

From the Editor's Desk



Peace Hero: *Peace demands the most heroic labour and the most difficult sacrifice. It demands greater heroism than war. It demands greater fidelity to the truth and a much more perfect purity of conscience.*
– **Thomas Merton**

“Patience is not an absence of action; rather it is timing. It waits on the right time to act.”

– **Fulton J. Sheen**

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. – **Melody Beattie**

CORRUPTION is in some way or other, is marching with a pursuit to selfishness, not mere to achieve, but to amass money /wealth, by unfair means, beyond proper source of earnings. **you need to be in the right state of mind. Breach of safety** within ships is a very real concept. Unfortunately it happens, if not regularly, then a lot more frequently than it should, with the more famous cases being recorded in history as devastating tragedies. What is more disturbing about these tragedies is that not only could they have been prevented to begin with, but they could have been greatly minimized if not for the lack of complete awareness in safety strategies and techniques that need to be implemented in order to eliminate them altogether. Ships must be prepared to face harsh reality and arm themselves with the tools they need to save lives and diminish damage, for with no plan of action, there is only one inevitable outcome. Fortunately, maximizing safety in ships can not only be achieved effectively but actually increases overall performance whilst reducing external cost but for all preparedness with commitment, accountability and responsibility. Brings to realization of the **“conscious and the unconscious mind”** to **keep you in the right state of mind, for effectiveness and optimization of ships operations and management.** Three Minds: Consciousness, Subconscious, and Unconscious. A lot of different literature uses different terms. Which one is which? Which one is correct? Are they the same or different? What is the difference between the subconscious mind and the unconscious mind? Even some experts in the field of psychology struggle with defining the terms and they are often, mistakenly, used interchangeably. **The mind could be divided into three systems: the conscious mind, the subconscious mind, and the unconscious mind.** The **consciousness mind** is your awareness at the present moment. You are aware of something on the outside as well as some specific mental functions happening on the inside. For example, you are aware of your environment, your breathing, or the chair that you are sitting on. **The subconscious mind** or the preconscious mind consists of accessible information. You can become aware of this information once you direct your attention to it. Think of this as memory recall. You walk down the street to your house without consciously needing to be alert to your surroundings. You can talk on the cell phone and still arrive home safely. You can easily bring to consciousness the subconscious information about the path to your home. You can also easily remember phone numbers that you frequently use. It is possible that some of what might be perceived to be unconscious becomes subconscious, and then conscious (e.g. a long-forgotten childhood memory suddenly emerges after decades). We can assume that some unconscious memories need a strong, specific trigger to bring them to consciousness; whereas, a subconscious memory can be brought to consciousness more easily. The unconscious mind, consisting of the primitive, instinctual wishes as well as the information that we cannot access. Although our behaviors might indicate the unconscious forces that drive them, we don't have easy access to the information stored in the unconscious mind. During our childhood, we acquired countless memories and experiences that formed who we are today. However, we cannot recall most of those memories. They are unconscious forces (beliefs, patterns, subjective maps of reality) that drive our behaviors.

Dr. Chandran Peechulli, Ph.D., F.I.E.(India), C.Eng., M.B.A., PgD.LL., LL.M., Corporate Member - Chennai Press Club; General Secretary - Chennai Society for Fast Justice (Regd.); Managing Editor & Publisher, **“Marine Waves”**; Ex.Chief Engineer (Marine); Ex.Director - Sri Nandanam Maritime Academy, Thirupattur, T.N., www.themarinewaves.com, www.seafarersvoice.com, Fellow / Member of Professional bodies in INDIA and Overseas. CHARTERED ENGINEER w/ Marine Specialization, and qualified LAWYER.