You cannot be the one who is right all the time and it shouldn't be you who always has the answers. Keep an open mind and you will be surprised at how a bit of compromise can go a long way.

Allow personal space :

Your relationship will be healthy if you allow room for each other to foster individuality. Allow each other time for friends, family, hobbies and other individual interests. This will help you and your partner to not only maintain separate identities but also nourish a healthy sense of self. Spending all the time together might not only make you and your partner feel as if you are suffocating in the relationship but will also create an unhealthy co-dependence.

Be each other's rock :

Everyone goes through tough times and when your partner is experiencing a personal challenge, your support can make the world of difference.

Also no matter how independent you are, teach yourself to lean on your partner for support. Going through hard times together will bring you closer and strengthen your relationship.

The secret is to ensure that the good times in your relationship are more than the fights and the arguments. Your relationship should not feel like a second job, but a source of pleasure, fun and comfort. Finally, do not compare your relationship with others: their homes, jobs, vacations. Things are seldom what they look like.

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Do not give or take bribes

"God made man, man made money and money made man mad." Did you get the meaning of this sentence? If you have got it, then you can get an idea about the theme of this write-up.

The world today is dancing on the rhythms of money. This money has created a number of problems in the society. If you have money, then only you can proceed in your life and if you don't have it, then you need to face a number of problems in life.

Money has become more important to people in such a way that they have forgotten about humanity. If you spend some time out of your home, then you will realise that how much this bribery and corruption is spread in the society. This is an outcome of the irresponsible government. If they really don't know how to balance rates



of essential items with the occupation of populace, then it is a big question that why they are still sitting on the chairs? If you look outside, you will notice that there is corruption in each and every field. This is providing a wrong message in populace. People have started thinking that corruption can survive them



BY JUBEL D'CRUZ

in this highly expensive society. If you are going through any type of documentation work related to the government, then you will need to provide money at every step. Each signature of an honorable person will ask you for money. If you refuse to pay, then you will be on their waiting list. No one will help you or show humanity to help you out. Your work will always be in a pending condition.

Is this really a living place? If the world only knows the language of money, then is it really a life you are living? If you don't wish to find answers behind this, then you are also one among them. You are only providing food to their roots. One day these roots will increase to such an extent that it will become impossible to find way through all this. The best way to avoid bribery and corruption is to take strict action against it.

Yes, we can stop this ongoing chain. What we need to do is just live in unity. Say 'no' to each corrupted person. Avoid them in society. Create group of polite people. Select appropriate candidate in elections.

These ways can surely lessen the ration of bribery and corruption. If you cannot stop it, then at least don't let it to grow further. Stop giving money to corrupted officers and all those who are a part of this corruption. Always think about the next generation.

In general terms, bribery means exchange of cash, material or goods in return of a favour that is otherwise impossible or hard to attain. However much we say that we are against bribery, against giving or taking any kind of bribe, deep down we all know that we are either accepting or offering bribe in some way or the other.

Many people still attach a stigma to the practice of bribery without realising that they often unwittingly practice it themselves. A child is promised a toy in return for good performance in his studies. Gods are offered bribes in return for compliance with the wishes of the devotee. Many unscrupulous and rich people build temples for gods to win their favour. Whatever may be the publicly pronounced motives for such undertakings, strong motive for winning favour from gods cannot be denied in most cases.

It is nearly impossible to find a person who has neither given nor accepted any kind of bribe in his or her entire lifetime. If you want your child to get admitted in a good school or college, then you have to offer a bribe. If you want a seat allotted in a train, you have to offer bribe. If

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Sacred Heart of Jesus, have mercy on us. St.

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Say this prayer nine times for nine days and Your prayers will be answered by the eighth day.

—Ronald D'Souza & Family, Borivali

Our Soulful And Devotional Cleansing At Lent

The best way to understand why the season of lent had to happen, is to absolutely imagine what it would be like if it did not.

There is a logical necessity in the reality of remembering Jesus' Passion, his brutal and violent physical suffering at the hands of the Romans, his tortured Mind at the infamous words of condemnation raised by the Jews and his spiritual agony in the place called Gethsemane.

The season of lent guides us in prayer, penance and sacrifice to the joyful proclamation of the Resurrection. An ancient version of Psalm (138.V 18b) says, 'Resurrexi et adhuc tecum sum' which means, "I have risen, I am still with you, forever."

The Lenten Period goes back to the time of the Apostles. Lent is when we prepare our individual self in a soulful and devotional cleansing for the greatest Christian festival, Easter.

Jesus, the Messiah, had to suffer. He had to die. His passion and resurrection was to be in fulfillment of what the prophets had relayed in their open and heroic messages – the coming of the Messiah, the Christ who would save man from his sin and wickedness.

We meditate during this lent on the affirmation that Jesus knew the role he was commissioned to accomplish. His pain and sacrifice would be the supreme ransom paid for man's iniquity, his life given to rescue humanity from the scourge of evil. This is the essence of Christ's all-conquering divine nature.

Yes, in three different encounters Jesus had revealed his resurrection.

Our Lord went up to Jerusalem a few days before the Passover of the Jews. He went first to visit the temple and was furious on

seeing money-changers and men who had brought sheep and ox and pigeons to do their business. After Jesus had driven them and their animals out of the temple, the Jews asked him to show them a sign to support his words.

"Take these things away; you shall not make my Father's house a house of trade." (Jn.2:16). He turned to them and answered: "Destroy this temple, and in three days I will raise it up". (Jn.2:19).



BY MELVYN BROWN

Note the words, 'Temple,' 'Three days' and 'Raise.' Christ had revealed his resurrection.

The Transfiguration of Jesus on the mountain, in the presence of Peter, James and John (Mat.17:1-9) was a dramatic happening which Christ did not want his apostles to disclose, till after his resurrection.

"And as they were coming down the mountain, Jesus told them, "Tell no one the vision, until the Son of man is raised from the dead. Jesus had thus predicted his resurrection.

Our lifelong obsession is in the faith we possess in Christ, as the centerpiece of our world. The experience of Christianity is Jesus' suffering, which is the bone marrow of salvation.

Forgiveness and humility, perhaps two of the most difficult attributes of the Christian faith is

bound to the theology of 'compassion for humanity'. Once again, for the third time Jesus spoke of his resurrection. This time to Martha; Jesus said to her, 'I am the resurrection and the life; he who believes in me, though he die, yet shall he live, and whoever lives and believes in me shall never die'. (Jn.11:25-26).

The meditative adoration of the Cross reminds us of Jesus, the scourging, the crowning of thorns, the way of the Cross, the nails being driven into his hands and feet. "He was wounded for our transgressions" said the prophet Isaiah, adding, "he was bruised for our iniquities; upon him was the chastisement that made us whole, and with his stripes we are healed." (Is.53:5).

Jesus continues to fascinate the non-believer worldwide, enriches our trust and faith in Him, and we will forever celebrate the atonement which leads to the salvation of humankind. His blood flowed from his wounded side, washing away our sin – praise God for the promise of eternal life!

During lent say this prayer: SOUL OF CHRIST SANCTIFY ME

PILLARS OF LENT

PRAYER

PRAYER is the action that leads people to God. We take time away from the distractions of the world, to turn to God, to contemplate, to listen and talk to Him, to read His words and meditate on them, to be one with Him. Prayer gives meaning to Lenten practices, which should draw us closer to Him.

FASTING

FASTING is restricting consumption, depriving yourself of both good and bad things for the glory of God. This means: normally watching what you eat, on a day that it is practiced, one regular meal and two small ones. During Lent, we fast on Ash Wednesday and Good Friday. ABSTINENCE is practiced all Fridays of Lent.

ALMSGIVING

ALMSGIVING is the action that leads us Christians to see others, love them, listen to them and them our time, help, advice, money, shelter, company, affection. It is not limited to giving material goods, it is the gift of self. It is based on CHARITY, to love God and others as oneself. To give alms is to be united to Christ in his poverty.

zle together?

Now to the second puzzle – Peter Bleach (68), a British mercenary. Why would he be supplying a planeload of lethal weaponry to a religious cult in West Bengal? That is exactly what he did on the night of 17th December 1995, when he used an Anotov AN26 aircraft to drop 77 cases of Bulgarian AK 47 assault rifles, Makarov pistols, sniper rifles, anti-tank grenades, rocket launchers, anti-personnel mines, night vision binoculars and 25,000 rounds of ammunition, weighing a massive 4 tons near Purulia.

The gullible Indian public was then told by the P.V. Narsimha Rao (PVNR) Govt that this consignment was to be delivered to the Anand Margis, a religious cult in West Bengal, to fight the communist regime there. The aircraft crew of 5 was from Latvia, a small country on the Baltic Sea in northern Europe, possibly still controlled by the Soviet Union. Why would a Russian plane, with Soviet weapons and crew, led by a British mercenary, want to supply arms to overthrow a communist State Govt in West Bengal?

Yet the Indian courts believed the Govt story, because a picture of the Anand Margis was found on the aircraft (who put it there anyway?), and sentenced Bleach and the Latvians to life imprisonment. There is more to the story. The Latvians were pardoned and released in 2000, when the BJP Govt was in power, under pressure from Vladimir Putin; and Bleach received a Presidential pardon in 2004, courtesy British Prime Minister Tony Blair.

Does this story sound similar to that of the Qureishis? Were Bleach and crew double agents or mere pawns in the bigger game? Chess is another indoor game, where the lowly pawn is sacrificed to checkmate the powerful opponent. Till today the air is still not cleared on the Purulia Arms Drop. It was certainly not intended for an innocuous religious cult. Nor could it have been to overthrow the commu-

nist Govt and impose President's Rule in West Bengal. Another angle of the story is that the arms were meant for insurgents in Bangladesh, to create a warlike scenario, so that PVNR could romp to victory in the 1996 Lok Sabha elections. I see this as the most plausible explanation.

But there were two things that went horribly wrong. Firstly, the face. The wily PVNR was no comparison to the ruthless Indira, and therefore lacked her risk taking abilities. Secondly, somewhere along the line, the plan went awry.

Let us examine some more facts that are in the public domain. They point to a multi-national conspiracy that needed to be hushed up when it got botched up. A British mercenary, with a Latvian crew, a Russian aircraft purchased in Hong Kong, and weaponry from Bulgaria, lands in Karachi, Pakistan, is parked on the runway without attracting any attention. An Indian agent supplies the parachutes for the heavy airdrop. The aircraft then proceeds to Varanasi to wait until dark. Nobody checks the cargo. It then flies over Purulia, off its approved flight path, while radars are switched off. After delivering its lethal consignment, probably at the wrong destination, it innocuously lands in Calcutta for refuelling, before proceeding to Thailand. It gets more and more curious.

Now for the cherry on the icing. Will a murderer, after committing the crime, then return home via the crime scene? Not likely. But the AN 26 attempts to return to Europe via Indian airspace. This is where the second mistake occurs. Two MIG 21 fighters from the Bhuj airbase in Gujarat scramble, and force the aircraft to turn back and land in Mumbai. Probably somebody had not factored this in.

Now wonder of wonders, the main suspect appears and disappears. He is Kim Davy, actual name Niels Holck, a Danish national. He was the kingpin, who pieced together the aircraft, the crew, the arms etc. It was made out that he was an Anand Margi sympa-

thizer. What happens next is amazing. He jumps over the boundary wall of the Mumbai airport and vanishes into thin air. Again we gullible Indians swallowed this outlandish story hook, line and sinker. When Holck got back to Denmark the Danish High Court did not permit his extradition to India, and the decision was not challenged.

Both Holck and Bleach claim that they were pawns in a larger game. Bleach had said that he had expected their aircraft to be blown out of the sky after it took off from Varanasi. No such thing happened. Both said that they got away with what they did because of the patronage of the PVNR Govt, the involvement of British Military Intelligence (MI 5) and the intervention of the Soviet/ Russian Govt in facilitating their return.

These then are not games that people play, but war games that Govts play; in which the people, double agents and the armed forces are but pawns. It reminds me of the words from Lord Alfred Tennyson's famous poem, the "Charge of the Light Brigade" that says of the soldier "Theirs is not to reason why, theirs is but to do and die". But British sailor and author Nicholas Montserrat has a grave warning, "Young men don't make Wars, they fight them. Old men make Wars and survive them. They are immensely brave about other peoples' sons". The classic instance of an old man sacrificing a younger one is the Jewish High Priest Caiphas who said of the 33 year old Jesus "It is expedient for one man to die for the people" (Jn 18:14).

Our soldiers may be unflinching and unquestioning. But it is the encumbent duty of every citizen and the media to ask the incumbent Govt about the futility of war. For every person in the firing line is somebody's son, brother, father or husband. In the light of Pulwama we need to ask some possibly uncomfortable questions about war games.

* The writer is a social activist and political analyst.

(To be continued)

Inspiration!

When life knocks you down

LIFE CAN BE a complex journey with many ups and downs. It is filled with both challenges and accomplishments. No one is successful at everything, just as no one fails at everything. However, when we go through challenging phases, we often dwell more on the bad experiences and end up feeling self-hatred and judgmental

Pitfalls are a part of life, whether we like it or not. What matters is that we don't bury ourselves in the old pit and decide to spend the rest of our lives there. We surely need time to come to terms with the changes that come from difficulties in life but once the grieving phase is over, it's important to move on. When life knocks you down, there are always two choices: Get up and move on or stay in that dark pit and live the rest of your life with regret. The latter will take you nowhere and things will probably get worse with time. So, the best option we have is to pick up the broken pieces and start moving forward again. If you are going through a rough patch, here are some tips to help you get by:

Take a break :

Sometimes, we need breaks from things that have been part of our lives for a long time. It could be because we need to learn something new or take a completely different direction. Life is not as random as it seems; there is always a reason why things happen. So, take a break to clear up your mind. It'll help you understand

part of, if not the whole picture.

Avoid over thinking :

Over thinking has helped no one in this world. Someone once wisely said, "Worrying is like a rocking chair, it keeps you busy but takes you nowhere." In fact, over thinking creates problems that didn't even exist in the first place. Try to engage your mind in healthy activities. Do things that make you feel good and don't allow your mind to wander. Focus on the present and learn to accept what is. Understand that you can't control everything. Learn to trust yourself, even in the most difficult situations and know that, eventually, everything will fall into place.

Learn and evolve :

Challenges come our way for a reason. Sometimes, they come our way to test our strength and other times, they are there simply to push us in a different direction than we would have otherwise taken. Use these challenges to learn and evolve into a wiser and a more responsible human being. Work with dedication and focus on the skills that can be useful to others. Some of the most successful people in the world have grown the most from their struggles.

Clear your perspective :

Sometimes, life surprises us with incidents we never anticipated happening. These are the times when we learn a lot about human emotions, relationships and the real world, in general. Difficult situations help us realise the true value of family, real friends and things that have actual importance in our lives. Use this time to clear your mind rather than trying to find all the answers. Take a step back, change your perspective and the answers will come to you.

Humour will help you get by :

Nobody said that by being sad and resentful, things will improve or become as you wish them to be. So, you might as well laugh at your troubles. If you made a mistake, accept it because few years down the line, when you share stories with your children or a group of friends, you will most likely end up laughing at them. They won't sound as horrible as they might appear right now. You will laugh at how silly you were for taking everything so seriously.

Cherish old memories :

Some memories are wonderful to reflect on and others, not so much. Use this time to reflect on the past, how far you have come and how far you have to go. Cherish the old times, be grateful for all the opportunities you have had in the past and for everything you have experienced in this world so far. Being grateful attracts more positive energy and will help you bounce back up with ease.

Start fresh :

No matter how far you think you have come, you can always start again. Most people resent and dwell on the mistakes they've made in the past and decide to quit. These type of people are too harsh on themselves and on others and do not allow any room for mistakes. This is, by and far, the worst attitude to live with because you will never enjoy anything, since everything has to be so perfect. Perfection is boring; imperfection is what makes us human. We are all special in our own ways and work at different paces.

- If you have come to a halt, start again and this time, use your past mistakes as lessons to do better.
- Life knocks everyone down, as we all make mistakes and we all have things to learn. It's best to not take any of our tough experiences personally and move on with forgiveness and strength.
- Losing what we were once so attached to - a job, a person or an experience - is what makes us free, only if we care enough to realise it.

(Contd.. from p. 6)

ism greatly help fascists – it was blatantly clear that sooner or later India would actually indulge in a ‘surgical strike’ on Pakistan. That ‘guess’ has become a reality today!

That there may be another war, does not augur well for both countries. Both have important issues in their own countries to deal with first. Modi and the BJP Government are in the doldrums. They have been losing mass support everywhere particularly as seen in the last State elections, in the Hindi belt. Demonetization has proved to be a heist foisted on the nation; there is growing unemployment, rising pitch of corruption allegations on Rafael and other deals, rise in farmers’ suicides, spiraling violence against women, Dalits and minorities, the privatization of education, fiasco of Citizens Bill which put Hindus against Hindus, loot of banks by people close to Modi and destruction of national institutions like the CBI, RBI and even the Judiciary. More than one million adivasis and other forest dwellers are ordered to be evicted from forest lands over the next four months! Every single global evaluation and report on different parameters have put India in poor light. India as a country has never had it so bad. An ‘all-out and long-drawn war’ against Pakistan would certainly help to galvanize some sympathy from a naïve and often unthinking electorate, in the run-up to the National elections (significantly the dates have not yet been announced). A couple of days

before the Pulwama attack, Mohan Bhagwat, the RSS Supremo said in Muzzarpur that his RSS cadres would need just two to three days to go to war; whereas in the past the army needed six to seven months to do so. Bhagwat’s comments naturally drew flak from all sections of society, but no one is fooled by the fact that he was already talking about “war” even before Pulwama! There are several major unanswered questions regarding the Pulwama attack, including the fact that Masood and the JeM seem to be strike just before the national election, giving the BJP a distinct advantage. One cannot but help asking if it is a tactical move by the JeM to ensure that the BJP comes back to power and in their scheme of things, destroy India through fragmentation? Or is there a nexus between the JeM and the RSS? It is well known that extremist organizations have no qualms of conscience in collaborating with one another in their evil and insidious designs!

Modi and his ilk may not be stopped in their war cries and games at this moment. The people of India must know better. They need to make their voices heard! They don’t need to sing “*Give Peace a Chance!*” but to ensure that it becomes a reality in the lives of all people on both sides of the border. Peace is NOT the matter of a choice: it is a must! It is a right!

*(Fr Cedric Prakash SJ is a human rights activist. Contact cedricprakash@gmail.com)

(Contd.. from p. 14)

you want to get rid of the crimes you have committed, you have to offer bribes.

In fact you even bribe your child with a chocolate to get the work done. Bribery thus starts from the household itself. When a child will see his or her parents offering a bribe, what outcome do you expect?

The most important reason for corruption is the never-ending chain of bribes that are offered and accepted throughout the country.

But in a country like India where bribery is the major source of income for most of the government officials and public servants, we cannot expect the government itself to do away with this corrupt practice. But the citizens cannot complain that the government and government officials are involved in the corrupt practice of bribery because it is the citizens who offer bribe to these public servants. If the citizens themselves stop offering bribes, the roots of bribery will diminish in no time.

It is essential for parents at home and teachers in school to teach the children the importance of honesty so that they do not offer or accept bribes in their lifetime. Slowly but steadily, the practice of offering and giving bribes can be eliminated from its very roots if people join hands and take an oath to eliminate this practice by hook or by crook. But the bitter truth remains; we ourselves cannot imagine our life free from this practice so how do we expect to abolish it completely?

(Contd.. from p. 11)

Amita, Sushma and Jenybe in molding their wards as professionals in the course chosen. The entire program was well anchored by Rosetta Falcon, Aicha Falcon and Dhrishti Marchande.

It was indeed a joyous and memorable day for not only the little ones but also a proud moment for the parents and the mentors as they witnessed their children receiving laurels. May God bless these young “graduates” as they continue their music education in the main stream of the school.

'Answers to pertinent questions'

With reference to A JOHN FERNANDES's letter titled : Some pertinent questions in The Secular Citizen dated 4 - 10 March, 2019 Jesus Christ message appealed to apostles who were married people and in the early church the clergy was married but because of the misuse of church property by the clergy and the fact that a man cannot have two masters which is called the two master's theory ie he cannot be faithful to his wife and look after his children and the church as a priest at the same time the law of celibacy was enacted .

The law of celibacy is not a divine law and is only a Roman Catholic tradition and can be abolished in the future when the pope chooses to abolish it when he puts a proposal for its abolition before a church synod for that purpose but due to the fact that there are large number of homosexual bishops ,cardinals and priests so homosexuality amongst the clergy must be immediately curbed by not permitting any homosexuals to become priests and also curbs other evils like pedophilia amongst priests - thus permitting priests to get married would hasten the unity of the Roman Catholic Church with Protestant Churches which permit all their clergy to get married.

Lesbians must not be allowed to become nuns .

East is east and west is west and never will the twain meet - the East is more

spiritual /religious when compared to the West which is materialistic but the realisation that something is missing in their lives has made people in the West turn to Eastern religions like Hinduism to fill that gap but every effort must be made to convince them that Christianity can fill that gap even more effectively than other Eastern religions.

Ordained priests must be models of virtuous living as they are spiritual leaders who can give correct and good spiritual guidance to people to prevent them from going on the wrong path but every Christian must follow and practice his faith in thought ,word and deed and if does not do so he is a Christian only in name and cannot inspire non-Christians to become Christians .

Worshipping Jesus Christ the person and understanding him and studying about him as a person is important because without doing so we cannot follow his preaching fearlessly ,

To prevent unnecessary and avoidable confusion the church interprets Jesus's teachings but while following them we must ensure that religion can be practiced and propagated fearlessly and openly but is a private affair and is not used to promote communalism.

These then are the answers to pertinent questions.

—Peter Castellino

India gets a single emergency number

Gone are the days when you had to memorise numbers for the various emergency services. They have now been replaced by a single help line emergency number - 112. This number will provide immediate assistance to services like police, fire, health, women safety and health protection. Right now the help line has been rolled out for 16 states and Union Territories only. However, it will be activated across the country by next year. There is another unique feature of this help line - one can press the power button three times to activate a panic call to the Emergency Response Centre. On normal phones, long pressing 5 or 9 will activate a panic call. With the fully automated and computerised facility, each call will be recorded which will help improve response to any distress situation.

Emergency services can also be accessed online by logging on to the Emergency Response Support System website. On the website, one can either send an emergency email or send SOS alert to Emergency Report Centre.

'Calix Society'!

Calix Society is a Christ-centered Catholic recovery support group. Calix means "Chalice" in Latin! Realizing their Catholic faith was the surest path to serenity, a group of five recovering alcoholics in Minneapolis founded the Calix Society in 1947; meeting weekly after the 5.30 a.m. Mass to pray for an alcoholic priest. Soon affiliated units or chapters sprang up in 70 cities across the USA; with one each in Ireland and England. Each chapter is established with the permission of the local Diocesan Bishop.

Alcoholics Anonymous (AA) constituted 12 years earlier, has a "Higher Power, or a God as one believes"! It is non-denominational and inter-religious. However, Calix Society puts its total confidence in Lord Jesus Christ; Who promised us that "His yoke is easy and His burden is light"! (Matthew 11:30). The Co-patrons of Calix Society are Our Lady of Recovery, and the Venerable Matt Talbot.

Calix Society substitutes the 'Cup that Sanctifies' for the cup that stupefies – In remembrance of "Jesus Who took a chalice, giving thanks saying, 'This is the Blood of the new covenant, poured out for the forgiveness of sins'" (Matthew 26:27-28).

A member of Calix Society revealed: "I found the strength to go to Confession after 30 years ... The feeling of peace was overpowering. I began to attend Mass and receive the Holy Eucharist! I also learned to recite the Rosary. Calix has filled a void in my life."

The Good Word warns: "Do not get drunk with wine, for that is debauchery; but be filled with the Spirit" (Ephesians 5: 18).

—Dr. Trevor Colaso,
Bandra West,

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6993. MUSCAT : Mangalorean Roman Catholic Bachelor, (Born in May 1982), Ht. 5' 8", Fair Complexion, Edn. B.Com., Dip. in Financial Management, Working as an Accountant. Contact email : sandeepfernandes2002 @hotmail.com

7018. MUMBAI : Goan Roman Catholic Bachelor, (Born in October 1969), Ht. 5' 5", Wt. 80 kgs, Wheatish Complexion, Edn. SSC, Self employed. Contact Mob: 9869997035

7017. MUMBAI : Roman Catholic Bachelor, (Born in March 1981), Ht. 5' 8", Wt. 67 kgs, Wheatish Complexion, Edn. MBA working as a Administror. Contact email : matheanil@gmail.com

6986. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in March 1990), Ht. 160 cms, Wt. 66 kgs, Wheatish Complexion, Edn. Graduate, working for MNC. Contact email : alwyn90lewis@yahoo.com

6982. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in September 1989), Ht. 172 cms, Wt. 68 kgs, Wheatish Complexion, Edn. C.A., working as a C.A., Contact email : jpereiranirrh@gmail.com

6981. MAMGALORE : Mangalorean Roman Catholic Bachelor, (Born in February 1992), Ht. 187 cms, Wt. 90 kgs, Wheatish Complexion, Edn. B.Sc., in nautical Science, working as a 3rd Officer in Cruise Lines. Contact email : rodriguezsamuel6@gmail.com

6980. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in September 1987), Ht. 182 cms, Wt. 79 kgs, Wheatish Complexion, Edn. PGDBM, working as a Manager. Contcat email : roystonpereira2007@gmail.com

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Email : royalchristianfamily@gmail.com

6979. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in March 1989), Ht. 162 cms, Wt. 74 kgs, Wheatish Complexion, Edn. B.Com., working as a Office in Bank. Contact email : luton767@gmail.com

6977. MUMBAI : Goan Roman Catholic Bachelor, (Born in April 1980), Ht. 5' 6", Wt. 65 kgs, Fair Complexion, Edn. S.Y. B.Com., working as B Bartender at princess Crews. Contact email : dlimadenzil@yahoo.com

6973. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in June 1989), Ht. 5' 10", Wt. 80 kgs, Wheatish Complexion, Edn. B.Sc., Nautical Science, working as 2nd Officer in Merchant Ships. Contact email :

meltondsouza@gmail.com

6968. DUBAI : Mangalorean Roman Catholic Bachelor, (Born in March 1990), Ht. 5' 11", Wt. 70 kgs, Wheatish Complexion, Edn. Graduate in Commerce. Working in Dubai since 2014 in Indian Consulate Office. Designation Senior Customer Executive. Contact Email :

shalenedsouza4@gmail.com

6966. MUMBAI : Goan Roman Catholic Bachelor, (Born in September 1965), Ht. 5' 5", Wt. 45 kgs, Wheatish Complexion, Edn.SSC., working as a Field Executive. Contact email :

sameer_bhagwatt777@rediffmail.com

6965. MANGALORE : Mangalorean Roman Catholic Bachelor, 36 years, Ht. 5' 1", Wt. 63 kgs, Wheatish Complexion, Edn. SSLC., having Agriculture. Contact : 9964885911

6964. DUBAI : Mangalorean Roman Catholic Bachelor, (Born in January

1987), Ht. 5' 5", Wt. 58 kgs, Fair Complexion, Edn. 2nd year PUC, working as an Export Executive. Contact email : dorathydsilva@gmail.com OR 9930785590

6963. MUMBAI : Goan Roman Catholic Bachelor, (Born in July 1981), Ht. 5' 2", Wt. 62 kgs, Wheatish Complexion, Edn. MBA, Well settled. Contact email : freshflwr@gmail.com

6960. MUMBAI : Mangalorean Roman Catholic Divorcee, (Born in February 1985), Ht. 5' 10", Wt. 77 kgs, Wheatish Complexion, Edn. B.Sc., Nautical working as an officer in Merchant Navy. Contact email : godfreyvaz@gmail.com

6956. DUBAI : Mangalorean Roman Catholic bachelor, (Born in October 1984), Ht. 5' 7", Wt. 63 kgs, Tan Complexion, Edn. SSLC - ITI Diesel, working in Medical Department. Contact email :

godwiniclevar@gmail.com

6952. MUMBAI : Goan / Tamilian Roman Catholic bachelor, (Born in June 1974), Ht. 5' 7", Wt. 60 kgs, Fair Complexion, Edn. HSC, working as a Supervisor, Only Child. Contact email :

williammendes2106@hotmail.com

6841 MUMBAI : Anglo Indian / Keralite Roman Catholic Bachelor, (Born in May 1991), Ht. 170 cms, Wt. 78 kgs, Fair Complexion, Edn. M.Com., working as a Sales Executive. Contact email : mrsannieroy@yahoo.co.in

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MUMBAI : East Indian Roman Catholic Divocee (legally separated after 3 days of marriage), Born March 1984, Height 5' 10", B.Com., MBA, working in Dubai as HR Executive. Email faye1rodrigues@gmail.com

7016. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in November 1989), Ht. 5' 7", Wt. 60 kgs, Fair Complexion, Edn. B.Com., IATA, working as a Asst. Manager in Airlines. Contact email : vinita.dsouza89@gmail.com

6992. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in September 1989), Ht. 5' 4", Wt. 63 kgs, Wheatish Complexion, Edn. B.E. (Computer), MBA (Finance) working as a Officer in Bank. Contact email : thea_rocque@hotmail.com

6990. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in October 1981), Ht. 5' 7", Wt. 70 kgs, Wheatish Complexion, Edn. F.Y. B.Com., Completed Aviation Course & holds knowledge of French Language and computer course. Contact email : evane_martis@yahoo.co.in

6989. MUMBAI : Smart, good looking Spinster, (Born in February 1989), Ht. 5' 6", Wt. 72 kgs, Fair Complexion, Edn. B.Com., working as a Sr. Specialist. Looking for God Fearing boy from Catholic family, Settled in Mumbai. Contact email : khanhi@willis.com

6988. MUMBAI : Goan Roman Catholic Spinster, (Born in September 1992), Ht. 5', Wt. 55 kgs, Wheatish Complexion, Edn. B.Com., Dip. in Finance, working, Contact email : pbtacaa@gmail.com

6987. MUMBAI : Goan Roman Catholic Spinster, (Born in September 1991), Ht. 4' 10", Wt. 48 kgs, Wheatish

Complexion, Edn. M.Com., working for 5 Star Hotel. Contact email : inasnapereira@yahoo.co.in

6985. MUMBAI : Goan Roman Catholic Divorcee, (Born in November 1984), Ht. 157 cms, Wt. 68 kgs, Fair Complexion, Edn. B.Com., working as a Customer Support. Contact email : jokina10@rediffmail.com

6984. GOA : Roman Catholic Spinster, (Born in July 1986), Ht. 165 cms, Wt. 70 kgs, Wheatish Complexion, Edn. B.A. working. Contact email : jane.matthews14@gmail.com

6983. MUMBAI : East Indian Roman Catholic Spinster, (Born in December 1991), Ht. 160 cms, Wt. 52 kgs, Wheatish Complexion, Edn. Educated, working. Contact email :

joaquimbalbina17@gmail.com

6033 ABU-DHABI : Goan Roman Catholic Spinster, (Born in May 1979), Ht. 5' 2", Wt. 58 kgs, Wheatish Complexion, Edn. M.A. Eng., Literature, working as a Copy Editor. Contact email :

barretto.lorraine@gmail.com OR
9730454857

6528. DUBAI : Mangalorean Roman Catholic Spinster, (Born in April 1985) Ht. 5' 7", Beautiful and Fair Complexion, Edn. Masters in Health, Care (MHA), Employed as a Manager in MNC Dubai, is looking for a suitable alliance between the ages of 32 to 36 with a height 5' 10" and above. Kindly respond directly to the party by email : aara8185@gmail.com with your photograph.

6642 MUMBAI : Mangalorean Roman Catholic Divorcee, (Born in September 1979), Ht. 5' 3", Wt. 60 kgs, Wheatish Complexion, Edn. B.Com., working as a Customer Service, Seeks a suitable match. Contact email :

rowmonteiro@yahoo.com OR
9820792115

6665 MUMBAI : Mangalorean Roman Catholic Spinster, (Born in October 1986), Ht. 4' 9", Wheatish Complexion, Edn.

12th (HSC), Hair Dresser by profession. Seeks Mangalorean / Goan / East Indian Bachelor. Contact email : alchekmate@gmail.com OR 9867292764

6532 BANGALORE : Mangalorean Roman Catholic Spinster, Only Child, (Born in December 1976), Ht. 5' 2", Wt. 58 kgs, Fair Complexion, Edn. M.A. Communication, working as an Assistant. Contact email : ashajob@hotmail.com

6341 MUMBAI : Protestant Christian spinster, (Born in April 1985), Ht. 5' 1", Wt. 58 kgs, Wheatish Complexion, Edn. B.A., B.Ed., Teacher by profession Seeks a groom from well settled, educated and good family background. Contact email :

georgethomas1353@yahoo.com

6748 MUMBAI : Goan Roman Catholic spinster, (Born in March 1987), Ht. 5' 3", Wt. 65 kgs, Fair Complexion, Edn. B.Sc., with Dip. in Software Testing, working as a Test Engineering Specialist at a MNC. Contact email :

thomasdsouza18@gmail.com

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6903. MUMBAI : Mangalorean Roman Catholic spinster, (Born in June 1987), Ht. 5' 4", Wt. 75 kgs, Fair Complexion, Edn. B.E. (EXTC.), M.S. (International Business Management), working as a Client Consulting Manager. Contact email :

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Our thoughts are powerful,

by Rtn. Calwyn D'Abreo

Very ,very powerful.

More powerful than actions that follow.

What's more....thoughts become things.

Whether you like it or not.

So, dear reader....what are you thinking.....?

Everything we do we do for some reason or the other.

Because we have thought to effect something or the other to allow for it to happen and therefore make manifest.

We live in a pre conditioned world where everything is already meant to be and ready for action and disposal.

We live in a material world . Real and in the full throttle of its existence.

In this world that you and I are so much used to the kinetic presence of energy action must take place and lead to some consequence or the other. The Author of all that will happen is you and the total substance of a mind that has thought before the polarization of action came into being.

We, as the earth's filament of life are meant to burn our thoughts to with the ability to think, to imagine, to feel , to create. We are fastidious human beings that rely on the torso to transport emotions and feeling as they move within the network and the webbing of electric nerves that interlock to then vibrate with every thought you think. And our bundle of nerves interlaced with the emotions , feelings and the reverb of positivity give accent to the super intelligent mesh connected to the universal mind from where the umbilical cord is the first party to the progression of a thinking being. And like a nuclear explosion within the depths of the concurrency of the mind over the body our goals the we have focussed on become the intelligence that puts to an end the longing and facilitates the happening and all is quiet as the manifestation assembles itself in reality. You have just become acquainted with the sync-racy of why thoughts become thing. And they will always.

Our thoughts are formidable ,muscular and

brawny. Yet, they make portraits of subtlety and vibgyor colours that embellish in infinity and yet ply in the present of times.

They are powerful. More powerful that you can imagine. They are strong, they are eloquent, they are definitions of a myriad action packed jurisprudence as if with citations. They can move mountains. They can win wars . They can cure the sick. They can make wealth from bagasse.

They can win you an Oscar. They can make you walk in tandem with the Infinite Intelligence whom we all call God. Every brilliant piece of music, every haute couture ensemble strutted on the ramp for the season, every piece of art, every architectural wonder in the world, was first a thought and that thought was focused upon long enough to inspire action which then produced a manifestation in this time and space reality.

For it is in our thoughts that creation is born and it is in the emotion that the manifestations first appear. Wherever you look, you can see the evidence of this in our material world. Every man-made thing was once a thought in someone's mind, an idea that was brought into physical form. Every piece of art was brought forth by thoughts and emotions which swirled around in the artist's mind. Every brilliant piece of music, every culinary dish, every piece of clothing, every building in the world, was first a thought and that thought was focused upon long enough to inspire action which then produced a manifestation in this time space reality. This is the full creative force of awareness. This is the preface of cosmic sub consciousness, the alter ego in its first shine This is the power that created our universe and this is the power which keeps creation going. Cognizance when applied to the thought realm is more potent when believed in than ordinary , everyday, mundane synapse to match the activity level of the application of thought within the conscious mind.

Geographies in the west encourage and endorse and even stimulates the platform that supports action. But it does not allow for prominence of emotions to become the handle bar of why thoughts become

things. Homo sapiens like us within the walnut shell of our existence are the action oriented genre of pax. In Harvard, being emotional is seen as a weakness and actively participating in the outside world like a troubadour is a reflection of you as a marquee emblem of good business acumen and fortitude. A Warren Buffett ideology which is to sit still and listen to your mind is applicable in isolation and not within the peripheral and the cacophony of incongruous commerce practices. Is it not a failure on our part to not give our thoughts the commendation required for being the birthplace for our emotions that carry the vibrations to our nerve ends with feelings emanating from the bowls our beings.....? Our thoughts are never taken seriously but is used to be mentioned as passing by and fancy free intruders waiting for a placement whilst we think, anything and those focused intonations of value and prominence. Why so we incur time on even labelling our emotions as ordinary class with no priority handling. Why are we neglecting therefore the emotional platform that forms our being. Why....? When thoughts have the capacity to become things and we want all those things.....! Whatever is said in the contents of this article may often seem to be esoteric in nature. These observations and research

inferences are of value for those who do not oppose the foreword to a mind that thinks. Thinking is a process that becomes evolved with the passage of time. Your time given to it. Begin to understand the modalities of this discussion even though at present it has no authoritative approval of the imprimatur till such time it becomes ecclesiastical and religious to believe that the thoughts become things. Even the Master of all ceremonies is referred to in the Bible: Mark 20-24. where and when thoughts become things. A thought ,thought of often and with emotional tandem towards feelings with a focus on the ultimate becomes a belief. The Master spoke of this powerful presentation and left us with everything needed to achieve this dynamic power. We now own this power. The Master has given it to us. To put to use in this ever expanding creative universe. This power is actionable. Let's go for it. Today. Just now. Begin this exercise, first, in the quietness of your mind. But begin. And see yourself flourish in the community you belong too.



MANY PEOPLE HAVE not witnessed a loving relationship between their parents, so they don't know what it looks like

Loving and committing to another person is a spiritual process whether it involves a wedding or any other type of commitment ceremony. Often when we enter into a relationship, we allow our emotions to lead us forward without thinking more deeply about what true commitment involves. If we can understand that sharing our

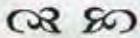
lives with another person is not just based on love but also on the hard work of being able to compromise and enter into a dialogue with them, then we are much more likely to find the key to having a successful relationship with our partners. So many people have not experienced a loving relationship between their own parents and therefore have no role model of what love should feel like or look like.

Many of us have been exposed to the idea that love should be romantic and sweep us off our feet. While this is a

natural part of any relationship, the true test of our love comes from our willingness to explore this world with another person; to not only share in the delights that we encounter but also to negotiate the bumps in the road together. Generally this often takes the form of a mutual exchange of ideas but because any relationship is based on the needs and experiences of two people, we might also face a certain amount of misunderstanding. Learning to be open and receptive to our partners and to treat their wants and ideas with respect can help us navigate even the most difficult situations.

One way to do this is to take a deep breath, holding our partner in a space of love and allow ourselves to listen fully with our hearts to what they have to say. Should this become difficult to do, we can also turn toward people whose relationships we admire for advice or guidance.

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