

From the Editor's Desk



The greatest event of our age is the meeting of cultures, of civilizations, meeting of different points of view, making us understand that we should not adhere to any one kind of single faith, but respect diversity of belief. – Dr S Radhakrishnan

Never believe in anyone who says, “We cannot change”.

VISION is one of the secrets of personal transformation. We are all artists, our mind is the arena of creation, and vision is what we are constantly creating. What is your vision of yourself today - patient, relaxed, positive or tense, tight and negative? What do you prefer? So, be creative. What does patience looks like, feel like? What are you doing is different when you are patient and you are expressing your power to wait. Always start with vision, not action. See it and you will be it. Be it and you will do it. We don't 'get a life' as some would cynically tell us this. Actually, we create our own life. In fact, we are the architects of our life and destiny. The **vision** is a sensation in the form of 'image' in the mind resulting from the light intercepted by the eye tissue, called retina, and converting into electronic and chemical signals in the nerve fiber and the brain respectively. The light energy is converted to chemical energy and stored as the memory in the brain. When one recalls particular scene through the process of thinking, the image appears in the brain; or the functional part called 'mind'. Most animal systems have well evolved eyes that are capable of intercepting light, or even other wavelengths of the electromagnetic spectrum, and produce mental images for their preying and protective functions. The visual memory in human beings constitutes the major fraction of the total memory available for storage and retrieval. The memories of sound, smell, touch and taste are normally complementary to the visual memory in humans and most other mammals. In other animals, the vision may be complementary to other forms of memory. Some may have predominance of sonic memory while others may have touch, smell or taste as the dominant ones, depending upon the evolutionary relative strengths of their respective sensory organs. The eyes in the humans are normally well protected, rugged and last for life time. There are few cases of blindness by birth or inherited low vision. Some cases of **low vision** and blindness could be seen in the people that are acquired during one's life time due to many reasons. These become serious handicaps for the performance of the concerned individual. The **visually challenged persons** have to depend more on the other senses than their eyes. They have to manage with reduced choices of their vocations and compromise with their quality and content of performance. Here again tremendous differences exist between the blinds by birth and those acquiring later in the life as also among the persons having different degrees of 'low vision'.

To face the challenges boldly and gracefully, such persons must make best use of whatever vision they have or develop other faculties if they are totally blind. There are many tools available these days that facilitate learning and performance of such challenged persons. There are specific institutions and scripts and other high tech tools available. The optics and computer aided systems have also been developed that enhance the efficiency of such persons. Many 'low vision aid' centers provide specialized services to such individuals. The people suffering with low vision have more opportunity to look within. Envisioning doesn't require vision. The real visionaries don't make much use of vision of their

(contd. on page 4)

(contd. from page 3)

eyes. The blind visionary may have sharper vision than one with eyes. The foresight doesn't require sight. **1) Break free.** Speak your mind and dare to speak the truth. Give voice to your opinion and be the change you want to see **2) Face fears.** Fear is a four letter word and so is dare. To conquer the world is not difficult if you conquer yourself. **3) Stay alive.** Life is a cartwheel, just spin on with it. Keep going just as life goes on, for the human spirit lies in action. **4) Reach out.** It's the difference you make, that makes you different. Help others to reach their destination, you will reach yours without effort. **5) Let loose.** Stop inhibitions before they stop you. Be yourself and never let any thing make you doubt yourself **6) Stick together.** Life is a holiday with friends around. Always say hi, not good bye, as collectiveness is a bundle of joy **7) Lead way.** Possibilities arise when you open new doors. Have a vision and the conviction to make it happen **8) Shine on.** Be the best at what you do. Do what you do best and give it your best, to be a rising star **9) Expand horizons.** You find uncharted shores only when you swim. Dive into the unknown, for it will be known tomorrow by your name **10) Respect mentors.** Motivate yourself from the experienced. Follow the wise like day follows night and success will follow you. **11) Be focused.** Know what you want and you'll get there. Concentrate your energies to get answers not excuses to succeed. **12) Aspire high.** Give wings to your dreams. Where you reach in life depends on where you begin

I have known people who are otherwise highly educated, learned, extremely knowledgeable and yet would not even think before lying! As a matter of fact, they enjoy painting their fake make-believe image to their heart's content. For no rhyme or reason, they would just start off... deriving fun from lies, pleasure from pretence, and a sense of accomplishment from having made the listener believe in their cooked up instances of past heroism and in articulating other's words and ideas as their own. The act of cooking up stories and pretending to be what they have never been, but perhaps wished they were, comes to them so spontaneously that the thin line between truth and 'make-believe' has faded out even in their own consciousness! ...And that calls for urgent salvation of the self. when you do not even realize you are pretending, or that there could possibly be any harm in telling others stories about yourself as if they were the real you, in order to secure your position. Deep into this tendency, they are driven by habit, or rather their superficial nature to lie! At that extent of self denial one does not even care what he is faking. his past, his present, his work, even spirituality! He has at that point lost the sense of 'right and wrong'... because he has been practicing pretence for too long!

What lead one to a false way of living could be one or many ... perhaps it was an insecure life of not so great existence coupled with the desire to come out clean in other's eyes; perhaps a past life tendency to always put up a clean image even as one continued feeding one's not so lofty desires that one couldn't give up, that are usually looked down upon by the society; perhaps his social background is looked down upon, or perhaps he hails from a so called famous clan that doesn't actually have any more of its past greatness, compelling him to pretend or lie so as to touch-up the faded reality of his mundane existence; or perhaps exposure to an environment of falsity, pretence and lies did it... sometimes watching older siblings who play the role of a father figure makes one follow their ways... seeing how smoothly they steer and sail through trouble with pretence and false heroism, a loud voice or an angry attitude gets the younger sibling into believing 'that's the smart way to get what you desire!' Whatever

(contd. from page 4)

the reason, the mind thus gets intensely conditioned into ignorant ways to material fulfillment! What one does not realize is that in course of the momentary victory, in opting to revel in pretend greatness, brandishing the sword of cutting edge smartness, one has dug a pit for oneself that he would never dread to had he known the consequences! When pretence becomes a tendency and creating a correct image the focus, with complete disregard for consequences with respect to oneself as well as the impact upon others, then one has actually pushed oneself into a bottomless pit! Truth always prevails, so original is original, and fake is fake! In our highest interests, we had better stop fooling ourselves in course of duping others. The repercussion of falsity, fakery, lies and pretence is wide, deep and lengthy. Sometimes we resort to swift escapes thinking there is nothing wrong with it since we are motivated with goals close to the heart, like securing a position socially or financially that would in turn be translated into better life for our loved ones, especially children. What goes completely ignored is the hidden evil that creeps right into the family, and into the lives of the beloved. By indulging in wrong practices and pretence, we knowingly or unknowingly expose our children to the same stark dark ditches that we push ourselves into ...only in more than one ways! When we practice wrong our little ones suffer three-fold consequences, way beyond what we could imagine! In our ignorant ways to better their lives, we subject them to... hereditary exposure, environmental exposure and karmic exposure to the evils of pretence. Imagine how hard they would require to exercise their conscience in order to fight the adversities that crept in with our malpractices, so they could see light at the end of the tunnel!

The first step is to agree to accept... to confront oneself... to own one's fakery, pretence and lies. The second step is constant vigilance... to consciously abstain from quick-fix, false-fame get-aways. The last step is continuing along the path of reality, rather than 'make-believe' about ...for oneself and others. **SALVATION.** All is well that ends well! Our divine salvation army is always at its best, fully prepared to fight out darkness for us and walk the dark miles with us, to cut off chords of karma carried forward from previous lives or to neutralize conditionings acquired in course of the present. By calling for help we can ease our process of cleansing, even out penance to a great extent by way of realization, and shorten the journey through the tunnel of acceptance! Divinity awaits our call for help to overcome forces of denial! One brave step of acceptance, owning and confession can make the journey half as tough, cut the dark stretch to a fraction of what it would take to enter 'light'... and to do away with 'pitridoshas' or hereditary tendencies we were born into! There is no other way out but through the tunnel of acceptance and into light! The more we shy away from it, the longer our trial becomes! The more we deny it, the deeper the darkness gets! The more we convince ourselves into believing "stay for now, at least you feel safe this way in this moment", the lengthier the wait for a better life... And the moment we agree to accept, the celestial bells toll and rejoice! Rescue is one step away ...at the threshold of acceptance and awakening! The pivotal moment to take the mask off awaits each soul. .Time to open our eyes, to pull ourselves out of darkness, and live our Truth!

Dr. P.K.Chandran, F.I.E.(India), LLB; PgDLL: LLM.; Research Scholar in Ph.D (Law). Member of Various Professional Bodies in India and Abroad. **** Ex.6286018. Rect. Signal Boys Regular Indian Army entry. With exemplary service record, during National Emergency, son of ESM of Royal Indian Army, of World War II, recipient of Long Service and Good Conduct Medal.