

How to Achieve Insight and Harmony



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The City and the People

Two big cities, the first is crowded and noisy, where life is tiresome and full of contradictions despite its rich history and culture. The other is calm, organized, and beautiful where life is easy and full of culture and entertainment, but it overwhelms everyone, so the inhabitants are mostly rushing to fulfill their needs and duties, one after another in an accurate calculation of time and cost, so faces look austere or with artificial looks sometimes.

Lots are those living in the first city that would dream of living in the second, especially if they got accustomed to its lifestyle, others after immigration cannot withstand tranquility or persons involved just in their private life away from relatives, neighbors or even friends. They would be irritated by calculated relationships and reactions lacking what they consider human warmth, bravery or generosity. Hence, after the bedazzling dream is achieved they may feel lonely or nostalgic to their original home land with all its pros and contrasts, and if their immigration continues they enter into a vicious circle, regretting what they did or justifying it time and time again without final adoption of definite choice.

Another group of people are not satisfied by city life, and not convinced by the breathless rush after duties and needs. They want to live the moment intensely with full consciousness, deep awareness that bring themselves out of loneliness in a way that involves senses and intuition, letting them work fully; that moment when an individual connects to himself, others, nature and creatures, giving himself fully, fearlessly and openly, It is a life of spontaneity and liberation, letting both brain hemispheres totally free to work with considerations of logic, reality, genuine values, true deep feelings, and the entrusted potential of sixth sense. It is a life when the individual is aware that he is a part of one, loving, responsible, serene, and giving unconditionally and without limits.

What is wrong then if a person leaves city life even temporarily, abandoning dependence on others and the need to much of entertainment, goods and services? Would insistence on city life sometimes be a failure or an escape from one's self? Can we live in a small village, beside a sea or a lake or in forests, does this choice give us a fair share of time and space, where our feelings and intuition breeze, and when a human being realizes that he can be happy whenever he is the best friend to himself, others, and life?

Did we ask ourselves why the Sufis aspire to union with the divine? And why some of us prefer the life of isolation to close social relations that they enjoy anyhow?

You may be enchanted by a sea, its roaring waves, routine movement, and fresh breeze, so you get lost in a trance of relaxation and reflection, and you believe that the sea shore is your favorite getaway, then comes the time when you live next to a lake, so you are taken for hours in stillness, silence and space, watching boats rocking calmly on a pure water surface, and a sky of changing colors and clouds at day times, or maybe you have spent a night in a simple lodge with fresh weather and garden and started listening to and interpreting the birds whisper, and smelling the odors of plants and roses gazing at their colors, remarking the dew with a vital sense of beauty, and a open eye that feels and realizes the details and the whole scene.

Did you furnish, decorated, and organized your house with all what you have of love, harmony, and sense of beauty, making it an embodiment of your person and a museum of your memories, hence

you felt that you belong to every corner of it, and that your house became you heaven that sees you off every morning and awaits you every evening? Did you collect your sorts of music, pictures and books that you read over and over again, all taking you to its world, enriching your soul, challenging your thoughts, and making you fly with imagination, even when you are between four walls?

Did all of that make your heart full of love to creatures, peoples, and cultures, learning the lessons of history and life, and your spirit realize the reasons of existence?

You can anyhow discover how easy it is to feel happy whenever you can guide well your attention and energy outside of yourself. Even more, and when you are at that stage, it may come to your mind solutions for longstanding problems that you thought they were not worthy to be reconsidered time and time again.

How complicated is the self? And how easy and near happiness can be?

So long Swakopmund

The farewell was not easy; so long I was charmed by this dreamy city on the Namibian Atlantic coast. I didn't know really what it was all about; it's not the first on a roaring ocean, the buildings are not the most luxurious, and the cold ocean water hardly allows swimming.

I lived in a hotel looking at the ocean, the apart hotel is all in white, wide and simple with strait lines, but the attached room is fully equipped with the most modern in markets; electronic curtains, lights you can choose their colors and the music even in the bathroom, a wonderful mixture of confident simplicity and captivating luxury.

That night I went to dine in a sophisticated classic hotel where I used to live on and off for two years and joke with the employees. Purposefully I arrived early to see the restaurant empty, as if it was a testimony on a life that passed, so I sit behind the same table, remembering what happened every time. I noticed that my memory is more active than normal, so I woke up on a rhythm of piano playing that looked familiar.

Is it logical that the music pieces that never kept me enthusiastic were that beautiful? How could the performer improvise and innovate making the highly emotional music dreamy and calling for reflection? How could the choice be that harmonies maintaining a serene and loving state of mind? And an experience of beautiful life that seemed as childhood memories to recall with serene smile?

Going to salute him I found that he was the same piano player that I believed he immigrated without return. I thanked him for four years of enjoyment of his artistic excellence that he maintained even in his eighties and I learned that he is an experienced world famous performer. But the secret as I see lies behind a noble motivating feeling; be beautiful and the world will follow. You may be marvelled by the distinguish ness and luxury of the old hotel, but what will stay in your memory is the emotion provoked by an experienced, educated and sensitive player. While seeing off the German manager of the hotel he told that he came as a tourist years ago, but the same magical attraction motivated him to settle and to work in the city that quickly made him feel that it is his ideal choice.

An orange sky at sunset, and waves that became calm, as if it has just finished its job. A nice farewell similar that the piano player, as if farewell is like death, acceptance and surrender, and gratitude for a gift of a small life or a phase of life granted by a wise ambiguous Destiny smiling patiently if you believed it was just an incident.

After a tour in the city's pedestrian streets, cafes and shops, the farewell extended to be seeing off everything even sea, animals and birds. In a maritime cruise in the nearby port, the fast boat was reducing time, followed by birds; a fleet of seagulls and a caravan of pelicans. I take photos to revive memories. The seal "spotty" comes up sliding on board of the boat to settle on my lap seeing me off on behalf of the sea creatures, cuddling in a loving and friendly way.

Swakopmund is not an incident, rather an expected result, it is not a dream but a reality, where opportunities are available for all; the outcome of tourism and commerce for its white population, and comfortable salaries for the dark technicians and workers in mines, port and industries around. There is a reason for everyone to maintain an easy, peaceful and calm even more a safe life, to the extent that neighbours are helping the effective police combating crimes by solidarity amongst them,

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solidarity that pre disposes friendship, openness and abundant sympathy. No wonder then that the visitor is possessed by a feeling of comfort and peace.

The ocean washes sadness, the people filling the psyche of hope, relaxation and freedom, and the city dwells in the heart making memories eternal.

The Soft Power

Did your Life tape pass by one of these stations; a strict father who does not accept discussion, a mother whose uncontrolled possessive love suffocates you, a teacher who detains you in a ferrous discipline, a guide or a monk who sees a sin or destruction for you if you don't follow his interpretations , a bad-tempered cruel manager who wants you to obey his instructions out of fear, a life partner whose relation with you doesn't get straight except if you accept the authoritative jealous, and Maybe spying ways, a state leader who wants you to forget his dictatorship and your ambitions thru his military adventures masked by national justifications.

These are the practices of the rough force which grants its performer a feeling of control and superficial confidence or the security and success or vanity and glory; practices that breed tension and the struggles, offering no guarantees of continuous effectiveness. Practices whose successes are at the expense of others, producing victims, who in turn dream of vengeance or repeating the experience with others, in the family or at work or in the street, only if they change roles. Hence the other victims will have to succumb to feelings of fear and oppression in this vicious circle.

But what about "the stronger party"? Does the brutal force hide fear of failure or tension and anxiety or lack of ideas and internal contradictions or inability to understand one self and others or lack of respect to dignity, feelings and freedom of others?. And if even effective temporarily, does it provide for the individual peace or serenity?. How a community can be based on the rule of force, without solidarity, without rules, without rights, without love, respect, tolerance, freedom and peace?

May be thru the phases of your life, you had a repulsive or hatred feelings towards those examples, but those in turn may had been victims of others beforehand without understanding the lesson or Becoming mature enough out of the experience, and found later that being the perpetrators themselves compensates a dignity and a freedom tread by the feet of oppression, ignorance, injustice, shame or the fear and despair. As if they don't fight for a value but for tight personal ambitions, so they feel happy when they achieve them, and if not they surrender to sadness.

Did they imagine that controlling others can be an alternative to controlling self-contradictions and negativity, and an evidence of lack of confidence and honesty towards self and others, and failure to respect values of freedom and the dignity?. Can the perpetrator dream for once to have power based on pure nature, coherent logic, brain supremacy, genuine values stemming from true self and feelings and the respect of freedom , dignity, law and rights?; when the pure true self achieves the personal goals, while keeping harmony in societies, when the good example becomes a generator of success, progress and happiness, when impartiality and the honesty leads to the comprehensive vision and the triumph of values, when social interactions guarantee the true interests of all, when understanding one self and others ensures the deep brotherhood, respect, and solidarity, and the love of all in one..

This is soft power, so do we want it for ourselves? Does it deserve the risk of trying? Do we have faith in the goal's nobility, and the hope and the perseverance to achieve it?

The answer is your choice, and the consequences are your responsibility.

Lady Eva

Did you imagine for a while that you could be, among friends, entertained by a 98 old lady, planning to celebrate her hundredth anniversary? And do you know that her capacity to totally attract attention became a habit in all social occasions since her young years? And that her witty ways, mixing facts with fantasies confuse others, leaving them unable to understand, and surprise them with the reverse of what they expect, so they continue listening, interacting and laughing?

Lady Eva was born in Sarajevo 1910 for Austrian parents who educated her with style and class about manners and culture developing her musical and sportive talents, so ballet and classic dancing was her way out to express her vitality and creativity till silent movie attracted her to act after she was chosen Miss Austria at her sixteen's, so she moved to Hollywood then Berlin, but didn't want to compromise her values to gain wealth, fame and glory.

Since then, nothing is outstanding in her life, nervous breakdown as her lover abandoned her when she was seriously ill, a stable marriage for fifty years, whose details she doesn't recall anymore, till her husband died, and she used part of his pension to pay for a sitter who takes care and lives harmoniously with her for ten years now. Eva says that her parents died under at their house bombed during the Second World War.

I was curious how could Eva maintain this health, vitality, and charming spirit at this age? Lady Eva apart from her privileged upbringing enjoys an independent confident character and a spontaneous genuinity; she knows exactly how to express her opinions and wishes with acceptable ways. Hardly, you can find just a single expression of her that goes against style, good taste, elegance, respect, and kindness.

Maybe it was her experience with silent movie that taught her to express herself with gestures that we can but admire. Nevertheless it was her moderation in food and drink habits, regular muscular exercise, whenever she could, and congenital factors that helped her keep her vitality during what we consider senility age.

Satisfying my curiosity with a serious look, she told that her merry spirit hides the bitter fact, hence I came to understand the reason why she mixed facts and fiction; brilliantly attracting attention and laughter, after her beauty, youth and fame faded away. She is saying everything with no one understanding, turning her suffering into bedazzling art.

Eva's age is not extraordinary in her country, the healthy environment, the social awareness and insurance, the straight forward ways, the guaranteed civil rights, the law enforcement and the abundant quality security, services and goods give space for citizen to age with energy. After late retirement they can still exercise and enjoy tourism and cultural events with active social life at least with their age group. They do care about their health, looks and outfits.

So with their age, they are still attractive with little social and health burdens upon their society, especially with availability of suitable old age homes. Then senility becomes a phase of relaxation and rewarding after a productive life, not a stage to endure troubles, marginalization and deterioration waiting for death.

The question is, can even a few of us enjoy senility with vitality and happiness till a hundred years of age? And what can we do to turn the dream ,one day, to reality?.

A sort of a business man

Since his early years God was his idol. He was amazed at the capacity of the creator to know everything and to do anything. Thus he believed that his mundane mission was to learn and achieve forever. His prayers were his means of inspiration, connection and spiritual growth, not for material gains. He set his mind free turning between schools of life. His insight and travels added to his potential and experience.

His restless soul broke the chains of logic, so with an open careful mind he passed thru spiritual adventures that resulted in a harmonious body, mind and soul.

With a wandering mind and open senses he saw man and animal with new eyes wide open. His adorable God created good and evil in a dialectic relation with a role and a way for every person, so he respected, loved and served each and every one, and his soul became purified from all evil motives.

His kindness and compassion included the animal with similar motivations and different talents to man, so he lived peacefully in the animal kingdom.

He learnt of the creator's wisdom that everything has a time and a reason, so he realized the way of life and death, feeling content about his role and life term on earth, making the exercise of his harmonious self in science, achievement and the service of humanity and generations a continuous expression of gratitude and love towards the divine.

Many Egyptians don't know to which religion belongs the business man Mr. Murad Foaad, he doesn't like self-promotion or to speak about controversial issues, he doesn't practice rituals to show off, instead totally devoted to God to whose majesty he dedicates his energy to serve.

Mr. Murad sold his family real estate assets to buy and reclaim vast desert land which he planted to produce bio food and oily crops of high added value using experts in agriculture, agro-industry and hard workers from nearby villages, some of who settled in model healthy homes that he established when his business expanded with exports income. He also built for them a center to educate the illiterates and for vocational training on handicrafts for their families, a medical clinic, a library, a television and video hall supplied with documentaries and cultural stuff. The model productive village gained a local and regional high reputation with quality goods.

Content as he feels, Mr. Murad does not stop expanding his business and services. The management is scientific, model, firm but kind. Workers are well paid enjoying housing, social, cultural and medical services. Their family members add to their income selling handicraft products, the village society stronghold to its gains avoiding trouble making feeling accountable and gratitude towards Mr. Murad.

Mr. Murad is retiring soon though he is still active, sportive, and handsome with a healthy and classy lifestyle. He does stop learning and reading. His love for life does not prevent him from being aware and occupied with feelings and problems of his society members trying to ease and solve. The villagers hardly know anything about Mr. Murad's private life, but sometimes subconsciously follow his example in achieving and harmonizing. After all what he did still the good example is the best he offered to his country.

Divine Spirit

He thought long about what main religions tell that man has a divine spirit. So, how can this help him realize unseen facts and to know the answers? And if one of the cerebral hemispheres calculates and rationalizes, and the other imagines and innovates, so where from comes the inspiration and how to explain psychic powers? It is not that all who say they have them are pretending, as he himself had such experiences that he couldn't explain, when he faced urgent situations, and what he had of information and calculations were not enough, so he went into a silent corner inside of him where he felt confidence, calmness and safety, then the answers came all of a sudden, in the form of inspirational ideas, images, dreams or even a content of songs and art works that came to his mind.

Is that what the saying "ask your heart" means, and why sometimes we ask through prayers or meditation whatever are the individual religious and spiritual convictions? And why the inspiration that the genius, the artist, and the intellectual had was connected sometimes to a transitional period between sleep and awakening, or to a mood or a state of mind that some have when drinking? He knows that all these methods lower the mind's vibrations to the point that the creative hemisphere works effectively to receive the answers without logic or calculation.

So what would be his way so that the exceptional phenomena turn into available and durable practice? Then came to his mind the connection between the creator and mankind through divine spirit. He found that his conscience goes well along with God's path; moreover he feels that he is one with that great universal mind that gives him knowledge and answers that he can accept without effort, denial, haste or insistence. His strong faith in the good he does make his hopes come true, he is a soldier of God that knows no obstacles or lack, that create the circumstance and experiences that leads those He loves, and those who develop inside knowledge, love and union ,and those who don't isolate themselves from Him to avoid errors.

He accepts and expects the good given to him by God, the connection with His Majesty extends to union with all His creation with sympathy, tolerance and compassion. That connection through his silent refuge inspires him innovation and make him serve God strongly, boldly and confidently. So he becomes one with all that is truth justice, beauty, and love, and his heart opens to God without borders, so abundance, goodness, optimism, and vitality become a state of mind that turns into realities. He finds in his refuge in the depths of his spirit an eternal comfort and a serene sure neutral observation that reveals the hidden and the facts with the sixth sense, regardless of logic and ego. It is enough to listen to his inner voice to become stronger, and to believe it, and to think that he deserves inspiration and answers on clear objective neutral questions, and to wait for the answer attentively, without haste expectations or attachment, to have the answers at any form that he experienced temporarily and exceptionally in the past.

Indeed, if inspiration, innovation, answers, facts, abundance, goodness, happiness and vitality are within reach so why do we fail to use the divine spirit inside of us?

The Good Example

God created us free with a psyche liable to persuasions, but we crave for a comfortable life while keeping an eye on the day of eternal judgment; then how can we solve the problem?

Since early times man realized that caprices and instincts should be regulated; so tribes had norms then societies and states had their laws. Humanity went on learning through trial and error, even more repeated errors, to know where would be the accurate balance between a regime in charge of imposing stability, security, regulating inter individual relations and directing the society energies towards productive work and advancement, but the regime can be monstrous, mighty or coercive, hence can loose power and be changed one day by its people, and on the other hand an individual that needs his freedom to set free his creativity and energy, and his dignity and respect to enjoy his prestige and to belong, so he will be a productive sane individual spreading peace and prosperity all around. But the mighty or greedy individual, the inflated ego and the arbitrary instincts can gradually destroy the society rules, justice and equality, hence the logic of violence and force prevails, values deteriorate and corruption spreads.

Societies and individuals resorted to religions and innovated political doctrines, but the dilemma remained in interpretations and practices; history shows that interpretations of every religion varied and led sometimes to renaissance or violence and backwardness, and that the same political theory had various practices and results from one state to another, and it looks as if the issue is partially related to the education, culture and maturity of individuals personalities.

So if the rightness of a society is a resultant of the practices of its individuals, and if each and every one of us, now or in the future, is a leader in a family, work or group and institution, where would be the way?

Start by yourself. See if you control your instincts, emotions, ideas, conducts and words. If you behave yourself while achieving inner peace, balance, and harmony, then you are able to manage others, attracting them to productive work peacefully and amicably.

Grant others their rights to freedom, dignity and respect, so leadership wouldn't be a conflict wasting energy, spreading hatred and injustice without providing safety and stability, and leading to alternating circles of oppression and looseness'. Instead search for a win-win equation, where rights are guaranteed, the individual enjoys his dignity and takes responsibility while energies compete in serving the individual and a group.

Be strict; as your responsibility is a time deposit and as exempting the culprit from punishment is a call to corruption, whose victims are all of us, and a weakening of system you should be the first to maintain, but practice strictness, realism, and balance and wisdom altogether.

Have insight and watch your contradictions while letting the good example impose itself. Put yourself in the shoes of others and try to understand the reason behind their behaviour, and what will satisfy you if you were in their place. Feel responsibility towards them while accompanying them gently and respectfully to diagnose the problem and persistently follow the solution. If you don't abandon taking

their responsibility, they may share you the collective responsibility, so there would be part of the solution instead of part of the problem. Consider that a cruel word is an insult to an unalienable dignity, isolating the other, a proof of lack of understanding and of creativity, a nervous breakout or a call to set each of us a judge on others without justification or qualification. Instead lead the hard road, deeply understanding, and think about if you can accept to be injured or insulted by someone else.

In short, feel responsibility towards others. Be a good example. And hold fast to hope and far sight.

Sanity Making

Many of us work to satisfy our material needs, and when rich we show off. Others, less numerous, go beyond this to be happy about their self-image and proud of their existing material and psychological advantages and their social and mental potential. Hence, satisfaction of the ego becomes the axis and aim of existence. And others, even much less common, are not satisfied by individual happiness because their deeper feelings and understanding of others and their society make the public interests and the aim of promoting humanity a necessary requirement for their self-satisfaction, so they dedicate themselves to public service, regardless of what they finally consider limited material gains, but in fact they gain fundamental moral happiness when they reach their human and social goals to calm down their sorrow for the suffering of others, and when they satisfy their ambitions that justified limitless giving not matched by direct material gains.

But even those and after they attain this effective human motivation - due to their upbringing, life experience and their keenness on maturation – are often frustrated due to their back-warded societies or corruption or the maneuvers of politics, if they work in that domain, or their state of mind may change due psychological and material gains, so their political practice would become, even partially, a means to get wealth, power, or prestige, then they put off their internal drive to make change happen and they limit their goals to individual salvation, so purity and sincerity become a memory of ideal young times, that are not fit anymore to meet matters of facts, even when the practice of these values was necessary to regain lost happiness.

The tragedy here is the quantity of awareness that, that class of people have which led them to be selfless and to disregard the superficial temptation of possession, and to realize deeply the realities around and ways of change, so they get a combative will, as this awareness itself becomes a reason for frustration, bitterness, despair and impotence, turning to a reason for misery or illness and isolation. So what do you think of a man who could escape that destiny attending public interests with self-satisfaction without losing enthusiasm or integrity?

Dr. Magdy was born in Upper Egypt, the land of ancient civilization. His rich parents filled his senses with the suffering of the poor, charity and deeds without superiority. In a world full of injustice and differences, social justice was a must for his individual happiness and self-satisfaction. In the forties of the last century when the phenomenon of “saloon communism” prevailed, so some of the rich were attracted by the theoretical manifest idealism of this ideology – in harmony with their human instinct and internationalism even if they sacrifice their properties – the enthusiasm of youth led Dr. Magdy to join one of the leftist organizations, considering that the disciplined collective work is more effective to reach the noble goals. Quickly he discovered that that organization was manipulated by foreign interests when it abstained from supporting the Arab and patriotic aims towards the Palestinian cause due to the connection of that kibbutz (agricultural Israeli settlements) experience with the practical implementation of communism among other reasons. So he left the organization especially that he was convinced that the realization of his mundane aims does not necessarily implicate being liable to detention and marginalization to serve an organization whose real goals and changing political calculations are not guaranteed to go in line with his motivation.

In the fifties he found his chance in the Egyptian Revolution aims and the establishment of the liberation authority partisan movement to perform his public service, so he joined the authority to

increase public awareness and attachment to its work, but the result of his voluntary effort was not up to his ambitions, as some of the co-workers didn't care enough about public interest.

Dr. Magdy was motivated by Ghandi's ideas about peaceful work, especially when he said be yourself the change that you want to make for the world, so he studied psychiatry as a way to attain maturation for himself and others with their own wills, and to achieve a society of harmony, peace and social justice.

His drive for perfection and development led him to study in the United States of America during a period of a scientific revolution in the field of psychiatry that opened new horizon, especially after they trained him on continuous self-education. Though Dr. Magdy was previously a leftist but that wouldn't influence his objective impression, understanding and integration into the American society in the sixties, when he considered it vibrant and full of potential, but as an adolescent who will move gradually towards more maturity and humanity.

His study period witnessed researches and revision of the validity of the psycho analytic theories that were considered more of academic than curative. A new curative school – of which he was convinced as it goes well along with the work methods of the nervous system, and was used by the united states to choose space pioneers – was based on training on continuous directing of attention externally as a best way to get rid gradually of negative internal emotions by neglecting them, so the spiritual, mental, psychological energy consumed in them would be directed to the outside world with its objective facts, information and goals that require an abundant flexible energy and a sincere dedication with real positive feelings to achieve creative work for the benefit of the individual, the society and mankind.

Dr. Magdy knows that this theory is not the best to get easy money, as it needs time, effort and mutual will of the dr. and the patient, in addition to the latter's desire to attain physiological maturity and stability. Hence he accepts the wish of the patient that faces physiological crisis to be cured with various methods, not necessarily using the theory in all cases without restriction. But the profession he has was a conscious choice and a privileged opportunity for self-achievement and changing the society with sanity making always when there is a will.

More than forty years past since he started practicing the profession, the hobby, the service .You can imagine how many patients he cured, how many scholars he helped to mature, how many were influenced by those scholars and walked on their path, and how many were influenced by Dr. Magdy of the people around him. And what did all those made for themselves, their country and the others.

Indeed it's easy to condemn what we see, may be that would justify the wrong we commit and exempt us from the responsibility of useful work and of being a good example, but this example is around us if we want to see and to bear the consequences of this vision towards the self and society. Many times it's a silent soft power without noise and imposition because it respects the individual's choice and dedicate itself for action. The soft power doesn't aim at inflating the ego, instead and maybe with all the integrity, achievement and humbleness it doesn't even feel or take care of the ego or in other word selfless, as it is involved with matters of facts and dedicated to the outside world with all its goals ,feelings, experiences and information.

So do we really wish happiness for ourselves and the others?

The Question

Honor, honesty, integrity, seriousness, sincerity! Was his father right when he implanted in him those values and made of himself a good example? Didn't that create in him internal conflicts and made him introverted as he watched himself fighting his instincts and observing his contradictions trying to keep his self-respect?

Why, while he was a teenager, he was full of questions? And why he had to be forever a fighter achieving an endless chain of duties and preventing himself from committing a lot of wrong doings?

And if those values among others were a must and helped him achieve success in his studies, so why he didn't get the wanted happiness and purity? And why he sees himself oftenly alone when he introspects or when he revises his bitterness if he discovers the falseness of relations he considered beforehand friendship or love, or when he recalls the intriguing situations when he fights with or observes conduct patterns, that conflict with his basic values, aiming at achieving selfish or instant interests or to get survival at whatever cost? Is it so, that those who adopt these manners are more harmonious, relaxed or simple? And do their actions provide for a high quality life psychologically and spiritually with happiness and purity even when they arrive to their material aims?

Where is his genuine nature? And what is the way?

In spite of that his upbringing based on sincerity and seriousness made him a relentless fighter and a dedicated scholar, he noticed that conflicts consume energy and provoke the opponent inside and outside himself, and that values if they don't emanate from himself they cannot continue and be maintained or achieve inner peace. His genuine self could disappear if it is not allowed into light to express itself freely, and it radiates happiness and piece that increase, the bigger the time and space allowed for his genuine nature to be set free.

How can he be sure that his genuine self will be pure and that freedom doesn't turn to nonsense? And how can he keep whatever he acquired sometimes of social acceptance and credibility based on values that led him and reassured others?

He found that values that he fought himself and others to put in practice became a free genuine part of himself, and give his life a meaning and a direction that helped him endure troubles and bring for him self-respect, maybe because they became a habit or due to the practice and results of observation. Hence genuinity wouldn't be a fearful adventure anymore or characterized by lack of responsibility. That led him increasingly to play himself more and more as the results were encouraging.

He was surprised to find that when he abandoned observing and analysing his behaviour and motivations, and when he denied attention to whatever he had inside of pains and negativity, he became more spontaneous, creative, funny, witty and intuitive with abundant energy and effort, and with more sensuality towards people and creatures, even accepting life with its pro and contras. Success in whatever Endeavour he makes became handy, even more his state of mind brought up in him talents that he didn't think he had or that he previously thought that they need special type of intelligence, not a deep true feeling that manifests smoothly in various forms.

He knew at last that the values he grew with deserved fighting for, and granted him, with his state of mind, a far and clear vision when his spirit manifested observing neutrally, not subjectively emanating in that case from an ego with negative emotions.

If that was a way to purity and inner peace, and if peace was a goal for everyone, wouldn't it be strange that we learn it through a life based on competition and conflicts to achieve through it a hope that contradicts its basics?

The Victim

He a clever Egyptian worker abroad for a salary he has never dreamt of, a real professional who hence attracts the attention of his clients, and despite his short lived happiness, when he breaks his loneliness and get their admiration and sympathy, it wouldn't be enough to satisfy his overwhelming need for charity even if it was non-productive.

Due to a defect he has, he feels permanently desperate with depressed mood, focusing on and exaggerating all what he sees negative and bringing back bitter memories. When his misery takes over he start to complain to those around him, some may just listen, others may turn their backs even if they accommodated him for a while.

Feeling that he was always offering his services and courtesy, as if asking them to listen in return, he gets angry when he finds himself alone and bored in a tranquil city, that unlike other cities, doesn't take his attention lacking noise and night life. He quits his job to return to Egypt with unfulfilled financial ambitions, while he doesn't realize that maybe he was escaping from his real problem.

She a talented widow that does not earn enough of her job, she missed the kind care of her dead husband and the attractive beauty with the years passing by, so she doesn't feel safe or hopeful of a future she faces alone, then she compensates the deprivation and fear with a possessive love to her family isolating them from other contacts and leading them in path ways that she carefully chooses, or with control on others at whatever price, maybe the practice of force replaces a lost attractiveness or a farfetched wealth.

When introduced to new contacts she may attract attention with a merry spirit, pretentious sympathy or repeated jokes that she tells intelligently before starting showing off her talents and activities to gain admiration. But that again wouldn't prevent her from feeling miserable when she is alone remembering bitter stories, so feeling bored and depressed she rushes to complain to other persons who would avoid her sooner or later. Then she feels even lonelier and the circle repeats itself over and over, while she doesn't realize that she is escaping from her real problem.

Where is the solution then? Does anyone of them really want to know the answer? I wouldn't think so, otherwise they wouldn't have continued for years building the sadness inside and spreading endlessly the misery around. Even more they wouldn't like to have more insight and are afraid of facing critics, even the transient ones, because then they become insistently defensive considering a possible change of their opinions a weakness and a defeat, even if this change was the key of hope and its acceptance a proof of inner power and security.

We don't choose what problems life brings to us, whether it was aging, disease, handicap or poverty sometimes, but certainly we choose our attitudes. Each of them has already chosen not to realize the real problem, and imagined that when playing the role of ungrateful victim will get from others all the needs and will be exempted from responsibilities and giving, whether for charity or guilt. None of them saw that the continuous unfulfilled needs are a proof of a failing choice, because even if one fulfills some temporary needs, others who understand the real problem may dislike them, filling their subconscious with emptiness and self-doubts, as those who realize the issue wouldn't find what he or she imagines as power, rather they would see in that weakness, misery and maybe ignorance and evils.

Can we then imagine any better choice? And what would happen if one of them tolerated, even once, a constructive pain to realize through it the real problem and the result of the wrong choices, and would use maturely the talents not at the expense of other person's interests? Isn't finally this temporary pain, even cruel, better than pains and failures lifelong? Is it true that nothing is worthy in life except wealth, beauty and authority? Then what about giving, innovation, psychological and spiritual heights of maturity, the deep feelings and knowledge and accepting the will of God after all is done?

The answer depends on the choice.

The Fight to Achieve the Dream

Imagine if you woke one morning and felt fresh, and you could within half an hour have your breakfast, shower put on your elegant clothes and left your apartment neat, then you passed thru your clean street, beautiful houses whose little gardens are well cared for by the inhabitants, then you arrive to a post office or a government building where a smiley co-operative well informed efficient employee meets you and suggests logical solutions to any obstacle you face as if he is a solidaritarian partner, so gratefully you left to catch the time of the public bus, which arrives calmly and timely and that you find inside empty seats and vital relaxed sympathetic individuals.

You arrive to work in time to find harmonious practical elegant office furniture, and your colleagues calmly working till they are back home in convenient interlinked transport means, so they wouldn't use their cars except for weekend picnics to come out of the city if they don't want to be conditioned by the schedules and lines of trains and planes.

Imagine that discipline and calmness prevail in the city, and that the citizens dedicate their energy to work and pleasure, and that they are sympathetic and solidaritarian with each other treating r with respect and credibility, feeling safe under an umbrella of laws that protect their interests, guarantee their rights and organize interpersonal relations and with the state, and that they feel belonging and proud of their country, and make their politicians, freely chosen, accountable to fulfill their election promises, and that the individuals are aware of the internal and external political facts and solidaritate with oppressed peoples and human rights.

Imagine if sport, music concerts, theatres and museums are the chosen entertainment, and that friends are meeting in elegant coffee houses and beautiful gardens in their suburbs, and that shops, whatever attractive are its goods, are not what attract people in spare time, and that culture, arts and reading inspire the people of innovation and development, deepening their human side and their understanding of life realities, and ameliorating their conduct and life style.

Some of us realize at that that is not fiction societies, if they visited similar cities which were generally similar, and that crimes and delinquency there are exceptions that prove the rule, even more some of these cities where destroyed at wars followed by injustice and events inconsistent with human dignity motivated by the necessities of survival and human instincts, but they are the same people who rebuilt their societies with their wills, sciences, efforts and consistence. Fifty years ago, other societies were rural or poor closed and back warded but they could without rich natural resources and by visionary education achieve human development and create the individual of the future with clear conduct and value priorities, coherent with the bases of religions, to realize through them progress, prosperity, peace and justice. Since his early years a child learns social manners, respect, tolerance, discipline, cleanliness, honesty, seriousness, integrity, and static.

They motivate him to grow his imagination and talents, encourage him for free expression, spontaneity and creativity, train his critical mind, and get him accustomed to problem solving, tireless work, scientific investigation, accuracy, self-education, to be always ready for sudden strict evaluation, making him practice his individuality and rights, teaching him the experiences and cultures of other peoples, rewarding and punishment are employed, and the individual respects rules of law and

equality. They offer him information, culture and arts that respect his mind and humanity, and develop his concepts, conduct and thoughts and motivate him to work and invent for the future and others.

Destruction, backwardness, stagnation and poverty didn't lead these societies to uncalculated increases of population to express despair or instinctive, irresponsible, insistence on survival, so they didn't witness crowd ness manners, and the individual kept a convenient share of time, space, and resources, even more if the population was not balanced it decreased, and the result was the productive and human development that these societies enjoy now, and which may require in other crowded societies rural development and projects that spread country wide to evacuate the crowds and stop population increase.

Along with enlightening information, culture and education a development – under condition of stability peace, economic growth and suitable foreign relations – may be required towards a democratic society, that regulates interpersonal relation and with the state, offering advanced services, a democratic society that allows for the development and the best usage of individuals energies and the expression of their talents within firm coherent laws that guarantee the rights and the freedoms of individuals and their social, health, and physical security. Hence, the struggle for survival will transform from a destructive, selfish, miserable, immoral, arbitrary conduct into constructive civilized peaceful organized competition for the sake of man and civilization, the dream becomes reality, and the struggle for survival a fight to achieve the dream.

Questions about Struggle for Survival

Do we lie? Sometimes. Become Hippocrates? When necessary. Cheat or get bribes? If the outcome is rewarding. Compete dishonestly? If our positions are weak. Steal, fight, or kill? If we lose control or avoid punishment. Is this the quick short sighted interest and the blind belief in the logic of power and the disregard of the intelligence of others?, or the lack of credibility, vision and putting interest before values or selling the consciousness and dignity?, as if human being is an evil strong animal to be bought and sold with material and glory or authority and pleasure, as if that is a guarantee for happiness and harmony, and as if everything is relative and each of us has a price.

What we feel when we betray our consciousness for a material gain? Does this bring us self-respect? Do we feel more self-confident if we are driven by the desire to overpower others? Should the struggle for survival be a justification for all sins? And is the momentary interest more important than credibility that builds trust, and attains long term gains? Does the logic of force and jungle law secure interests, rights and safety? Can an individual keep enjoying health, money, power and authority in a temporary life term? And what if the magic turns against the magician?

Is dignity just a face keeping? And if the logic of force is enough for society's regulation and happiness, so why religions were descended, and laws legislated?

And if an individual gains means of power, health, material and glory, can he then guarantee his happiness without harmony and peace inside, that require clean consciousness and a serene content personality? And how can these means convince a person of the inevitability of health deterioration and death? And can he feel safe about himself and family if these means are gone? And if man, besides having these means, enjoys clear consciousness and high morals can him happily live in a material unconscious society that glorifies force and treads over human dignity for survival?

If we build a society upon the sovereignty of absolute power and the continuity of conflicts should trust vanish, and man feel alienated? Should good hide away, fears and injustice prevail, rights get violated, and destruction of the other turns into society and self-destruction? Should smile dissipate, compassion disappear, and man conduct become savage? Should selfishness and cruelty spread, wars breakaway, and the devil reign? If we are obliged by life troubles and necessities of survival to change face, become Hippocrates, and to harbor contradictions would the difference between the outside and the inside be just tricky for others or also self-misleading? And if we find the latter easier then how can we judge issues and matters? And how can we guarantee to avoid psychological disorders and psychosomatic symptoms? And if we are just partially healthy, how can we enjoy full energy and power? And how can we achieve happiness and continuous success?

A child grows to adolescent ,then an adult with increasing powers, and may get spoiled with what he will collect of wealth and authority, hence deteriorates morally, as power if not based on values, is self-destructive, which is also the case for every civilization that flourished then stagnated and faded away, because it was built by corruptible mankind. Can we then learn something from the rise and fall of civilizations? Can we acquire enough patience and wisdom to realize that some values are necessary for survival, and that blind power can hurt its user, kill his spirit, alienate his humanity, and fill his society with conflicts and destruction, and that if we put interest before value we end up losing them both? Can we be mindful that day to day survival is short sighted and a failure, and that

planning, credibility, effort and legitimacy are indispensable basis for a society of peace and progress, and that if individual interest, when left to act alone, leads to barbarism, conflict and destruction?.

If we look at advanced societies, we may find that, whatever are their life styles, they lean on the bases of all religions, when they believe in discipline, work, science, equality, responsible freedoms, accountability, and the respect of law, human dignity and rights, as practicing the moral basis is the goal of religions and the proof of faith, to achieve the balance between the individual and his physic, and the individual and collective interests. That is an expression of wisdom, maturity, far vision, and being down to earth; hence the sane society provides the individual with his rights and security, and the enlightened individual achieves for his society progress, harmony and peace.

Namibian Safari Fable

Traveling to the animal kingdom to present credentials to the lion king, I said people bored of hunting and slavery delegated me. They discovered that no peace nor freedom can prevail amongst them if animals are not included, that we are all but souls even when bodies vary, and that all is one, so no harmony with exclusion. The king responded that we are alike, we kill to eat or to live, that he may out of fear hurt man for lack of common language. I said words can mislead us or build up barriers, may serve for infighting and cheating. The king taught me transparent non-verbal communication guided by feelings. With royal permit I roamed the territory, bedazzled at plants and trees, more breath-taking than cities innovated by human imagination, each had a meaning and a purpose the feeling can capt, as it reaches out to all, no discrimination nor ignoring. Being a master king, the feeling is yet a learner in the school of life. It toured the world to absorb human experience, but before leaving the Earth to explore space, it thought of its animal friends, of their experiences and life lessons, of the common conduct and instincts, however variant were the style, environment or perception.....Here is a sort of small deer, who gives up affairs forever if its mate passes away, with loyalty hard to find in mankind, and there is a graceful, charming, cute springbok jumping ten meters wide and three meters high, not racing nor training for a prize....A leopard runs faster than a speedy car strongly gracefully flexibly decisively erasing our pity for a horrified victim...up tree a bird with a certain call alarming with rare solidarity other nearby animals from an approaching wild beast.....At a distance a group of giraffes looking the same direction at a tiger two miles away.....In the middle of the road stands an angry self-contained elephant, blocking every way, provoking all others, till it finds its mate.....A jackal got domesticated by those who feed it.....Birds eluded by a stagnant water surface got panicked by a crocodile. A frog engulfing an insect to be swallowed by a snake.....Males and females of animals competing to seduce each other's, even breaking up long standing friendships.....Sharp big ears capturing noise of subterranean insects to feed a fox surviving in a nature whose only constant are changing seasons, and when it gets dry flocks and herds emigrate without passport, visa or destination.....A group of female elephants guarding together youngsters, another of squirrels, walking, shouting ,saving siblings from an eminent danger, reacting quickly, moving fast up and down and everywhere.....Oryx's play and fight ,hitting horns, moving in a group with discipline.....Animals like us ,searching for food and shelter, playing around, cooperating, competing, fighting and coexisting like us and with us in the same planet, to fill it with harmony through the dialectic of good and evil, created by God, to live within souls ,and for creatures to interact, so life, emotions and ideas fill the Earth, building and destroying.....All is part of one,a role and a chapter of life.....

Sea-Lover

Since childhood the sea was at the centre of his world, the origin of his feeling free, inspiring him optimism, filling him with spontaneity and energy, painting his dreams with fun and trust.

He left his coastal town to study in the capital, but the nostalgia to sea was overwhelming, bringing him back to the shore on weekends and vacations. Led by ambition he studied engineering and excelled, so he was chosen to build uranium mines infrastructure, but the financial gain in such a dry life wouldn't erase the happy childhood feelings, hence he started over leaving behind the job brilliance and the financial abundance.

In Walvis Bay port, where he was born in Namibia, he found a job at a touristic boats company, driving one of them to show customers the nature's wonders and projects at the port; innovating ideas found by creative minds, self-confident characters and strong wills. One of them established metal structures over sea water upon which numerous birds at port leave its residues to be exported as fertilizers to Europe, another imported baby oysters from Chile, to be grown in barrels, spread over the water, then sold in local market and exported to consumers who enjoy its unique nutritious value whatever costly they are.

The boats swim at port, the tourists bedazzled by intact nature, pure colors, fresh weather, abundant seals and dolphins and birds of various types, and "Ingo" that left engineering to be a sailor found himself in the sea full of vitality and youth, transmitting his happy feelings to the customers with attractive communication ways, that ultra-passed humans to animals and birds at port, recognizing and feeling familiar to him. He whistles to the birds so they flock in groups over the boat to pick the fish he offers to them and to the seals. The latters that drag their bodies creeping on land can rush like torpedoes to catch speeding boats, to go on board searching for food and amusing the tourists taken by harmony and purity with animal, bird, nature and climate. Coming back from trip they feel renovated vitality with a confident smile, merry spirit and precious photos.

Ingo then started work for himself with a small motor boat, but his love to sea and creatures and his abundant happy ways brought him clients and gains, so he used his study, experience and time to design and build a luxurious modern big catamaran boat, fitting with practical considerations, operational requirements while reducing future maintenance costs, using the potential of a regional specialized company, hence saving one third of the boat price.

My last trip was on board of the new catamaran, I shared with Ingo his happiness for achieving his dream, so he told his story. I saw how he insisted on self-achievement, on that his work becomes his pleasure, on leaving the abundance to start from scratch searching for harmony, to abandon sand and minerals to reach over to humans, animals and birds, on having his private business and using his studies to make the best investment quality and price wise, on staying free and spontaneous to enjoy vitality with full spirit and to spread happiness around.

Ingo and the investors of oysters and metal structures are examples of free minds, young hearts and conscious wills. They made useful lucrative business with minimal investments and creative ideas. They prove once again that the real wealth lies in educated humans and saine personalities, and that free thinking, whatever fears the consequences can bring, is a basis for nations to prosper.

The way to Swakopmund

The way to Swakopmund, 06:45, morning of March 21st, going to celebrate the National Day of Namibia in the Port of Swakopmund. I took a book with me called Chicago that tells the experience of a veiled Medical Doctor who left a small city in Egypt to work in the States. It looked like the book was going to tell a story of a woman torn between her morals, genuine feelings, the contradictions of her society and how she would interact with life and work in Chicago through a sensitive, delicate and accurate description of the feelings of that woman who will have to choose her future, her lifestyle and the priorities of her values.

It looked like that, that was one of the contemporary issues in the age of collision or dialogue of civilizations. In spite of that the way to Swakopmund would take 3 hours, but something else bigger than me pulled me away from the book. The Sun was absent behind the clouds, but its' light was present, the sky looked sometimes yellow then silvery and the earth wrapped with the golden yellow background intermitted with brown, violet or green , all colors constantly changing but beautifully and harmoniously.

The cassette tape played attractive Hungarian Classical Music, overwhelming the feelings, moving the emotions, changing the mood from human deep sadness to the vitality of pleasure and optimism.

Then moved to light music of famous songs that gained Academic awards, I still remember some of the lyrics, the music takes me back to beautiful memories and full emotions which I realize with my heart, mind and spirit.

I see the nature tape ever changing and beautiful with colorful formations that challenge the imagination of any artist. They told me that there are always multiple choices and solutions that there are no limits, no frontiers for capacity, energy, time and distances. That beauty, energy, happiness, love and innovation are around us, we can feel them if we open our senses and become selfless and leave the ego's prison to the outside limitless freedom and happiness.

That would depend on our free choice. Someone's, including me expected that the road would be long or boring, hence I brought an exciting book. But real life is more exciting. The merit was not only due to my state of mind or to the beauty of nature and climate or to the vigorous stream of emotions and memories with the music, but due most importantly to that I was with God who made all that, because through the 3 hours of the road I felt I am flying with my spirit and integrated in the creation and innovation of God, his Majesty, and overwhelming capacity, I was really loving him and full of passion. The music was in my ears, but I lived the silence, the serenity and the no time so that 3 hours past as if they were 30 minutes and the travel for which I brought the book so not to feel it, was of the sweetest, dearest and the deepest of my times. I realized that I was praying along the 3 hours without kneeling nor bending. I was lost in the love of God, the pleasures of life became smaller, it couldn't be matched with a feeling like that overwhelmed me and made me on the earth a guest from the sky, loving both of them and thanking God in every conscious moment without pressure or oppression or feeling of duty, but with an overwhelming genuine feeling which was union, happiness, fullfulness, serenity, consciousness, love and needlessness together.

Apparently March 21st was also my Spiritual Day!

The sea and me; a letter to my daughter

Since my early years, I was magnetically attracted to the sea. I sat hours on its beach, gazing at the wave's rhythm and at the light's reflections on their movements, enjoying the cool calming breeze, losing my boundaries in time and space, washing away my sadness, looking forward to a time after, and satisfying my thirst to the wisdom of life. The sea was an eternal, always available, friend and a limitless master, whose alternate stillness and mighty waves taught me that the eternity of change is a base of life, that the waves of lifetime build up to inevitably fall down ending at the death shore, letting the water back a spirit in a wave body, getting bigger to break down to death that preludes to a new life, an extreme leading to another as usual. Is reincarnation a fact or a wishful thinking of the desperate for eternity? Some among us are characterised by beauty others by tranquillity, transparency or different colours. Though we are different one to another or from time to time, but the sea resembles us all, including change according to environment wind, light or temperature ,as if the sea shows a reality ,that all of us humans can seem different ,one to one and outside inside, but may be the variant depth stands on common basis....sometimes the sharks hide under warm calm attractive waters ,other times the sea is cold and dark, but harmless, refreshing or activatingour curiosity drives us to explore the sea, surface and depth, even risking to lose time and safety, but the sea's magical overwhelming ambiguity leads us, the same with mankind ,hence no life nor interest in the stagnation of guarantee and no comfort in energy saving and the latitude of escape or postreaction. Life is about experience and learning endlessly...the deep pleasure of life entails achievement and maturation, hence life is the school for mind and soul...is that why many live by the seaside?...are we ever longing to a friendly wise master ,taking us away from internal life to indulge in life's wisdom and the soul's unity. For whatever it is embodied in man, animal or plant. All start, grow then end feel, produce and feed on each other. Live in groups, but compete with rivals and extend in successive generations, confirming the life's temporarily and the energy and spirit's eternity, according to a genius harmonica universal system, that englobes the largest solar group together with the minutest atom's component.....with glittering eyes serene soul; loving heart and deep feeling, the last that mother told before passing away was that" life is sweet".i can add that it is charming, endlessly ambiguous and comprehensive...even so we can't be attached or indulge in the basic instincts and daily needs, otherwise we miss the total liberation and can't enjoy others, life term, the moment intensely and the charming ambiguity without guarantee in a fundamental external and internal harmony with the self and life around....our planet of water wrongly called "the earth "avails the sea near by most of usdoes my daughter need a caring friend?.....your Hadi

Aunt Rose

That traffic officer asked her for the driving license and the car documents and about the reason of over passing the speed limit on the highway leaving to Budapest after he found out from the license that she had already passed 80 years of age a while ago, then he let her pass when she told that she wanted to arrive in time to a classic music concert in the capital after a long day that she spent arranging the house, removing snow from the garden and shopping for the week in addition to hosting friends from same village at her home for a tea party that they left late. The strictness of the officer didn't forbid him to tolerate the traffic law in fracture appreciating her vitality and motivation.

Lady Rose worked as a teacher early in her lifetime practicing her faith in idealism through offering a good example to her students, she has values that flourished by high culture and gave her motives and energy that empowered her in a life of struggle at the start of which she met her life partner, an accountant whose merry spirit and love for life added more vitality to common values that supported them together facing obstacles.

When the Nazi army swept over Hungary they obliged some of its teenagers to be recruited. The husband was one of them, a Hungarian boy who was captured by the allies and sent away to a camp in Belgium where he was taken with his country fellows as refugees with a condition of forced work in the mines, hard years when he spent much time underground, so he preferred to come back to his home land to follow his studies, a grown-up strengthened by suffering till he became an accountant. Being young and forced to be recruited and the hard life later in Belgium were not enough reasons to prevent the local authorities from doubting his patriotism or to forgive his military past and to forget his years of life in a free country so he was frequently detained in Hungary.

An unstable, unsecure life facing the couple early in age till the anti-communist revolution was launched in Hungary 1956 and the borders were open to the western countries. He was surprised by a call from an old friend in Belgium offering him help to be given the status of political refugee if he speedily travels to Belgium. Nothing much was to be lost in Hungary if he decided to leave, and the immigration was an expression of hope deserving a calculated risk that he can face with the strength he gained from experience and his values that deserve suffering and perseverance. In the new home land its no problem starting from zero whatever qualifications he had; manual work is respectful and all are equal in front of the law.

He started working at a gasoline station. With time he became the manager then the owner. Lady Rose became a nurse and the couple had a life offering the basics and allowing Rose the chance to offer her service, loving care and the good example. The couple had three children who were taught how to fight for the common values to achieve success and self-respect till they finished the high education. The ambition led one of them to immigrate to Canada and be a University Professor after he tested his ideas, priorities and convictions through the Tourism of the youth in various countries.

Now as the parents were sure about the future of their siblings and with the communist era ending they revived the dreams of the youth even after they passed 70 years of age; back to the free home land, to the life in a beautiful country house surrounded by the warm feelings of their citizens and the cozy calm country life, the safe life without oppression or fears, but destiny had no time for the husband to enjoy the life dream so he died 2 years after leaving Aunt Mooky, as her school mates in

their yearly meetings like to call her, to enjoy her loneliness as an able confident independent character, loving values, life, and culture, and living in harmony with her country people. The neighbors call her Aunty considering her wisdom, age, affinity and sympathy, she is keen on following a life of moderation with food and effort and enjoying a notable mental and physical activity, wanting nothing much from others and life. So in addition to seasonal visits from her sibling's resident in other countries her active life, warm feelings, self-respect and peace of mind fills her of enough happiness and needlessness.

The Garden of Life

A life of ever increasing rhythm, maybe more than we imagined at our young hood, daily duties multiplying with the complexity of life and the over crowdedness, sciences progressing offering new technologies that we have to absorb due to work and life requirements, flood of information that we acquire to be empowered and updated.

You may be a scientist, an employee, a manager or a specialized technician but you can be asking yourself when can you do all what is necessary or required, and if you do it all when can you enjoy spare time if you don't live the moment with performance and perfection?

You may not find spare time, and even if you find it, you may be exhausted so you relax with the family or you watch a program or episode, comfort may not be enough to renew the energy; as it is a life that consume physical, mental and muscular effort and the body itself, you may find yourself pushed to reflect with the passage of years about if your life was truly happy or if your health will long tolerate stresses and crisis that even if you didn't experience except some, they engraved their effects as bodily diseases; hence comfort is not enough, the energy is consumed, problems don't wait, and energy renovation may be necessary to improve health performance and happiness.

In your spare time you may resort to a book, but reading requires effort and concentration. You may practice individual sport but you may feel sort off fulfilling a duty if it was not exciting. You may meet friends but only if they have time and will. You may watch a film or a theatre play but you may be only a receiver, so what do you think about gardening? Do you find it a manual work that doesn't deserve your time and effort and does not correspond to your job, prestige and social status? Just look to their life across the Mediterranean, many are deserting the life of the noisy capitals to the towns, suburbs and villages or owning a country house, technical work is expensive so traditional education is developing the talents of manual work for artistic creation for self-expression and to perform the urgent and simple maintenance work.

Some of them would find in the country side life tranquility, serenity, beauty, and abundance of time, space and services, so country houses can be wider and legally the garden should occupy most of the land area, hence the human being returns a part of pure nature and clean environment that charges his senses with beauty to be transformed from a meaning to a significance and a higher value, a nucleus of coherent value system with components like discipline, cleanliness, perfection, care, giving and love of life.

If you work in a garden you are really practicing a useful and enjoyable sport; caring for plants is an experience of giving, kindness and care. Removing the harmful weeds is like self-purification. Picking dying flowers and branches is like improving use of energy. Watching trees growing and flowers blossoming are like the pleasure of educating and growing a child. The garden is a teacher of beauty and its beauty is a proof of perfection, love and harmony, a gratitude to persevering effort done with patience and faith of the value of life and hope.

If you are alone or surrounded by stresses, looking down inside yourself and you find yourself living the bitterness and the sadness, simply come out to the world of truth and beauty to fill your senses

with noble meanings and the pleasure of life, come out from your tight shell to the wide life to see it with true eyes, a fiery hope, and renovated energy.

If you have a garden make it your teacher, your healer and your friend, to open up your senses, to grant you pure air, pleasant aroma and a picture of bright colors and shapes, you painted with effort, renovation and care to bring you back to where you came from; the son of nature, a part of one, and a toothed wheel in the machine of life.

Circus without Frontiers

Can we teach children below ten years of age the causes of democracy, ambient protection, culture of peace, family bonding, disarmament, resisting the control of business men on politicians and peoples?

An ambulant family circus of four individuals and a friend, the father studied theatre, saxophone and piano playing, taking them with him into wooden caravans, built by the wife who tailored and embroidered cloths and curtains, the vehicles are horse driven, and illuminated by a solar energy generator. The circus passed in the country side of several European countries, moving every Sunday, and granted shelter by local municipalities in the freezy winter season. As for the spectators, they are rural children accompanied by respective families, some sharing in the show about which a documentary won a prize in an international festival and a book with photos beautifully made was also issued.

The show starts with a man walking over long wooden sticks, showing arrogance, control and inflated ego while moving an apathetic child as a puppet hanging to its threats and controlled to live as a machine without feelings nor emotions, it lives without soul to do what is dictated, till another child comes for the rescue in absence of the dictator, the savior speaks to the victim, evoking hope and vitality, but the returning authority puts off the awakening at onset, and keep the situation under control till the governed becomes a burden on the governor while misery and failure becomes the fate of both.

The same inflated ego is what motivates a youngster in another episode to artistically flirt with a girl; showing off his muscles, talents and tricks to win her admiration at any rate, to satisfy his seemingly overconfidence, and to put down his self-doubts with a tricked victim even temporary, but he ends up with a body exhausted by sport, a mind occupied with superficialities and conspiracy, wasted energy, a failing lonely self, inhabited with doubts lacking truthfulness, and a dignity depleted by a clown failing to achieve confidence and serenity, that requires pure true manhood and harmony with the self, life and stable true relations.

The show goes on for the youngster to become an adult trying to dominate nature, taking off trees, killing animals and contaminating the environment with factories and residues, so the nature turns against him with floods, earthquakes and catastrophes, to punish him for putting first his tight interests and short sightiness, to spoil his security and stability and for him to pay the price of his mightiness, greediness and ignorance.

He is the same adult running after fast interests from arms industry, easy deals and unhealthy junk food, that provokes the innocent children and lead them to fill the world with roses and trees, to co-exist with animal and care for it, to protect the environment and to love life, to create beauty and innovation, and to spread the love, the pleasure, and spontaneity.

The show goes on for the contemporary adult to appear within his family all time busy with his calls, interests, relations, television and computer, as a performer who doesn't live the moment, and can't feel strongly and deeply, without a comprehensive vision, not really enjoying and not caring for his family and children, who in turn are busy with electronic games that teach cruelty and killing, he is

consumed, rushing in a hurry, lonely and upset and endlessly anxious, so his life term ends as if he didn't live it, till his resources end, and his body gets diseases.

I contemplated the show at the end to find that it had deposited in the consciousness or the sub-consciousness of the child how to deal with all what is important of what he is going to face in life, as a child, a teenager, an adult, with himself, with the other, with nature, family, money, and political regime. I remembered that the main actor declared in advance that he and wife toured the world and deserted the city and luxury life to tell the lessons to the children who received them with fun, entertainment and in return to low fees.

The couple is leading an austere lifestyle to transmit a message that most of the contemporary adults failed to completely understand in due time, so they reproduced the errors, and wars, catastrophes, selfishness, tricks, misery, psychological and physical diseases, loneliness and fears prevailed in an unfair unstable world. The parents were keen to educate their children by themselves and through correspondence; so one was graduated a physician, the second joined the university education, and the younger two act in the show with the parents. The wife is a daughter of a business man and from a rich family but deserted the luxury and artificial life to serve humanity starting with rural children. The couple enjoys hearty friendships and true respect wherever they go, the appreciation for the message opens the hearts and the minds and surrounds them with cooperation and gratitude.

I remembered in our country the street puppet show that usually ends with a man controlling his rebellious wife with a stick, and some of what programs are offering for children, dealing with them as if they are incapable for their age to realize, and I felt that is its more possible to educate children than we imagine, and that the real professionalism shows itself respecting the child, having faith in his potential, and in simplifying the show not the significance.

The Treasure of Loneliness

What would you do if you were lonely? Do you feel sometimes bored even if you don't have serious problems to face? Would you play, work, study, visit, and achieve, love, shop to escape from loneliness? Does loneliness confront you with the extent of your pain and the extent of your need? So you would be nervous or even suffocated, and the activity will be your analgesic and a temporary relief from boredom?

Just wait a bit; as playing can be without involvement, work and study could be as tension lacking concentration and deep understanding, visiting as superficial courtesy without real care and openness, the achievement without satisfaction and love as a possession and handicapping mutual interdependency, shopping not up to the need, quantity, quality and pricewise; so what would be your way to a life of high value? To peace of mind? To the nobility of feeling, work and dealing? To inspiration as an invention or art whose benefit extends to the society at present and future and to all mankind? To spirituality that make your psyche higher and to enable you to feel that you are but a part of all; with understanding, love, kindness and with responsibility towards everyone; a responsibility that can make every relation deep and fruitful, conscience and fair, peaceful and stable, inspiring without limits, that you can end immediately whatever it may be without suffering if it turns negative?

Where from can you bring all this power, energy, independence, highness, love, realism, truthfulness, and depths? Consciousness, vision and inspiration? And what would you do if you were among a group surrounding you with intrigues, superficiality, selfishness, primitivism and ruthless power games that demean the user in the first place?

What would you feel if people around couldn't understand, appreciate and be committed to dignity, self-respect, fairness and honour? And if they don't have insight, and if they don't put values before interests, and if they don't remember mercy and love to others as love for themselves?

Escape to loneliness and even more to isolation, hold fast to what you are escaping from, and abandon what you are looking for, make loneliness your resort, give yourself time to connect to yourself, and face what you are escaping from; as your truthful temporary little suffering is a motor for understanding, realization and growth, and it is your way to peace of mind, serenity and purity of spirit, and they are the will of happiness, highness, inspiration and sixth sense, and a source for unlimited power that makes work a pleasure and perfection, relations stable and deep, and love purity, maturity and growth respectfully independently and consciously, and art an involvement and a creation, connection and eternity.

Be involved in life even when you are alone; as all are inside you, and your spirit radiates affinity, understanding, responsibility and goodness. Feel with every cell in your body, live to the maximum, and realize the unknown and the unseen. Purify your spirit, and dare to live the moment deeply and highly; with a security that grants you truthfulness with yourself and others respectfully, positively and sincerely, then speak to others about the experience; express the marvel of sentiments and the emotions that mesmerize the feeling and the psyche, and you may be surprised that your state of mind was transmitted to others even for a while and let them enjoy crystal moments with deep insight that may last and build one day.

Socialize with the sane, enjoy fine arts, feel the beauty, the perfection and the highness. Fill your ears with music invoking serenity and love, renovating hopes and faith in mankind and goodness. Enjoy total liberation from the needs and the fears, and breathe deeply in the land of God. Change your life with patience, tolerance and love, to understand that all of us are passing through various stages in the school of life; we came to learn, to play a role in life whose continuity requires an interaction between the good and evil, for people to learn and to compete in development and growth, till we mature and understand ourselves, others and life, so we deserve the happiness, peace and harmony, deserve and appreciate the heaven we are longing for in the sky, and we strive to build it on earth.

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