



# G-ASIA

**WORLD WIDE MAGAZINE**

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RECORDZ *presents*

Glimpse of

*My Soul*

*Prabha Sharma*

*Sajan*

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# Master The English Language

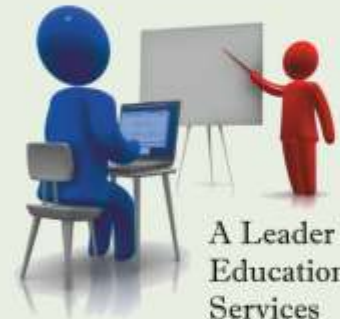
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## The Transcendental Voice of Poetry

*Prabha Sharma-Sajan*

Poetry and poetic expression allows us to break down borders and hierarchical structures to truly arrive at a primordial glow. This opens the dimensions to a meaningful epistemological truth that is our own. In this space, we find a profound way of knowing that intersects into true voice, bringing us into a space of our own unwrapped bodies. Indeed, it is an unveiling, which exceeds linear, rational, narrative and argumentative structures and definitions. Poetry is driven by emotional thought and intelligence. Therein lies self knowledge to know the world as poetic expression which opens us up to the mystery and wisdom of our soul's screaming..

Legitimization of the necessity of poetic expression for evolution of our existing truth, breaking down the encapsulating and hardened conditioning of social and scientific arrogance is a required shift as a catalyst for outdated, oppressive and undignified social constructs. Through this we receive glimpses of the profound realization that poetic expression is a necessary form of self understanding. In essence this breaking down of thought borders both valiantly brings us to a provocative look at our true selves through the reflecting mirror of our own inner musings.

Poetry opens these doors of intimacy within soul. This intimacy is an ideal epistemic authority and should be counted as legitimized knowledge. It represents insights into our true world view and experiments for our own unique theories. The world one experiences within is the world that starts from this reality, the inner reality of our own mind superior. This preference for the world

of inner eye is spiritual and natural in ascension. The possibility of creative mind as having meaning and empowering life should be surrendered to instead of the passivity of blind acceptance of textual truths.

Humans are creatures of emotions and in order to birth our emotions into being, we must encapsulate our thought dreams into linguistic reality. Expression blossoms an emotion into our own unique awareness. This allows for the transcendental reality to manifest into words that dissect limited reality. The poem becomes a new theory to explore first by the poetess, and her own self reflection upon the creation and the created source. The poetic dance of creating, creation and creator is "magic" indeed and lifts us into higher awareness and opportunities to rationalize, validate and share the newly created truth within ourselves and towards others.

We may dive deeply in exploring mind, body and soul nectar overflowing temple doors of the physical body within the confines of those inner mysteries of the erotic. Poetic voice is real hauntings stemming from the ghosts of our own souls, in word manifestations. Poetry is a space of this erotic within the self. It is therefore a forum of real self understanding. It gives rise to an inner comprehending and self discovery.

As a poetess having explored the sensual in my own creative depth, and poetry, the erotic femininity from which my very soul has been formulated resonates through me. The erotic represents a pure and rational truth that is the inherent essence of woman. Poetic expression is an uncorrupted version of this knowledge.

It is not a trivial matter, a woman's sensuality and the power of awareness this sheds light upon births epistemological forms of rationality and identity. Poetic expression offers this deep refinement functioning as an important form of reflecting. Thus, women can be truer to their own inner, primordial selves.

This truth may be found in the emotions that guide the poetess to the sensual self knowledge. This detonating and dissecting of social conditioning and dominance screaming in the poetess's verses is the key to this inner knowledge. By hearing the erotic voice, poetry allows women to embrace the mystical parts of their sensuality, that are so often powerfully subdued and hidden in the moral fabric within which their behaviours and thought patterns of emotionality, rationality and ethics are conditioned to act within. The experience and sensitization it gives in freedom to drink of this forbidden, cosmic rawness of feelings is profound and immaculate. This profundity lends itself to freedom and knowing.

Furthering the understanding of the sensual and its flow in the poetess's self essence and revealing poetry gives voice and empowers the confidence to embrace our truth.. A woman's sensuality is a powerful form of knowledge. Their poetic expressions embodies the lived experience in the sensual self and its formative value in reflection.

It is sacred to embrace our own unique femininity and those uniquely erotic facets to experience emotionality unconfined. It is a metaphorical flow of sensual rivers and the wisdom of that feminine power.

We build that delicate, new luculent composer of our unique inner self through new twists in the kaleidoscope. At first glance this may seem full of glares from the objective world that scientifically and arrogantly claims legitimacy over identity systems and labels which somehow gain supreme reign over our identities. Poetry denounces these labels intelligently and emotionally. Uniquely is the emotional womb of intelligence found in poetry.. This serves to impregnate the heart and mind of unmanifest and manifesting awareness..

Indeed, it is a high art of intersecting multiple intelligences. Knowledge in the poetic expression cannot simply be dissected in a methodical way. This autonomous form of universal knowing allows glimpses of antiquity. In these glimpses, there are mythical, sensual, sensational, undiluted,

potent hues of knowing beyond qualities of space and time. It is emotional, ancient, old world, old charm, transgressing spaces known, and authoring the transcendental truths of who we truly are.

Poetry may even stake a claim as being considered the pinnacle of the whole edifice of self truths. From the most revered books of spiritual and transcendental knowledge, poetic inspirations were at the heart of these revelations. Then it stands to reason, that the individual soul, body, person, woman, man and energy field of one's existence is their own unique inspired poem.

This poem is enlightenment. This poem is religious. This poem is the individual self. This poem is my feminine structure. This poem is me. From this reasoning then, it can be viewed that human understanding and inquiry is embedded in experiences and mystical ebb and flow and crystallizes in form and word based on the culmination of the history of the poetess, her history of mythical proportions. Within its confines we configure the human meaning and dimensions and experiences that manifest the poetic expression.

These primordial ancient spaces is not an indulgent massage of unrefined rationality, but in fact the refinery of transcendental knowledge in manifestation through words. This is the unbounded space of true revelations perpetually creating theories anew that are researched in the moment that is beholden towards a time beyond space and rationality, a science above scientific comprehension. In this space of truth and knowledge, emotions come together in the eye of its beholder, and all senses link to the flesh of human mind to see, hear, taste touch and speak; thus, poetic expression is the true self, a spontaneous creation of a theoretical dawning upon which its disproving is the onus placed on the world of rationality. Who can disprove the theory of experienced truth in the feminine, emotional world of a poetess's mind. The written words, the poem is the whimsical vibratory theory and her truth.

William Blake poeticizes "infinite worlds of delight" Indeed, it is in these infinite poetic spaces that we crystallize into our own being and know our own self in this infinite world of truth minarets delightfully exploring nature in Her pristine, own truth womb.

By extension, the creative expression cradles the science of self truths, where an epiphany becomes the method of

knowledge acquisition for self definition. This is where self respect could be gained from our own perceptions. Then one may attempt to dissect the theoretical discourse of the spontaneous knowledge. Just as science arrives at theory in a methodical way, poetic expression arrives at theory in a spontaneous way. Both can be disproven. Nature plays in polarities. Ying, yang, shiva, shakti, life, death, masculine, feminine, rational, emotional and dissolution and creation. In this vein, science and objectivity needs to release the arrogance agenda of its methods. The poetess observes the world, questions and analyzes, concludes and expresses. She may naturally seek a legitimization of this delicate, whimsical knowing, and pacify the unrelenting demands of truth inquiry.

There is value in the intimacy that poetic expression pierces into. This focus on mind, body and soul synergy deepening opens up spaces for self refinement. It is a journey of bleeding and healing that steps into the deep zone of ourselves at a soul level beyond blood and bones. In this space we find the inspiration in words, validation of emotion, freedom, borders' slayers, nonconformity, pornographic heart, linguistic nuances, heart hieroglyphics and the synergy of it all. It is a femininity that stimulates the muscles of emotions and the private, emotional poetry of self truths and lures, like poetry does, the indwelling emotional being exploring beyond prescribed identities and moralizing. It belongs to both men and women.

I am passionately enamoured by the dialogue, and have surpassed the precipice to control my own third eye view. It uncannily lends rational, epistemological and ontological theoretical value to all that I question and explore. It is this very questioning and journeying that leads to my own self reference. The ways of knowing are mystical, and I prefer the mystical, for it lays dormant in my every breath..

*Grammar skirted around My body  
 Sending its vibrations shooting up My elements  
 Befitting of high intellectual arrogance  
 My blood began to animate---  
 Unveiling linguistic and phonological bottles of passion  
 I drank the rules  
 Prabha writes in wine  
 Leisurely the subconscious flow of a Poetic glow  
 There are Men who joined Soul muscles to build the doors  
 Opening books of all symbolisms*

*For their own symposiums  
 And there are  
 The Mysticisms*

*Decoding Epistemologies  
 Universities of history's mirror  
 into a future of linear evolutions  
 Measure My blood color from the rules of grammar  
 Let's drink story telling in style and metrics  
 Sophistication  
 Syntactic patterns of mind  
 Pronunciation of literature wine  
 Orbiting elegance  
 Eloquence*

*Structured, sculpted, scripted  
 Devanagari Script  
 Aramaic Alphabet  
 Abjad Numerals  
 Preclassical Inscriptions  
 Sacred sound vibrations  
 Etymological wombs of explanations*

*Cosmic Sound  
 Come Hither*

*Turn the literature wineglass  
 Prabha's poetry in translation  
 Write Your book on My tongue  
 Come whisper in My ears  
 Blow gently the secrets hidden  
 by the Evolutions of script*

*Writings in thought worlds of enchanted labyrinths  
 Uninhibited  
 Spiritual  
 Mythical dimensions imprinted on the Soul  
 A fortress for all languages  
 Let Us analyze the grammar of Love*

*Truth  
 Come Hither*

# THE JOURNEY OF LIFE THE SOUL'S QUEST

-Gurpreet Sekhon

It's your story as well as mine. It is soul that lends movement to life, It is the soul that teaches us to live and teaches us to die. It is this that teaches us to love ; it is this that teaches us to hate. It is this that fills us with pride, it is this which teaches us humility. Damn it; it's this which makes us sin and also sometimes helps us plant the tender saplings of goodness. The long journey of soul shall never end from the mother's womb through childhood, youth, old age and death and re-birth, the cycle is endless. Let us salute our soul which has brought us together for this wonderful experience.

What is this life and what is this journey?  
Neither you know nor I?

You talk too much, so do I,  
You too die every movement, so do I.

We have to talk about the soul's journey,  
We have to talk about the grave.

Let's go and ask God,  
What is that grave.

If we have to talk about the journey, we have to talk about life,  
If we have to talk about the journey, we have to talk about death.

Sometimes good fortune throws us up to the sky,  
Some times misfortune flings us down to the earth.

Life is like a spool of the spinning wheel,  
The radiant life you enjoy today will not remain tomorrow.

Preet ! you talk too much about darkness, You should sometimes talk about light too,  
Preet ! you are afraid of this world, you should also learn to fear God.

Let's sit together and chat,  
Let's celebrate these moments of togetherness.

You were asking for directions from me, said God,  
Today you have come to tell me something.

I am not blaming anyone for anything, as myself am hapless and helpless,  
Let's talk about the comfort's of the Mother's womb and also sorrows flowing from that.

I think there cannot be a better home than the Mother's womb,  
When I think of that, I do not think I would ever like to die.

I was like a lump of flesh which neither spoke nor asked for anything,  
I was not bothered about the breathe nor about the hurdles on the way.

There was neither lust for life, nor fear of death,  
There was no fear of day, there was no fear of night.

There was no fear of talking, there was no fear of being watched,





There was no worry of standing up, or of falling down.

Sometimes I said something, sometimes she said,  
Sometimes I understood, sometimes she guessed.

There was solace, there was madness,  
There was worship and there was the code.

I saw the birds chirping there,  
I played with the snow and also basked in the sun.

Sometimes, I talked to the stars, Sometimes I cheated with the moon,  
Sometimes if I got angry, the Moon himself came down to woo me.

While in the Mother's womb, I was perturbed by the thought of discrimination,  
I also thought whether I would be a boy or a girl.

Because, if I would be girl, they could kill me,  
Because, if I would be a girl they might burn me.

If it's so easy to kill, why do you believe in religion,  
If its so easy to kill, why do you believe in Karma?

I am but a reflection of my mother dear!  
I am but the caption of your aspirations.

The time has come when I shall be torn asunder from my Mother's womb,  
And I have to see the world and there will be noises of all kinds.

Now my mother shall have to bear the pangs of child birth,  
It appears I have forgotten that thick shadow.

Now Man has appeared on the seen, Now we shall talk about man,  
O my powerful God ! we shall together bear the joys and sorrows of life.

Sometimes I think how you must have torn me apart from your body,  
Sometimes I think, after separation from you, what shall be my fate?

Sometimes my father rebuke you and sometimes my grandma torments you,  
You are burning in the fire and yet you protect me by holding me to your bosom.

Sometimes your near and dear ones hurt you with poisonous arrows,  
Sometimes you do strange silly things to protect me from the evil glances.

Sometimes you hang something on the door to nullify the effect of evil.  
Oh! Man! Do not think this is mere superstition in fact it is pure love of the mother for the child.

So tender was I that my father was afraid of lifting me up,  
So innocent was he that he did not know I should fall and fall.

He tickled me and I too smiled in response,  
He sometimes pinched me in order to hear my innocent cry.

My father hardly knew that the evils of the world would break me,  
Since I have come into the world in the kalyug even he did not recognize me.

This is the story of life and we have to talk about the relationships of the world,  
If you get good relations, you do not need angels.

I arose and fell and rose again,  
Sometimes I walked a few steps, despite my fall, it did not matter to me at all,

So far as I was able to look into the mirror of my Mother's eyes,  
Though I was soiled and sullied, it did not matter to me at all.

I was aware of neither life nor death,  
I was aware of neither work nor of idleness.

The home was my temple the home was my church,  
I can neither forget the floor where I toddled nor the room upstairs.

I was eager neither to learn nor to fight,  
I was fond of neither weapons or sharp swords.

How can I forget the little slap of my, father?  
How can I forget the big cracks in the world ?

My school bag was heavy; my childhood was lovable,  
Even my father's fist appeared very appetizing.

There was neither love nor hatred in my heart,  
No one appeared to be a stranger, the whole mankind appeared to be mine.

The sweater knitted by mother which I wore,  
Protected me from, all the snows and storms of the world.

I had great respect then for my father looking askance at me,  
I had no illusion about any relationships.

Nor did I know the difference between victory and defeat,  
And the meaning of falling stars.

Now I began to know about the joys and sorrows of the world,  
Now I knew about the candle and the Moth.

If I do not talk about one relationship, this story would remain ever incomplete,  
If I want my sister to tie the sacred thread on my wrist, it is also imperative that I protect her honour at all times.

The brother sister relationship has a uniqueness of its own,  
Sometimes I feel a sister is a Man's good fortune.

Now I am ascending the stairs of life,  
My forehead is ploughed with worries.

Let me tell you frankly that the memory of my Mother's womb has always haunted me,  
I am not nostalgic even about my childhood.

My soul has seen the birds returning from abroad,  
I have also seen the souls who never think of returning to their native land.

I have seen the fire burning in the heart of a mother who is thirsting to see her son,  
I have seen father's eyes shedding tears on the departure of his son.

Today the landed property has altered the destiny of people,  
And materialistic gains transform the profiles of people.

Oh my God ! you feed some people in plates of Gold,  
And you make some people sleep hungry at night.

I can only say that you alone know how to run the world, I am nobody to comment on it,  
I appeal to you O God! to take pity on the hungry lest they should die of hunger.

Now the times have changed, so has the devil,  
Now the world has changed, so have the concerns.

There is neither that beauty nor those beautiful women,  
Now the world is racked by worries and has lost its peace and tranquility.

Who talks of the nation today and who talks of the sacrifices of martyrs,  
Everyone is dying every moment and talking of the worries of life.

I have been a mute witness to the blood- sucking leaders and their devilish acts,  
What is the use of these word's now?When I did not feel, there was time for them.

While we are all destined to die one day, why was I afraid of speaking the truth?  
While I knew that everything acquired will have to be left behind, why did I gather so much?

I have seen people killing others for the sake of honour,  
I have seen fathers raping their daughter's to satisfy their lust.

I have seen people remembering martyrs for their own selfish ends,  
They think they will go to heaven with all their money.

Now the preachers don the robes of great prophets for their self glorification.  
What's the use of their pomp and glory?

What is the use of all this false display of wealth and power?  
They are talking in terms of millions and billions, how will they teach us contentment?

I am the dancing girl of my Lord and only he can make me understand the enigma of life,  
My wounds are fresh, only he can apply the healing balm.

Why have you come to this city of stones,  
You won the hearts of the people without doing anything?

All this is the play of destiny,  
And the lines on the palm of the hand.

Some people go on exploiting in the name of culture,  
Some people shamelessly smile even after selling their motherland.

It seems now everything is over relations and their affections,  
The mother and her son all are sold.

Their eyes are unable to see anything good,  
Now the times have changed and daughters are not afraid of their parents.

The winds from abroad have played havoc with our relationships,  
Since the trees have been uprooted, there is no shade.

Some people die pre-maturely,  
Some people continue to live even after their death.

Some people have the urge to live and some are consumed by the fire of passion,

Some people count the stars, others can't count the steps on the earth:

Some People have their loaves buttered on both sides,  
Some can not claim even their rightful due.

All these are the whims of God! which I have called upon to record.  
He looks serenely in the heaven and we are made to suffer on the earth.

God gave me large bungalow and cars and I do not know what else should I ask for?  
What I wanted to seek, I could not speak.

Now the sands of life are gradually becoming a part of life,  
Though I now get injured everyday, the injuries are automatically healed everyday.

I remember my childhood chums and also my one time flame.  
How can I forget the one who held me to her bosom?

Sometimes God brought me out of water to make me squirm like a fish,  
When I could not even walk, he asked me to perform rigorous exercise.

Seasons changed and people had to change too,  
When I had to walk so long, I had to reach the destination.

I sometimes talked of religion,  
While seeing others die, I was afraid to die too.

Eventually, I struggled to reach the destination where death was waiting for me,  
My body kept burning in the fire all the time and today my soul too got singed.

It is the soul which made me realize that it takes no time to create great distances,  
It is difficult to bridge the gulfs, Do I ever remember past relationships?

I sometimes wonder whether life is a gateway to immortality or to death,  
I sometimes wonder whether death is a dispenser of grief Solace.

I closed my eyes and relinquished my body,  
I slept peacefully but wrenched the hearts of many well wishers.

The body grew cold, and hot winds began to blow,  
Those who called me theirs, now left me alone,

The eyes were closed no doubt, yet I had a feeling that I was leaving the world behind.  
I could not resist the temptation of money and I could not give up my ego while living.

Now even the bank notes and securities in the coffers of banks smile at me ironically,  
Those who rob others of their nests never live in peace themselves.

Now my soul once again longed to re-enter the body,  
It begged me to save the body from burning.

I told my soul that flowers once separated from the branch can never be re-united,  
There was a time when rivers flowed with the nectar of life, now they are all filled with poison.

Those who called me corrupt and murderous while I was living,  
Shed crocodile tears on my death and were happy to see me dead.

Now people were about to take my body to the cremation ground but my soul was smiling,

But she who called me her own preet, she even did not come even on my death.

Like the coin, life too has two sides.

The people will show signs of sorrows for some times and then will get going with their work as usual.

When they performed the last rite, my heart too got broken,  
One who walked with pride in long strides now lost his head.

I cried that she should comb my hair with her fingers,  
Only a few moments were there for my burning on the funeral pyre.

The closer I went to the pyre, my soul shivered and shriveled.  
I was repenting for my past deeds.

I begged my mother to save me, to hold me closer to her bosom,  
The soul curiously watched which of my friends kept their word and which did not.

Those who were always clinging to me, why did they not come today?  
what was their helplessness.

When I reached by the pyre, they brought my body down,  
I recalled with fear the sight of a dying man in the neighborhood.

Now the destination was close by and I had to move forward,  
If God asked me for a wish, I was thirsting for another lease of life.

Now even my own people referred to me as a corpse,  
It is these very people who were always by my side while I was alive.

They put iron rods on all four sides, lest I should run away.  
When there was the light of life, I did not run, how could I run now?

While they were piling wood on my chest, I cried with agony and pain,  
My soul too cried with agony when one of my own people shouted, set him aflame.

My body was covered with shawls and flowers,  
It was already very hot and they buried me under a pile of wood to torment me,

The conflagration caused another conflagration inside me.  
I cried and tried to tell people not to weep because I too had thrown them out of my heart, out of Preet's heart.

Now my soul will have to look for another womb,  
Now my soul will bequile another woman to accept me.

This is the cycle of birth and death,  
This is the cycle of karmas and karmas.

Thank God! I got my mother's womb,  
Thank God ! my soul got another home again.

Preet's got home again!

An Interview with  
**David Agnew**

President of Seneca College of Applied  
Arts and Technology

Interviewed by : Prabha Sharma Sajjan,  
Professor, School of English and Liberal Studies,  
Seneca College



Last year I had the profound privilege of spending time conversing with the President of Seneca College, David Agnew. I have been working as a professor in the School of English and Liberal Studies for many years at Seneca, and I was blessed with the opportunity to ask President Agnew questions that had been mulling over in my mind like aged wine, waiting to be sipped. The questions were sprawled in the waiting room, and the answers were worth the wait. President Agnew's cup was flowing with insights into this amazing man's lived experiences, and a glimpse of his altruistic soul that I had not expected. This is the conversation we shared on that sunny afternoon in mid-June. I trust you will enjoy it as much as I did.

**Prabha :** Can you tell me a little bit about your history, what got you into education, and little bit about your historical career path?

**President Agnew:** Well, as you are recording us, I will start by sharing about my time as a reporter; which was so long ago and in those days we made quasi, short-hand notes, as we didn't have the fancy technology of recording we do today. Yes! I started as a reporter and did that for a few years, as it was a long standing ambition of mine when I was young, but didn't continue because I ended up getting involved in politics through various circumstances, and as I had studied Political



Science, I then became a parameter intern so I worked up in Ottawa at The House of Commons, which was kind of a quasi academic setting. I then went back to journalism, but was very attracted to the real practice of politics in the sense that I wanted to be a political journalist. I mean, how best to learn is by doing, and so if you want to be a political journalist, what better education than to actually be immersed in the daily politics of an MP's office. I always wanted to go back to journalism, but didn't. I stayed in Politics for several years and became The Secretary of Cabinet with the Government of Ontario for three years.

**Prabha :** How do you feel that experience evolved you into where you are now because that obviously was a pivotal point in your career?  
**President Agnew :** Yes, but that was a long time ago, back in 1995, so there have been lots of other things that happened since then which combined

have helped get me to where I am today.

**Prabha :** Well that's what I would like to have, a scenario, the canvas painted of how your journey took place and what brought you to this particular point in your career?

**President Agnew:** I was in the Co-operative movement of Financial Services in a Credit Union System. I did much research into the impact of the internet and digital technology on government and democracy. In International development I was the head of UNICEF, Canada for three years .

**Prabha :** Okay, so you were the head of UNICEF, Canada for three years and were you serving in the capacity of an administrator or what was your role?

**President Agnew :** I headed the Canadian division of UNICEF which has two main goals: one is Education – advocacy for children in Canada and around the world; so the education part is about raising awareness of Canadians about the situation of children whether it's child protection issues, health issues, or education issues. The second part of is fundraising, because of course it requires resources to tackle these problems. UNICEF is unique in the UN family, in that it is also supported by people not just the government.

Most of the united Nations agencies are supported by government, such as UNACR and UNDP and all those organizations. UNICEF is actually primarily supported by donations from individuals and corporations.

**Prabha :** Very important roles, pivotal in policy change, dissemination of information and social evolution. You have come a long way! You must feel that you have achieved whatever you could have possibly dreamt to achieve in many ways in these areas. Having said that, what is the challenge now for you? It's human nature to always want to achieve something else, so what is that one thing you still want?

**President Agnew:** Well, I mean it' s interesting that my time here in Seneca, is the longest time I

have ever been in a job .

**Prabha :** So you have been serving Seneca now for how long?

**President Agnew :** It will be seven years in July! In my past work I reached a certain point, and thought: well, you know, I have contributed in life and have done what I can do, but then I got a bit restless, and needed to move on. I needed another challenge. I am happy to say that I don't feel that way here. And I think it is for a couple of reasons. One is that it's a big, complicated, compressive place that in many ways requires time, given the nature of what we are doing, it requires time to see the fruits of your labor. When you stand on the convocation stage and see a student who is graduating and reflect back on that student's very first day, you see a tremendous amount of growth



and change. This isn't the kind of work where it all turns on a dime; it takes time, it takes patience. The other thing is, the world is changing very quickly so even as we navigate the world and change ourselves, so does the world! It doesn't stop and so there's a constant evolution in society, in economy and in post secondary education. So, that's what keeps it very, very interesting.

**Prabha :** For your time, the seven years so far at Seneca, what do you think is the greatest element in what you feel most that you have accomplished ?



**President Agnew :** I actually don't think that way.. it's not my style..I let others write the ideology. I will just keep doing what I am doing, hoping it's the right thing, and is helping to take the organization in the right direction. One thing that is very much on the mind of everyone in the post-secondary education industry, particularly here in Toronto, is that it is a very competitive world. Some people may consider that a strange concept for the post-secondary education business which should be for a higher good and more of a public service than some kind of competitive market place. But the reality is, that's the system

that the government has chosen to create in Ontario. We must continuously keep in mind what our mission is to be the best what we can possibly be. Not just because we need to be competitive but if we are offering a great product, and a great service, and if we are doing our jobs really, really well, then that's just truly expressing the same thing in three different ways: we are doing what we are here to do, which is to do great things for our students; to offer great teaching and learning opportunities for our students; to produce graduates who are job and career ready and who are ready to tackle whatever the next challenge, whatever it may be. And so as we think of them, the way the world is changing and all the different demands that are placed upon our graduates today, our young people today and our not so young people, because we have lots of mature students as well; you know it's a very important responsibility for us, and we have to think about that very, very carefully: about what kind of experience we give our students both inside and outside the classroom; about making sure that everything we do, is done with excellence; that we not only create an incredibly respectful environment for our students, but also for our employees. All of these things are very important.

**Prabha :** This really resonates with me! I have to tell you because I find that just the way you have explained it, it actually validates to me, and my own level of thinking because it is a very competitive world. Sometimes I look at the students and even I look at the international students we have (I work a lot!). You know I have international exposure so I know the challenges of the international students who want to come and study here, and it is a demanding world! When we see it from the humanistic side that you have just described it puts emotional synergy in the picture. It is very important because I find that we do live in a mechanical existence sometimes in our reality, and even when you look at the advertisement that Seneca College is doing, and I would attribute this



a lot to your leadership as well; you can feel that; you can see it in some of the programs; you can see it in our approach, that we don't forget we are also a practical college, and we are balancing it. We are not just being in that competitive spirit. I have to tell you I think that's really important. That being said, can you please explain to me where we are headed in terms of a college in our policies, our stand on different issues and everything in context with what the industry is trying to achieve?

**President Agnew :** Yeah, it's a very interesting time actually, as we come up to the renegotiation of our funding formula, the new tuition framework, new round of teaching agreements, which are the agreements that we each individually negotiate and discuss with the government to express what makes us different. You know it's funny because we carry two responsibilities in that market place. Again I don't want to use all the private sector language, but that's reality and so we just have to be mindful. On the one hand we have the responsibilities of being a comprehensive college; we have to have a comprehensive range of programs because that's what is expected from us. On the other hand, of course there is a push on differentiation, so there are a couple of things we focus on. One is, without just talking about advertising or marketing campaigns, we take what we do very seriously. When we say: "because it matters", it's really about respecting the choice of our students. It's an important choice; it's a big investment of time, and sometimes a lot of money and so when we say "because it matters", it's because what we are really communicating is: look we understand, this is a very big decision and we feel the responsibility and the obligation. We do what we do very well, because we understand this is not something that's just nice to do, we do it "because it matters". We are a facility for flexible learning and to bring more flexibility to the way we do our teaching; for example, we have the largest continuing education program amongst colleges,

and it is something we do extraordinarily well and I think we need to bring some of that flexibility into our full time programs because that reflects today's reality of our students who need that flexibility because they need to work or because they have some family responsibilities or that suits their way of life from where they are in the world. A better way than the traditional, Monday to Friday nine to five kind of work that post-secondary used to occupy. The numbers in our semesters are the largest in Ontario. Seneca is known for pushing those kinds of boundaries. I think we have to continue to push those kinds of boundaries. As I have said many times, it's not change for the sake of change; it's change because we need to change. I have said this to people very directly; you know of course it's risky to change, risky to be innovative but in today's world you are probably putting yourself and your organization at more of a risk by doing nothing or by not changing. So I know it's not warmly received by everybody that things have to continue to evolve, but they really, really do, and we know that everything we do today has changed in the last five, ten, certainly twenty years.



**Prabha :** That's the structure of nature. We can't help it.

**President Agnew :** Absolutely, we can be nostalgic about what students were like in the 1970's or 60's when we opened our doors for the first time; we can be nostalgic about what the world was like then; we all get those moments. But at the end of the day, now when we open our doors, whether it's in September, January, May or any other time of the year, they are not students of 67 or 70 or 87 or even 95. They are today's students, we just have to understand that and frankly, we should celebrate it.

**Prabha :** Oh, I think that the beauty of what you are telling me is that change is necessary, yes. But you are not looking at it from a very corporate point of view and I think that's really important. Obviously we must look at it from the logistical point of view of how we are going to keep ourselves where we are and evolve even more, despite the changes in financial conditions like: funding and governmental decisions on policies, but you are very loyal to the fact that the first and foremost thing is to respect the human being, the student, the organization as the heartbeat, and respect as well for human resources. Human resources has the word "human" in it, so we follow the policies, yes, but also so that we keep the "human" in the policies. I infer that is what you are saying from what I am understanding. That's why I have to tell you President Agnew, in this short brief meeting with you, my respect for you is rapidly increasing. It matters to me that people operate on a people level as well. Life is hard enough as it is.

**President Agnew :** It certainly is!!

**Prabha :** Yes, Can you tell me what your greatest inspiration in life is, forget the professional part, what inspires you as a human to do more, to be more, to give more?

**President Agnew :** Well I know what inspires me here! I mean if I know we all have bad days or rotten meetings and this is why I am here in this place or some other location in the college. The second I walk out that door there are students. That's what we are here for. We say it, but actually it's true. But in the best days around here, there are complications because you see this incredibly wonderful expression of fulfillment, of completion, of aspiration fulfilled and you know that's why I think this is such a great place to work that's our job and imagine getting all that out of a job. So it's great. So it's about seeing people on the way to reaching that potential. You can't pretend that you know so many numbers are just starting out or are early in their journey but it's such a sense of accomplishment for me when I see how they have been helped so wonderfully by all the faculty and staff and what we do here. They have been just pushed along in a way that is so conducive to fulfill their aspirations and that great result. It took me a long time to find post secondary education as a career, and something about it, you know, is marvelous. I mean the diversity in classrooms is extraordinary. I actually find the most exciting diversity is the diversity of experience when you bring all this incredible background under one roof. I think that's what is exciting. And everyone here has their story, and we are fortunate to be able to bring them not just from around the corner or from around Toronto and the GTA, but literally from around the world.



**Prabha :** And again it goes back to what you said about Seneca understanding the beauty of different methodologies and different approaches to teaching students. Because everyone does have a different experience and a different context whether it be religiously, ethically ,culturally and even the individual self physiologically, psychologically and creatively, in how they learn and yet we are in a very defined system traditionally in how we teach.

**President Agnew :** That's what they want. They want people who are great team players, who have great communication skills, and who are role models at work. So, it's interesting how people are driven to certain things by rules and of course spend a lot of time trying to find ways of structuring the rules to do things the right way, the way perhaps not acceptable a hundred years ago. So, it's changing.



**Prabha :** Yeah, I mean, therein lies the forum for change, the thought process and the intention. What would you say to our international students in terms of those who are thinking of coming to study at Seneca? This magazine is distributed internationally, so like a message to them.

**President Agnew :** Yes. That's great. What's remarkable about Seneca is it truly is a welcoming environment for students from literally every corner of the world. We have 140 countries represented amongst our international students

and we have been involved in international education for a long time. Of course what's marvelous about coming to this part of Toronto, in Ontario, is that, and I can play this game with you, if you walk down the hall and we see a student and think: oh there is an international student from India, I would say, let's go talk to them, because you know there is a great chance that they are not. They are Indo-Canadians who may be second or third generation Indo-Canadian and that's marvelous because they don't stand out, they fit in and also come to a place where they get a mix of experiences in the classrooms where they look around and see from a diverse perspective. Yes, the rainbow of culture aspect, but also as you hear people's stories and hear their different perspectives, now that is rich and that's what I think is so valuable for international students. They come here and they are exposed to a whole new world, a whole new way of thinking and that's what it's all about, to get that kind of experience. Of course for many international students, they only think about staying on campus, but you know, fortunately we have an immigration system and a visa system which encourages our international students to explore a permanent residency and citizenship.

**Prabha :** Have many of our students had success in that route?

**President Agnew :** Absolutely and we have heard very encouraging news from the new liberal government in Ottawa, that there will be further changes made.

**Prabha :** Yes, its promising.

**President Agnew :** And I think that's really important for international students to understand this is a country that welcomes and wants immigrants. We have welcomed literally millions of immigrants over the years and if you want to just talk on hard notes economics, we need

immigrants.

**Prabha :** Indeed.



**President Agnew :**

And of course delightfully again, what better immigrant than a Canadian educated immigrant who came as an international student. What a dynamite combination!

**Prabha :** Yes, truly an excellent combination.

**President Agnew :** From a cost point of view when you compare with the States, UK or even Australia, we, Canadian education institutes, are better value, and of course depending upon where you are coming from, but, I can almost guarantee, no matter where you are coming from, when you come to Toronto, you will find a community here that you will be very comfortable in because you will see your home here, but you will also see from the context of a very different kind of home which is called Canada.

**Prabha :** There is nothing like Canada, I have travelled a lot too and anywhere you go you can't just wait to come back to Canada, because Canada is Canada.

**President Agnew :** Yes! That's true. I think it's appropriate if I say that the people who are Canadians who are down about Canada are the ones who have never travelled because if you travel you will really appreciate Canada a lot. As I have the good fortune to do.

**Prabha :** So you have travelled a lot?

**President Agnew :** Yeah, I have for both: I mean UNICEF has taken me to some very interesting and troubled parts of the world, I have to say, because that was the nature of the work. Yes, I have been very fortunate to travel to many many parts of the world and that continues in this job. We are doing very interesting things, and developing lots of partnerships around the world now. Traditionally we always had long standing relationships in places like China and India, but we are now in Central Asia, Africa, other parts of Asia, and Europe.

**Prabha :** So it's a very exciting time.

**President Agnew :** Yes, it's a very exciting time!

**Prabha :** Okay I don't want to take much more of your time. I love sitting here, talking to you, so I can sit here for another hour. However, I know that you are a busy man. Can I ask you two last questions?

**President Agnew :** Yes, of course.

**Prabha :** What do you think the world needs more of?

**President Agnew :** So that will be to talk more about civil disagreements. I suppose I certainly



haven't always been an angel but when you look at what the discourses have become today in so many parts of the world, and of course we can't help to think of what's happening in the U.S. Now, I guess the thought in mind for Canadians is we can't help in the U.S., but it's not just there, it's all over the world. And it may sound old fashioned to talk about civil discourse, but really, I mean that's not too much to ask, is it?

**Prabha :** Actually, it doesn't sound old fashioned. It sounds beautiful.

**President Agnew :** Well I mean, nobody is expecting us all to agree all the time, but man, we have to find a different way of bridging our differences than the way we do right now. It's just so disappointing. So that would be my hope. Obviously there are extremes when words seem totally out of place. But people are not just arguing, they are killing each other! I look at Canadian politics, when I see the way it has quickly descended in the U.S. to being unhelpful, unhealthy, and think we are so lucky that we are in a country with the democracy we have, and it really hurts when people proxy out of their houses. I never get involved in the politics because of what you see, read and watch. We really need great people in politics.

**Prabha :** What do we need for our self?

**President Agnew :** I think we need less anger; we need less instant reactions. I remember saying in an employee meeting where we were talking about

respect in emails, that sometimes I just feel like going to the IT department and pulling all the wires out of the email system, and saying no don't send an email! Get up and go talk to the person. Right!

**Prabha :** (Smiling)

**President Agnew :** Have a face to face conversation. It's a different human experience than sending out an angry tweet or snap chat or email, and you know, whatever other form of impersonal communication.

**Prabha :** All that information overload and lacking the human component.

**President Agnew :** If you ever want to get depressed, look at the comments on an online newspaper story about politics. You will just shake your head. That's not getting us anywhere. Let's have a talk. Let's have a conversation. But anyway! I think let's take a little less triggered reaction and more thoughtfulness about the way we approach each other and give each other more respect.

**Prabha :** Alright and spiritually?

**President Agnew :** Spiritually? Well, I mean I don't pretend to be a spiritual person. I think part of spirituality offers reflection. I mean you can be a complete atheist, but if you go in to a temple or church or mosque at Seneca, you will see that they are built for reflection. They are built to calm you down and to think more deeply and effectively.

**Prabha :** Absolutely because at the end of the day we are all the same.

**President Agnew :** Yes, absolutely.

**Prabha :** We all are on the same path and just seeing life from different angles. We can give it spiritual labels, but languages are too limiting to truly express.

**President Agnew :** Yes, and that's why we started to talk a lot about change, the world kind of swirling



around at an accelerated pace. I think, of course, that's part of what people in 2016 miss, that opportunity to just take a breath. You know, to pause and reflect. We all feel that living in this big growing hectic city spending a lot of time in traffic jams, and bus line ups, and all that kind of stuff, and you miss those moments. Look at the lives of so many students; they are rushing to their class, rushing to their jobs, rushing to get their kids from day care, and so on. There is no magic wand to wave to solve this, but I think people know they should carve out a little time so as to have those moments of reflection.

**Prabha:** Self-reflection.

**President Agnew :** And you know, to put back things in perspective. I think that's partially what you do in the best of spiritual practices: reflect on what you have done and what you could do better, and how you can help people and serve people better.

**Prabha:** Thank you.

**President Agnew:** Alright.

And that was it. A morning spent in meaningful conversation, about the fulfillment David Agnew feels as the President of Seneca College; the passion with which he does all he does; his

dedication to the college, the students, staff, and all humanity alike; his wisdom in acknowledging the necessity to evolve, yet not so much as to lose human values of respect, personal communication, patience in reacting, having a face to face talk when triggered as opposed to an impetuous on-line reply, and the ideology that we are ultimately all one regardless of the labels used to segregate and define us. How could my admiration not have increased to the level it has for David Agnew, knowing all that he does, and now knowing why he does it.

# Seneca

**Seneca College**  
**Of Applied Arts and Technology**



**Interviewed by:** *Prabha Sharma-Sajan*

**Professor,** *English and Liberal Studies, Toronto, Seneca College*

**Lecturer:** *Researcher-International*

**Social Entrepreneur:** *Universal*

**Founder:** *Face of Dignity (Non Profit Organization)*

**Chancellor,** *Master the English Language (International)*

**Ambassador:** *Rai Foundation, Dreamz Scholarships, Rai University, International*

**Co-Chairperson :** *Assocham Ladies League, Toronto Chapter*

**Publisher:** *G-Asia Worldwide Magazine, Canadian Edition*

**Member :** *(1993-1997) Child & Family Services Review Board of Ontario*

**Poetess**

# An Interview with **SALAM KANAAN** Country Director, CARE International in Jordan

-Jihan Fadayeel Handal

Since 2011, CARE International in Jordan has been working alongside the Government of Jordan, the United Nations, and other international humanitarian organizations to respond to the Syrian refugee crisis in Jordan. CARE's work has expanded over the last six years to directly impact urban and peri-urban Syrian refugees, Syrians in Jordan's camps, and Jordanian host communities in the most heavily affected governorates across Jordan.

## **CARE (Cooperative for Assistance and Relief Everywhere)-A Synopsis:**

Established in 1945 in the USA, CARE initiated its activities by sending food packages to starving people in Europe; a continent devastated by World War Two at the time. In 1946, CARE launched an office in Canada; the first outside the US. In 1979, CARE International was created. Today, CARE International is a confederation of fourteen non-governmental organizations (amongst them is CARE Canada) that carry out humanitarian assistance in 95 countries. Striving for a globe in which tolerance, equality, and security prevail; CARE is on a momentum to defeat poverty. CARE is also keen on the issue of women empowerment as it is pivotal to achieving social justice, worldwide. With such a vision, CARE International is providing emergency relief and community services through the implementation of projects that pursue sustainability.

CARE International came to Jordan in 1948 "to meet the needs of Palestinian refugees displaced with the creation of Israel". Ever since, CARE International in Jordan is running development and humanitarian projects that target Jordanians and refugees. Currently, CARE Jordan is employing a humanitarian response strategy to support the welfare of Syrian refugees living in the urban areas, as well as designated camps in Jordan. Moreover, CARE Jordan is engaged in other ongoing programs focused on women empowerment and on youth engagement and empowerment.

"The Interview" A hot summer day in Amman, Jordan.... CARE is located on a quiet street while the area around is buzzing with heavy traffic. A totally different vibe



*inside....positive energy is flowing in the building while integrity is radiating the offices; employees smile warmly, salute cordially, and comment constructively; staff and volunteers coming back from field work exhausted but with innovative ideas; coordinators, assistants and administrators who understand the importance of gender equality; operation and case managers spotting the consequences of human suffering; project managers determined on providing quality humanitarian assistance; a country director who is genuinely devoted to her mission earnestly steering towards transforming the lives of the underprivileged to the better. A remarkable feature over here....all members of this dynamic team count their blessings day-by-day as they subsequently came to appreciate even the smallest gifts of life in view of the ordeal of this humanitarian crisis!*

**G-ASIA:** CARE is a well-known organization, in your opinion, what makes CARE distinguished and respected world-wide?

**S. Kanaan:** CARE is an international organization with a dual mandate; the focus is on the long-term development

emphasizing the needs and rights of women and girls as well as the emergency and humanitarian response, which makes CARE distinct and special among the other international organizations. It is the fact that we establish long-term partnerships with the people and communities we work with in a strategic long-term relationship and we ensure stability, accountability, and that their issues are raised, addressed, and dealt with professionally.

**G-ASIA:** Humanitarian work is almost always coupled with developmental. How do you see this interrelationship?

**S. Kanaan:** True and I've come to realize that there isn't a defined line between humanitarian and development work, and I don't think that there should be. Especially now with CARE International in Jordan, I can see there is a strong connection between the two, as there should be. For example, in our long-term programming, we aim to enhance the economic situation of women, through different projects and interventions including but not limited to vocational training, life skills education, establishment of home-based businesses, and access to finance. In a protracted crisis similar to the Syria one, we came to include Syrian and other refugee women in our economic empowerment projects.

**G-ASIA:** The implementation of projects targeting the development of the capabilities of the unfortunate in communities is a praiseworthy mission, and when sustainability is the prospect it becomes an exemplary pledge. Can you please comment on how to reach both, development and sustainability?

**S. Kanaan:** CARE International Strategy identifies three main roles that CARE plays for impacting on poverty and social injustice (humanitarian action, promoting lasting change, and innovative solution and multiplying impact) as well as three approaches that are critical for addressing the underlying causes of poverty (strengthening gender equality and women's voice, promoting inclusive governance, and increasing resilience). Using these roles and approaches defines our identity as CARE and the implications of applying these roles and approaches are truly transformational. The aspiration of 'the

CARE approach' is transformative action that responds to local realities and addresses structural causes of poverty and injustice; thus applying developmental approaches to ensure sustainable actions.

**G-ASIA:** Salam, you've been in the humanitarian/development field for almost 25 years. Quite a long time of hard work and dedication! What made you choose this type of work? Was it a preference, a calling, a striking incident that touched your soul, or what?

**S. Kanaan:** I went to the American University of Beirut to study chemical engineering. During my freshman year in 1982, the Israeli invasion happened and I volunteered with the Palestinian Red Crescent in Sabra Palestinian Refugee Camp. I saw horrible scenes of the effects of war with people killed, hurt, and injured. It struck me then that the numbers of people helping were little compared to the overwhelming needs. I therefore decided that I wanted a participatory role in the humanitarian field in general. As a result, I changed my major to public health and health education so I could better work with the most vulnerable people. Hence, my life shifted completely, and since the day I finished my masters in 1989, I've been working in this field.

**G-ASIA:** Emergency humanitarian aid is a line of work that involves substantial encounters. I'm specifically talking about the constant engagement in human race tragedies, conflicts, and the disclosure of heart-breaking stories of the underprivileged. What is the impact of such a domain? How does this affect you?

**S. Kanaan:** Humanitarian aid workers put their lives on the line as if they are dispensable for the sake of providing vital services and to make people's lives better..... A significant moment would be one that makes me sad, but every time I remember it I decide to think of it as an incentive for me to keep going; it was during my work with CARE Jordan, and especially within the "Urban Refugee Response Program". The volunteers who work with CARE Jordan in all of the centers and Azraq camp are part of the refugee community. We were conducting a focus group discussion with them to learn more about their lives and the issues they were facing. It was so difficult for





us to hear **about** the harsh journey they were forced to take in **order to** escape the war. There were incidents of arrest **and** harassment. Although it was hard and **challenging** for me to hear about these experiences, it **motivated** me to keep going in order to help as many **people** as possible.

**G-ASIA:** Being a Country Director of a big organization means having to put long hours of work and travel. In addition to being a career woman, you hold all the other social roles with all their undertakings: being a mother, wife, sister, daughter, friend, etc. How do you manage? Do you see yourself in a balanced equation? Is it about a sense of balance, compromise, fine-tuning, or what?

**S. Kanaan:** One of the challenges in this demanding field is being a working mother. I have two daughters, Sara is 19 years old and Nour is 15. I am benefiting from a support system that I have found with my husband, friends, and the help of a babysitter when my girls **were** at a young age. But even with a support system, I **still** feel guilty. I leave my girls, work long hours, and **travel** a lot. But what can I do? I have to do it! The **conflict between** my professional life and my personal life **has always** been a struggle; the lines that need to be **defined are** completely blurred in my case. Being able to **make a** difference and contribute to improving people's **lives** is what makes it worth the while, and creating **the balance** in my life.

**G-ASIA:** What kind of **challenges, if any,** you come across being a woman in such an **unconventional** post and advanced position?

**S. Kanaan:** I am a **woman** working in a mostly male

dominant field, but I consider this to be a nice challenge, because to establish oneself through the years in such a place is an achievement, and people started to perceive me as a professional woman rather than only a "woman". Furthermore; I am a woman from the region. I **was** Country Director for Save the Children in Palestine, **and** now I'm the Country Director for CARE International in Jordan. Being Palestinian/Jordanian in the **Middle East** proved to be the biggest challenge that I **had to** face. It means that you have to prove yourself **harder**, and lead such big organizations towards **success, and** in critical parts of the world.

**G-ASIA:** What are your near future goals?

**S. Kanaan:** I can see myself **working** and advocating for policy changes on a **regional level**; advocacy is my personal passion. I would **like to** work on changing the policies and to **achieve the** enhancement of women's participation in the **work** force, through creating an enabling **environment** throughout the Arab world. I would like to **work on** this aspect as I see that it is a prevalent **problem, and** women find it hard to leave the cocoon that **they live** in and get going. Although, in my opinion, I **see** that women are the most capable of making **this change** happen, and even enhance the peace making **processes**. Have you ever heard of a woman who **started a war**? I certainly haven't, so I feel that it's about **time for** women to have a role in decision making and to **prevent** some of the wars that are happening.

**G-ASIA:** In addition to resilience and perseverance, which everyone in this office acknowledges, you are an inspiration to your team members. What keeps you going? What inspires you?

**S. Kanaan:** What makes me wake up in the morning and be ready for life is actually the ability to influence peoples' lives and contribute to making it a better world for them. I've seen "throughout my life and long years of working with international and local organizations" lots of **human** suffering whether in Palestine, in Lebanon, and **now more** in Jordan. I feel and believe that my mission is **actually** to make the world a better place and I believe that I **have the** passion, compassion, expertise, the **background, the** academic knowledge, the know-how of **how to turn** the misery and the suffering into hope, into a **better place** for people and for the world in general.

**GASIA:** Energetic, enthusiastic, a **dynamic character** with a positive stance; how does **this work** appeal to your



intellect, how does it gratify your inner being?

**S. Kanaan:** The ability to change someone's life from a difficult life to a more bearable one and to see the process of this transformation is one of my favorite things about work; it gives me a boost of energy! You have to keep positive, insistent on creating and maintaining the change, and believe in your capabilities and those around you to transform suffering into hope, challenge into opportunities.

**G-ASIA:** Visiting your office today was a delighting journey. Thank you and many thanks are also extended to all the dedicated staff of this office.

**S. Kanaan:** Thank you very much. I do have a final message that I would like to send: I really believe that our work is all about people. The things we can do to help people help themselves, and to support them with the tools to enable this process are just limitless. Thank you for this opportunity to shed the light on the situation of the most vulnerable in the Middle East region, and to talk about CARE's work to improve people's lives, combat poverty and social injustice.

*Salam's door is always open to all team members and there she is nodding welcomingly to someone at the door and introduces Mr. Maher Al-Qubbaj, the Program Director of "Urban Protection Response Program" who passed by for a brief consultation. She pointed out that he came at the right moment to help answer G-ASIA questions about the Canadian involvement in CARE projects.*

**G-ASIA:** Maher, can you please explain the nature of your projects?

**M. Al-Qubbaj:** We have three main programs in CARE Jordan; the first program works with Syrian refugees who are inside the camps and its main intervention is Azraq Camp in Northeast of Jordan whereby CARE is leading on community services. The second is "Women Empowerment and Gender Equality Program", which contribute to combating gender based violence, developing women's economic empowerment, and enhancing women's participation in decision-making and leadership positions. The third is "Urban Protection Response Program", the biggest one by far and works with refugees who are outside of camps and are about 82% of all refugees in Jordan. There is about 658,000 registered Syrian refugees in Jordan, and 55,000 Iraqis. CARE Jordan and through four community centers in East Amman, Zarka, Irbid and Mafraq, and through one partner organization in Azraq City provides information to refugees about their rights, and the available services in Jordan, case management, emergency cash assistance, conditional cash for education, psychosocial support and technical and vocational training, and support to start-ups and home-based businesses.

**G-ASIA:** How do you describe the work relationship with the projects' partners and donors, of course, I'm talking about the Canadian counterparts in this regard?

**M. Al-Qubbaj:** Being in this position, I worked with the Canadians in many projects. They are accurate and extremely professional. While they are very strict in their criteria, they are, at the same time, very flexible when we suggest proposals with reasonable justifications that fall under the context of project objectives. In such cases, they consider the proposal and might approve it; otherwise, would give reasons for their disapproval. They are very pleasant to deal with and we enjoy working with them a lot as they are great!

**G-ASIA:** What do you really like most about their intervention?

**M. Al-Qubbaj:** In spite of the fact that their intervention is huge with a lot of details, they continuously review the criteria. Almost every 2-3 years they pause to do so. So, only about a week ago, the Canadian Embassy invited us to be part of this review process. They told us they have an activity that they want to exercise in more than one country. Their exercise included questions that assess the strategy of the flow of the intervention such as: what can we change, how do you evaluate us, is the main intervention applicable or not? They are the only one, in this regard, who even included us in the review.

**G-ASIA:** Thank you Maher.

**M. Al-Qubbaj:** My pleasure.

## *Oil of Truth*

-Prabha Sharma 'Sajan'

*Rub the oil of truth into Me  
Awakened eyes to the ancient  
sound vibrations*

*Prabha is enchanted by the prowess  
that is tense in stature Yet*

*Pretty are those ribbons of time  
Delicate on the sandals of bliss  
Swinging on the hands of Prayer  
When worshipping You*

*Silence is the muscle chord of words*


*Unveiled*

*An oasis of non duality*

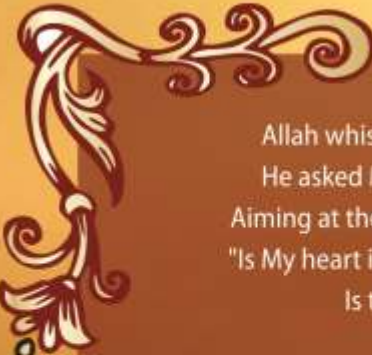
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# Primordial Sun

 -Prabha Sharma 'Sajan'

*Mummers in creative wine blossoming  
Oh Divine reckoning where findeth  
The lotus fire is beckoning to the self awareness  
Prabha's Anahata Nada flows in You  
In the lotus dusk, I achieve a tempting quality  
The poetry harp lifts My body  
Narcissistic tongue in arrogance intelligence  
Oh Supreme Bliss  
I shall drown deep in You  
Where the form of Love and the formless Love caress  
Drenching , exposing  
Primordial rains  
Barren veils cannot speak from My mind*



Allah whispered to Me the question of My heart  
He asked Me to arch Myself on the bow of maya  
Aiming at the scents of the cosmic sea , and hear this:  
"Is My heart in the condition of humility, egolessness?  
Is there a He and is there a She? "

I bowed to the utterance of My True Beloved.  
That vein of illusionary separation , Maya destruction  
You and I are one condition  
Beyond thought, imagination space and time

Knotted in the nights  
the dusk of transcendental nightfall,  
and My Soul is bound and pure in primordial streets

A strange glow in the passageways

Oh Light,


A golden hue of the beyond  
There is no other dawn that can be attained  
When Prabha hears the voice of Love  
The call to a mysterious prayer ~~~ Her destination peak

This world has shackles hidden in the dust of illusion,  
but that " lotus of love " is the polish of Divine hand  
In the sway of opulence

From that glimpse of bliss  
I have died to You  
Unveiled to that wellspring  
deep within  
that Almighty has shared with Me  
In sweet pastimes,

weaving the thread of Ishq

-Prabha



# THE MASKS WE WEAR



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What do we see when we look hard at the people around us? Is what we perceive all there is or is there more than meets eye? If we look deeply enough, will we discover something else that lies hidden beneath the surface? There are people who laugh and smile all the time. And there are those who are constantly angry. Still others appear to be strong or project an image of perfection. Do we routinely accept what we see in people as the truth?

Perhaps what we notice in people is not necessarily what they feel. There are those who smile and laugh only because they do not wish others to see the sadness within them. And there are others who are constantly angry perhaps to hide the fear that they feel. Some project the image of strength because they do not wish their weaknesses to be seen. Still others appear to be friendly, but the truth is they would rather be alone. And there are people who strive for

---

perfection in all that they do only because they do not wish others to see their many flaws.

Wearing these masks is understandable because our experiences have conditioned us that showing our weaknesses often leads to becoming victims of discrimination. Furthermore, we have been taught repeatedly that society values strength.

Thus, the way we carry ourselves in front of others is almost always an act. But the more we pretend to be what we are not, the more distressing it becomes. What is the real reason why we hesitate to reveal our true selves? Is it because we fear the harsh judgment of those around us? Are we afraid of rejection? Do we believe people will treat us differently if they discover who we truly are and what we really feel? And what if this apprehension resides only in our mind?

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**Frederick Fabella, PhD**

We need to realize the necessity of being true to ourselves. We must acknowledge our limitations and admit that we are not invincible. Is it not a fact that the more honest we are about ourselves, the more authentic we appear to others? We have to concede that we are prone to sadness and fear, because it is only by accepting our frailties are we able to understand what it truly means to be human. Therefore, we must overcome our fear of how others will regard us and in so doing we will be able to finally do away with the masks we wear.

Frederick Fabella, PhD is a graduate and undergraduate professor in the Philippines. He is an editorial board member of the IRP international research journal and a Fellow of the Royal Institution Singapore. He is also an author of various books and studies. His blog can be found at [Meanings and Perceptions](#)

# How our --- eyes speak the truth



Frederick Fabella, PhD

Words may not be enough to discover the true meaning behind them. A person's eyes will always speak the truth.

People naturally smile at those they know. But when a smile involves merely the folding of the lips, it is not a real smile unless the eyes 'smile' too. Try observing the smiles of those around you. See which ones are real and which ones are not.

When a person says something but looks away, it could be that there is embarrassment in what was said. You tend to look away when you speak not because you are lying but because you are ashamed.

Most believe that a person who is not telling the truth won't be able to look straight at the person being lied to. But this is not always the case. When a person tells you a rehearsed lie or a lie prepared in advance, that person will look at you more. This is because he or she wants to see your reaction and whether you believed the lie.

The pupils of the eye dilate when a person looks at someone he or she finds attractive. If you see the pupils of the person talking to you expanding, then you can conclude that this person is attracted to you!

The more you gaze into another person's eyes, the fonder you become of the person. It is actually possible to make a person fall in love with you this way. By asking a person to look into your eyes for a few minutes, you can make that person like you more. Of course, the same will happen to you. This is why people deeply in love look into each other's eyes more frequently.

Pay close attention to people's eyes when you are in a conversation and you will discover much more than what they are actually saying.

# Raphael in Florence

While many may not have heard of Raffaello Sanzio da Urbino, Raphael (as he was known) is a name altogether more familiar. The prolific painter and architect, who was born and raised in a small hilltop town, went on to become one of the most influential and revered of all the great High Renaissance masters.

## Raphael in Florence

The young painter learnt the basic techniques under the tutelage of his father, who also encouraged his budding interest in humanist philosophy. After his father's death (when the boy was just 11, he travelled to Perugia, where he was apprenticed to the Umbrian master Perugino. But it was in 1504, when as a 21-year-old he moved to live and work in Florence, that Raphael truly came into his own.

In the four years he spent in the city, he closely studied the work of other Italian painters of the time, including Michelangelo, Fra Bartolommeo and Leonardo da Vinci, and developed his unique style. By extensive experimentation and a prolific work ethic he was able to take the themes of his peers to an entirely new level. During this period, his practiced skills in composition, spacial depth and clarity of colour saw him produce some of his most evocative and celebrated works.

## Works in the Pitti Palace

The Medici splendour of the Pitti Palace is an integral part of an art-themed Florence. The Palatine Gallery houses the permanent collection of many of Raphael's most famous portraits, including his depiction of the Madonna dell'Impannata with St John. The serene La Donna Gravida is notable in that it was uncommon for Renaissance painters to depict pregnant women.

The magnificent Room of Saturn (within the Halls of Planets) displays a large number of Raphael's works. Among them are the unfinished Madonna del Baldacchino, the Vision of Ezekiel (depicting the prophet's vision of God), the Maddalena Strozzi and the Portrait of Agnolo Doni. Possibly the best known of the artist's works is the beautiful Madonna della Seggiola (Madonna of the Chair), which is an unusually tender portrait of mother and child.



## Works in the Uffizi

The Galleria degli Uffizi's Hall 66 is a room dedicated to its Raphael collection. The luminous Madonna of the Goldfinch shows the influence of Da Vinci on the artist's work, which is seen in the soft light and intimacy between the subjects. Despite the similarities to Da Vinci's style, the sharp colours and gentle facial expressions are unmistakably Raphael's.

The Portrait of Pope Leo X is a fine example of Raphael's progression to less "idealised" portraits, and the pope is shown as an ageing figure alongside two of his cardinals. Portraits from his Ducal collection include Portrait of Elisabetta Gonzaga, Portrait of Guidobaldo da Montefeltro and Young Man with an Apple. The room also houses his Self Portrait, which although formerly disputed as authentic has now been confirmed as the artist's own work.

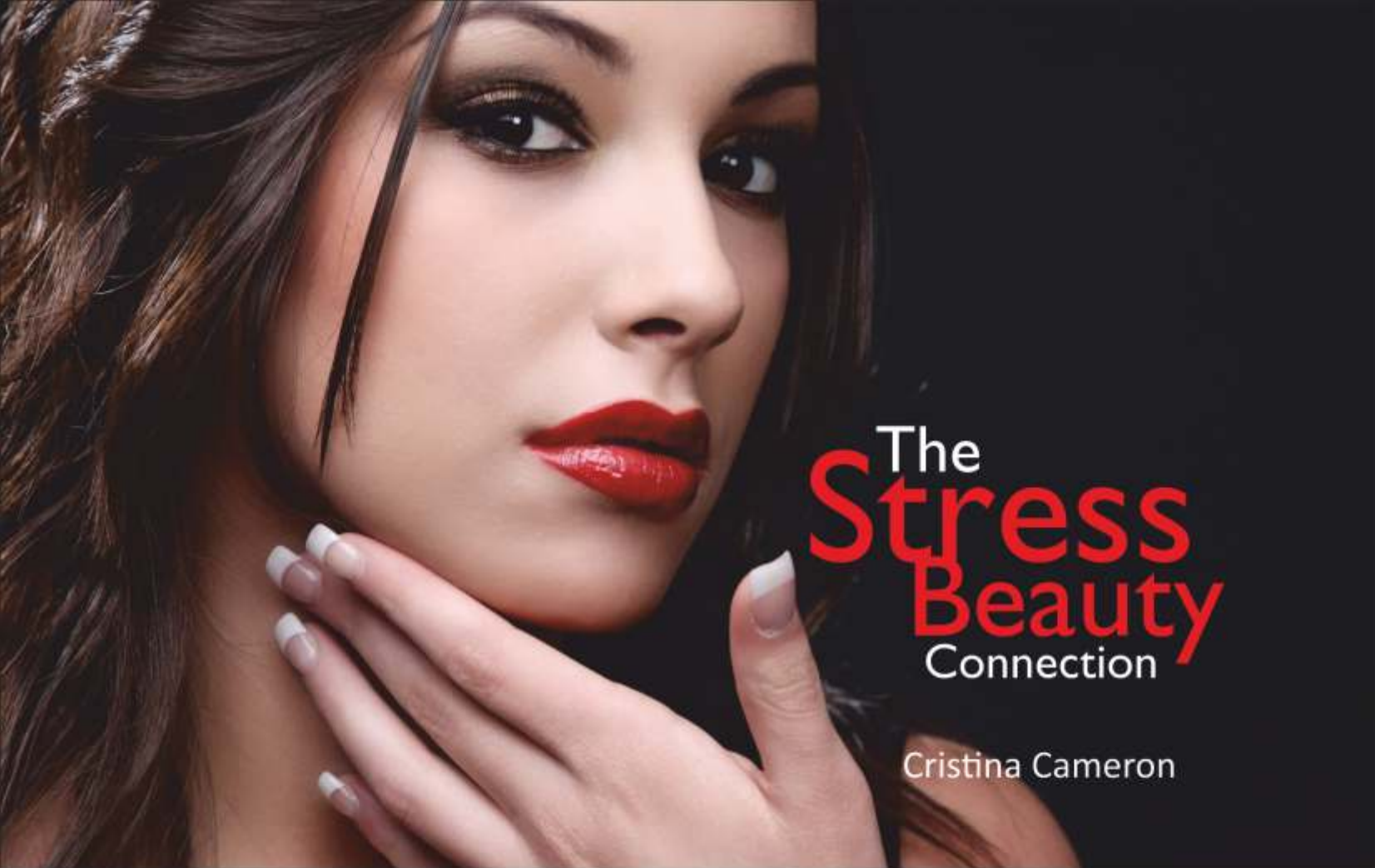
## Masters of the High Renaissance

Raphael's time in Florence was the most influential of his short life. It broadened his artistic and philosophical horizons and brought him into contact with Michelangelo and Da Vinci, establishing him as one of the leading figures in High Renaissance classicism.

## ABOUT THE AUTHOR

Rose Magers is an Australian-born Italophile and the founder of ArtViva. With an international reputation for excellence and creativity





# The Stress Beauty Connection

Cristina Cameron

Have you found yourself saying, "I didn't have this wrinkle last week" or "I look ten years older than I did three months ago"?

The powerful connection between the mind and the body is well-known, and many beauty issues show a clear relationship to the state of mind. It's amazing to think that what goes on in your brain can have such an impact on your appearance.

An overload of life adds years to your looks. Coping with ever increasing demands: dependent kids, aging parents, shopping, cooking, laundry, money pressures, work, and more, more, more, can leave us feeling super stressed, tightly wound, and sleep deprived. This can age your face far more rapidly than the passage of time. In fact, *stress alone can age you three to six years or more.*

The pressures of modern life lead to "stress aging" and affect your physical features inside and out. Not only does stress cause premature external aging, but it can also accelerate internal aging of organs and tissues.

The science of Psychodermatology deals with the interaction between mind and the skin. Psychophysiological disorders are conditions that are frequently precipitated or exacerbated by emotional stress. "The skin is the most noticeable part of our body that could be impacted by psychological factors" says Gorbatenko-Roth, who is working with European psychologists.

Living in a chronic state of stress, routinely bathing your body in stress hormones can directly cause wrinkles by weakening and lessening the production of collagen and elastin in the skin's dermis, making it harder and harder

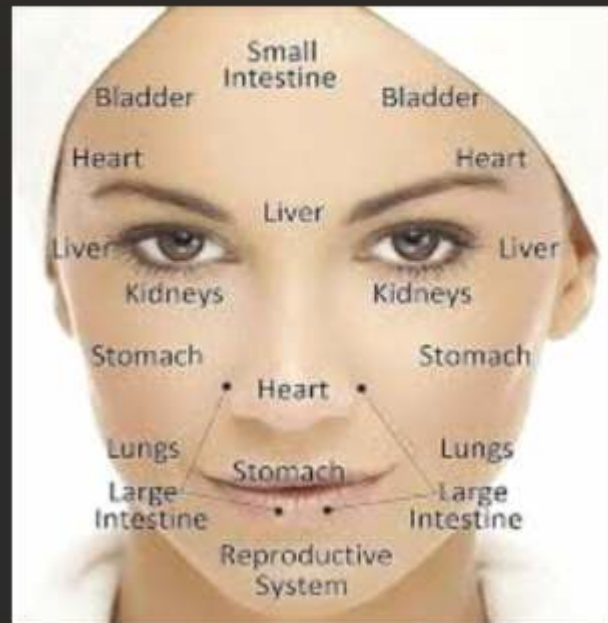
for the skin to repair itself. When the skin's repair mechanism is flawed it can lead to more frequent breakouts, dull skin, baggy eyes, hair loss, brittle nails, eczema, psoriasis and premature aging.

Emotional stress and your physiology are so deeply intertwined that almost every illness has Our complexion provides an outside view into the body's internal health. Face Mapping, an ancient practice rooted in Chinese medicine treats your face as a roadmap to pinpoint underlying issues in other parts of your body. The idea behind face mapping is that your skin reflects your inner health, and that different areas of the face are connected to different organs in the body.

Feeling overwhelmed? Happily, "stress aging" is reversible. You can turn back the aging effects of stress and time with some mind-body interventions that enhance the mind's capacity to affect a healthier body and improve your physical looks.

Begin by taking small steps:

- **Keep your body hydrated and well nourished.** Take inventory of your diet, and resolve to improve your nutrition a little bit at a time. The reality is that what we eat helps determine how we look and feel.
- **Reconnect with friends.** Time with friends and family is amazingly therapeutic, especially in person.
- **Focus on getting enough sleep.** Sleep makes the biggest difference in how a stressed out person looks.
- **Exercise.** This will help release pent-up energy.
- **Give thanks.** Take time to notice what works in your life. Commit to saying "Thank you" to someone every day.
- **Get out in nature.** Take in the little details, notice the scent of a flower, the shape of a cloud, or the pattern of leaves on a tree.



- **Listen to music.** Choose calming pieces to help you settle your nervous system.
- **Deep breathe.** Slowly breathe in through your nose and out through your mouth for a minute or two. Deep breathing will bring your body more energizing oxygen.
- **Pamper yourself.** Put aside some time to just care for yourself.
- **Never give up.** You have the ability to overcome your stressors. There's always help, and there's always hope.

**You can transform your life and enhance your beauty.**

#### **ABOUT THE AUTHOR**

Cristina has been a Health Practitioner since 1991. Her studies include: Nutrition, Body Typing, Iridology, Live Blood Analysis, Aromatherapy, Reflexology, BodyTalk, Access Bars, Energy Psychology, Hands-on Body Processes and Natural Facelift Technique. Her focus is to help each client attain a renewed sense of ease, relaxation and revitalization.

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- Caroline Altman

*"How do I love thee; let me count the ways."* Elizabeth Barrett Browning, 1806 - 1861

*"All You Need Is Love"* Beatles July, 1967.

*"Love conquers all things; let us too surrender to Love."* the Roman poet Virgil

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Many of us feel uncomfortable with the term self-love. If we acknowledge we have self love we feel we are being arrogant. The truth is learning self-love has nothing to do with being arrogant. Learning self-love is the foundation of both giving and receiving more love. Self-love is the foundation of all healing.

Self love is not egotistical, but a commitment to care about oneself and to take responsibility for oneself. How can we love another if we do not love ourselves first? Having a deep understanding of who we truly are is the most important relationship we can have. From that starting point all other relationships extend outward.





Maybe the reason we feel uncomfortable with the thought of self-love is because we think we are not really that special at all. Maybe that is why we don't want to spend time thinking about ourselves. Self-love is connected to compassion and tolerance. In contrast being critical and impatient with ourselves extends out to the world through us. If we are more accepting of our own flaws we will naturally feel more compassion toward others.

Why are we so critical and intolerant of ourselves? Maybe it is because we don't know how to forgive our mistakes. Maybe the standard we set for ourselves is somewhat unrealistic to achieve. Maybe we were conditioned at birth to compare and compete with others instead of finding kinship and equality.

Before introducing you to the challenge I invite you to think back to your childhood for a moment. How would your parent or caretaker have dealt with a mistake you made? Would they become angry? Would they shame or condemn you for it? In contrast would they use your mistake as a tool for learning and self-improvement? Would they reassure you and gently guide you towards avoiding making the same mistake again?

We are born in to the world completely reliant on others for our survival. With this reliance comes total physical and emotional vulnerability. Early exchanges with our parents can have a significant impact on our long term self image both negatively and positively. Our school experience also plays a role in how we see ourselves compared to others. Onward in to adulthood our self worth is further challenged by social standards.

Even the most well adjusted and confident person will occasionally need some level of acceptance from the world around him or her in order to feel valuable. Whether we admit it or not, we all need and seek approval from others to gauge our worth. So if we are among those who struggle with the concept of self-love, we have to ask ourselves a simple question...why?

The root cause of our resistance to self love may be as simple as having had no experience or understanding of what it means to have self love. We experience self love when we take the time to investigate the truth of who we really are and how we really think about things. That is level one self-love. It is having the courage to allow the truth to be shown.

The second step of self love is to resist any and all temptation to cast judgment on our true thoughts and feelings. For most of us this second step will prove to be very difficult to achieve. Our natural instinct will be to dismiss our own thoughts and feelings. And usually the more vulnerable the thought the more diligently we try to avoid it. Our self criticism has become so ingrained we don't recognize it.

So in this new season I challenge you to consider trying a self-love experiment. It is said that it takes 21 days to form any new habit. With just 21 days of practice one could essentially revolutionize the way they feel about themselves. Are you up for that challenge?

Your level of discomfort with the idea of self love is an indicator of how much you may benefit from the challenge. If on a scale of 1 to 10, 1 being no discomfort at all and 10 being severely uncomfortable with self love you rank yourself higher than a 7, it is surprising you have read this far in to the article!

### **The Challenge...**

Tomorrow starts the first day of the 21 day challenge. It will require a thirty second commitment from you before you begin your day.

When you wake up tomorrow morning, stay quiet for just thirty seconds. At the end of thirty seconds, see if

you can think back to the specific thoughts going through your mind during that time period. Ask yourself what was the core feeling about those thoughts? Were they worrisome in nature? Were they dread-filled or negative? If so, immediately forgive yourself for it. Tell yourself you have decided to try a new idea. It is called instant forgiveness for anything you say to yourself that is critical in nature.

When you forget to do the challenge or you run out of steam for the challenge or just decide that the challenge is stupid...forgive yourself again. Or don't



forgive yourself. The point is we all suffer from the bad habit of subconscious self criticism. That bad habit compounding over time is keeping us in a negative state of mind. It is affecting our relationships. It is affecting our joy. It is affecting our quality of life.

If we are struggling in our life in any way, our first tendency is to look outward at circumstance to find the cause. Utilizing self love teaches us to build a bond with our true spirit. That bond creates a new habit of looking inside for the answers. The benefit of that practice is immense. It builds a new found trust within ourselves and in turn releases the fear associated with relying on any person or entity outside of ourselves for our happiness. We learn to trust and rely on ourselves to problem solve.

That doesn't mean that we never ask for help from others. It means that we know that we are the best source to define what our needs are. From there we can reach out to others for guidance or make lifestyle changes that better support our overall level of contentment.

Back to the challenge, the new system of instant forgiveness includes anything negative you say out loud about yourself throughout the day. It could be a statement as small as, "I can never be on time for work" or "I wish I was more organized." These small statements said out loud throughout the day add up and also compound over time. What we say out loud about ourselves is just a small portion of the larger part of what we say to ourselves internally all day long. It is just the tip of the iceberg.

I recommend listening for the out loud statements because it is easier at first to catch the out loud statements. You will hear them. When you hear yourself making negative statements towards yourself, you guessed it, immediately forgive yourself for saying negative things about yourself.

#### Day 2

Repeat the process of listening to your thoughts for thirty seconds after waking. When you are done take a few deep breaths. Feel free to repeat this activity at any time throughout your day. When you catch yourself feeling irritable or anxious stop what you are doing and take thirty seconds to track your previous thoughts. Taking a few deep breaths is optional. Breathing releases tension by allowing oxygen to flow through our system. Breathing has an immediate calming effect. Continue this simple regiment for 21 days.

At the close of your 21 day experiment take a few moments to document any changes you noticed about how you felt throughout the challenge. The change could be as simple as wanting to continue the thought tracking and breathing past the 21 day time frame. It could be that it motivated you to think of other activities you may want to do daily that would be enjoyable. The point of the challenge is to give 30–40 seconds per day of one-on-one time. 21 days is long enough for it to have at least some evidential effect on you.

When you become more mindful of the negative statements you make out loud about yourself throughout the day you will naturally become more in

tune to the internal dialogue you haven't even been aware of. Becoming aware of that criticism is a small start to consciousness. It is the road to contentment. Contentment is simply tolerance. Tolerating what is, learning how not to judge. The most important person you can avoid judging is you. Everything else extends from there.

You will notice when you are getting better at forgiving yourself because your spirit will start to feel lighter and your energy will increase. You will have less and less tolerance for any kind of aggressive behaviour from yourself or anyone else for that matter. You will want to care better for yourself as well. You will want to eat better, rest more, exercise and find a quiet place to connect with yourself.

The other thing you will notice when you keep forgiving yourself is that compassion and tolerance towards others will start to bloom inside of you. With that people will be more drawn to you. They will be more at ease in your presence. You will laugh more often and you will continue to look for new ways to find joy in your day.

Don't worry about giving yourself too much love. You will know the right kind of love when you feel it because it feels so pure. Don't worry about receiving the wrong kind of love either. You will know that love as well because it will come without any judgment or expectation whatsoever. Most of us struggle to give one another unconditional love. That is why it is best to start within and practice, practice, practice. It will develop your pure love senses. With that you will know when you are being led astray to the wrong kind of love.

The life lived without judging ourselves is the best life because it allows us to learn how to love from the inside out. When we do that, we can start to love others in the same way. Start this month. Make yourself a commitment to consider being a little less critical and a lot more forgiving of yourself, your efforts and your heart. Track your results. Pay attention to the small changes that are taking place in your life. You may just feel a little more optimistic. You

may find you are a little more patient. Those are the sign posts that your efforts are having an impact.

It is never too late to start over. It is never too late to learn to forgive yourself. Forgive yourself right now. Forgive yourself for the fear that goes along with being curious and open to new ideas. Forgive yourself for the thousands of times you will likely give up and then forgive yourself again for starting and stopping and forgetting and for not caring and for being negative or sombre or depressed or anxious or motivated then completely apathetic. Just keep forgiving and see what it does. No one ever said you needed to be perfect. So when it becomes too daunting...just keep going.

Peace and Love this season.



#### **ABOUT THE AUTHOR**

**Caroline Altman is a coach and freelance writer. After overcoming her own personal challenges she works with individuals and organizations teaching happiness techniques that have shown to effectively reduce stress and improve emotional wellness long-term. Born in California, she immigrated to Canada in 2004 where she has spent the last decade raising her two children and developing her training program. To contact Caroline please visit her website [www.HappyTrainCoach.com](http://www.HappyTrainCoach.com)**



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## *Inspirations.. Gone Astray*


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*The mind goes here and there  
In, out and about  
With, against and around;  
Sometimes fully aroused,  
Most often unaware  
Roaming in a sharp witty manner  
Or as ambivalent as a wanderer!  
Whenever the eyes start  
meddling;  
Inquisitive of the surrounding,  
Ears begin to engage,  
Strokes of a tender wind touch,  
Crisp scents converge.  
Even when in a state of disregard;  
Senses cannot withstand  
Lack of concern  
Or merely disengage!  
Some focal points instantly  
emerge,*

*The mind is sending signals;  
The heart is jovially pounding,  
Eyes cannot but obey:  
A butterfly.....  
Thereupon a tip of a flowering  
shrub  
A snap of joy  
To the eye!  
Eyes cannot but survey:  
The butterfly.....  
Does it feel like a queen?  
Ruling the show ... overlooking the  
scene?  
Exquisitely-coloured wings  
delicately wobble  
On a blooming white wildflower!  
The butterfly.....  
With a heart and a brain  
What goes inside its mind?  
Does it ponder about its short life-  
span?  
What does it want to convey?*

*Being harmless might bethe reply!  
Is this the utmost desire?  
Or just a designated route?  
Is it a fate?  
A learning process?  
Or an acquired trait?  
Whichever.... Whichever!  
The butterfly.....  
Right through its living sequence;  
Being uncorrupted might be the  
clue!  
A free spirit in its flight,  
As innocent as an infant.  
The butterfly.....  
Across the ages,  
Throughout time;  
A substantiate evidence  
And not just a prediction.  
Is it aware of the sparkle it  
activates?  
In a child's eye,  
In a painter's brush?*



*It did all of this and a lot more  
Across the ages,  
Throughout time.  
The butterfly.....  
Did not change pattern or lifestyle  
Did not become wild  
Did not mutate disruptively  
It decently preserved its core!*

*Eyes cannot but survey:  
A bird flying high;  
Unfolding vast grazing land.  
Tuning the verses of survival into a melody  
Over apple orchards.  
Humming the viewpoint of nature in a refrain  
Above a citrus grove.  
Touring lavender fields,  
Descending now and then to cherish  
A breathtakingly myriad of hues and shades.  
The bird.....  
By way of its graceful singing;  
The musical notations of composers kindled  
Carved on stone, clay and papyrus  
From rhythmic tunes to preludes!  
On its phenomenal flying people marvelled!  
Depictions of the aviation pioneers erupted:  
The attempts of Ibn Firnas,  
The sketches of Da Vinci,*

*The dream of the Wright's brothers!  
The bird.....  
Clueless of borders, states and kingdoms  
Did it ever think of bombardment....invasion?  
And what goes on post-war....post-occupation?  
Across the ages,  
Throughout time.  
The bird.....  
Reaching emerald green meadows,  
Exploring fertile land,  
Up a barren region across an arid terrain:  
Has it encountered roofless refugees?  
Abandoned children.... oppressed youths?  
Deported minorities....persecuted groups?  
Besieged, tortured, dispersed  
By fellows from the same species;  
Once classified as human beings,  
But seized to be  
It seems to be!  
Human beings was the nomenclature,  
And then an adjective was derived,  
Along with a noun!  
Humanity;  
The virtue of being humane,  
The all-inclusive terminology  
With all the designated synonyms:*

*Benevolence, compassion,  
understanding,  
Tolerance, mercifulness, fellow-feeling.  
But instead an exposé  
Of an assortment of antonyms:  
Discrimination, hatred, insularity,  
Prejudice, unfairness, profanity.  
Humanity;  
Corroded.....disintegrated,  
Smearing the epitome of existence!  
The bird.....  
With a heart and brain  
Considering.....witnessing  
Calling.....appealing  
To those with a heart and brain  
Anyone there to ameliorate the agony?  
The bird.....  
Perplexed.....lost its melody  
Migrated....drifted  
Away from humankind's insanity!*

JihanFadayelHandal

#### ABOUT THE AUTHOR:

*Jihan holds a Master's Degree in Medical Laboratory Sciences. She has worked in medical research, hospital laboratories, and with International NGO's on projects to improve conditions and medical services in refugee camps and remote areas.*



# AN OCEAN IN REMINISCENCE

*Jihan Fadayel Handal*

An ocean in the morning.....  
Waking up with a zest,  
Refreshing brisk currents,  
Tide at a zenith;  
Dancing to the tempo  
Of a perpetual serenade.  
Thousands of colourful marine species,  
Millions of unknown creatures,  
In the unexplored depths;  
Freely breathe within.  
Ample, whole ecosystems,  
All-embracing marine biology,  
Oceanic chemistry and geology;  
Naturally flow within.

An ocean during midday.....  
A wrapped around coastline,

Unblemished white glistening sands,  
A safe haven  
For a weary spirit....comforted!  
An oblique shoreline,  
Speckled with oyster shells,  
A retreat  
For a soul in prayer....perfected!  
A sheltered pier,  
Warm shallow waters;  
Children swimming.  
Soft velvety sands,  
Sun-kissed youngsters;  
Blissfully running.  
Kite flying,  
Sand-castles building;  
A flawless tableau.....projected!



An ocean at night.....  
A shingle shore encrusted with cobbles,  
Patched up with captivating colours.  
A natural conservation among pebbles,  
Sporadic aromatic zephyrs.  
Sleepy waves caressing dreamy rocks;  
A timeless primal ballad for lovers.  
Colonies of magnificent coral,  
Breeding around a full moon,  
Building reefs in tropical waters.  
Furthermost.....  
An unexplained luminescence,  
Where sailors grab hold  
Of a magical glow!

The ocean.....  
Pollution and acidification;  
Wildlife threatened!  
Industrial material accumulation;  
Food chain affected!  
Unprecedented stressors;  
Provoked by human-related action.  
Nets, traps and lines discarded,  
Fishing gear abandoned;  
Whales and seals entangled,  
Aquatic animal swounded,  
Mutilated..... killed!  
Candid activists stepping in relentlessly,  
Articulating the gigantic body's fragility:  
Instead of preserving the ocean's  
character,  
Impairment,

Disfigurement,  
Injury after injury!  
Our ocean.....  
An ecological inheritance;  
That should be well-preserved  
Quite like the cultural heritage!  
A moral responsibility;  
To maintain it unspoiled  
From age to age....conveyed!  
Come let's turn tables around  
With purposefulness,  
To enlighten the oblivious.  
Come let's right the wrong  
With prominence,  
Reach out in togetherness,  
And gather to harvest,  
The seeds of responsiveness  
Among us and all those alarmed,  
Among all those in authority,  
Among outspoken media outlets,  
To garner the ocean  
With merited eminence!

**ABOUT THE AUTHOR:**

Jihan holds a Master's Degree in Medical Laboratory Sciences. She has worked in medical research, hospital laboratories, and with International NGO's on projects to improve conditions and medical services in refugee camps and remote areas.



Dr.  
**Renu**  
Persaud

Healer of Inner Wounds

---

*Author of The Book*  
**"The Mastery of You"**

*"The Mastery of You, Book' by Dr. Renu S. Persaud, released by Waldorf Publishing .Renu has been living in Toronto since she was a baby. She is a professor, lecturer and social scientist. Her groundbreaking work on self-worth and the development of a strong sense of self has been widely acclaimed.*

*Renu says that "The Mastery of You" enables us to understand the Self above all else.*

*She says: "We gain knowledge and strategies needed to value our own sense of self-worth through the paradox of selfishness. Failure to nurture the Self results in the greatest form of betrayal – self-betrayal."*

*Renu's book is partly autobiographical, highlighting poignant – and sometimes excruciating – experiences, experiences that took courage to tackle, and even more courage to write about for public audiences.*

*"My ultimate goal for humanity: the kindness revolution," Renu says.*

---



RENU S. PERSAUD, PhD



The  
Mastery of  
You



A JOURNEY TOWARD THE  
UNDERSTANDING OF *Self*



# Muhammad Muzammal Anwar Wains :

PRACTICING ADVOCATE IN THE HIGH COURT THROUGH WAINS LAW CHAMBER

*Specializes in criminal and family cases in District Courts Gujrat and Lahore High Court  
Impressive legal and humanitarian experience and success rates including:*

- Legal Director, (Pakistan Region ) The Face of Dignity , Non Profit Canadian Organization ( NGO)
- Member Human Rights Committee Punjab Bar Council.
- Worked with UNDP (NGO) as Master Trainer in general elections 2013.
- Advocate work with NGO based law firm called Justice Welfare Society Gujrat
- Conducted more than 300 cases for poor and needy people of Gujrat in family cases of impoverished women unable to pay the fee of counsel.
- Member Executive Committee Lahore High Court Bar Association.
- Member Executive Committee District Bar Association Gujrat.

## His versatile representation has included :

- |                              |                      |                            |
|------------------------------|----------------------|----------------------------|
| • Divorce                    | • Criminal Cases     | • Theft                    |
| • Maintenance                | • Murder             | • Robbery                  |
| • Spousal Support            | • Illegal Harassment | • Criminal Breach of Trust |
| • Recovery of Dowry Articles | • Blackmail          |                            |
| • Abuse                      | • Physical Torture   |                            |

***Muhammad Muzammal Anwar Wains success rate is almost 100%.***

**Office Address: Wains Law Chamber Office No. 74, New Lawyers Complex  
District Bar Association, Gujrat, Pakistan  
Phone: 0092 333 8004607**

Email : [chadeelwains@yahoo.com](mailto:chadeelwains@yahoo.com)

'MAUKA MAUKA' FAME

# Alamgir Khan

Bollywood Singer

For Shows Contact:

**Ankur Agarwal**

Manager

+91-7011551449

+91-9136684905



[ank.indian@gmail.com](mailto:ank.indian@gmail.com)

- World famous singer who has sung Mauka Mauka, cricket anthem which was conceived for ICC Cricket World Cup, and is leading voice behind superstars of Bollywood such as Salman Khan, Akshay Kumar, Ajay Devgun, Farhan Akhtar, Jaiki Bhagnani to name a few. He has spent more than 10 years in music industry and has given his voice for 35+ Hindi and Punjabi movies after being trained by Musical Maestros Sukhvinder Singh, Himesh Reshamia etc.

- **Some of his super hit songs are:**

- Desi Beats (Hip-hop Mix), movie Bodygaurd
- Surya Ast Punjabi Mast, movie Action Jaction
- Khiladi Bhaiya Khiladi (Title Track), movie Khiladi 786
- Tauba Mai Vyah Karke Pachtaya (Punjabi Mix), movie Shaadi Ke Side Effects
- Mera Yaar Bada Funtastic, movie Welcome to Karachi
- Tere Bin Nahi Lage Jiya (Sufi), movie Ek Paheli-Leela

Alamgir has done more than 200 live shows/events worldwide in his career,so far.

From Patiala Gharana of Punjab

# Alamgir Khan

**Bollywood Singer**



# The Enceinte Culture Of Pakistan

-Taalib Shivraj

Pakistan is all about history and cultural heritage. The country is located in the heart of the South Asian sub-continent. Many tourists visit this beautiful nation every year, just to witness the diverse cultures and beautiful landscapes. Starting from its north to south, the country has prominent nature, vivid landscapes and rich and variegated flora and fauna that can magnetize anyone. A trip to Pakistan can make you skirmish with the past in the form of monuments and archaeological heritage. Few other reasons why tourists prefer holidaying at this destination are trekking, mountaineering, white water rafting, trout fishing, bird watching and various kinds of safaris.

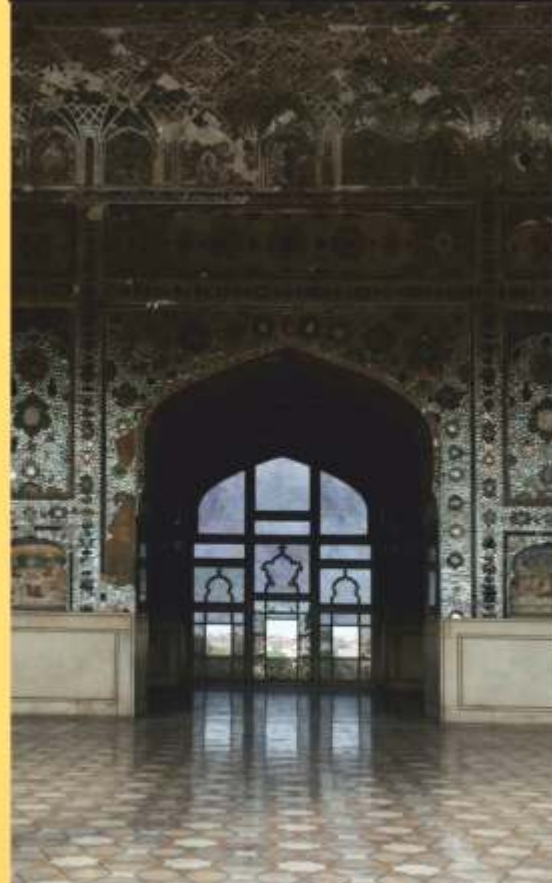
Any of the following cities in this historic country is worth visiting and can treat you wonderfully.

Islamabad:

It is the capital city of the nation. It provides you with the tremendous places and splendid architecture to explore while holidaying. The metropolis is located at the basal of the Margalla Hills which adds on to your fun with some adventures sports. It is known as a Garden city because of many beautiful gardens. Dainty handicrafts of Pakistan are famous worldwide, and you can take home some of the beautiful pieces of art.

You will bask in the warmth and hospitality this country provides to guests.

Lahore:







This city is associated with formation of Pakistan since its beginning. It is also referred as “the cultural heart” of the country. Local cuisine of Lahore is said to be very scrumptious. According to the localizers no tour to Lahore is complete without enjoying the flavors of the cuisine of this historic city.

#### **Karachi:**

Karachi is the largest city in Pakistan and has lots of things to offer to its visitants. Some of the most popular Karachi tourism sites are- National Museum of Pakistan, Karachi Expo Centre, Pakistan Air Force Museum. If you are taking along your kids then don't forget to take them to Aladdin Amusement Park, Ancient Greeks Adventure Park and Sindbad Amusement Park because every moment spent here will be cherished by your little ones. If you are a shopper by nature, then be ready to loosen up your pockets here, as the city is filled with all types of markets, boutiques and large departments which can make you spend some extra pounds off your pockets.

Pakistan has everything that can make your trip exciting and memorable.

Source: Free Articles from [ArticlesFactory.com](http://ArticlesFactory.com)

#### **ABOUT THE AUTHOR**

Martin Nobel: Hounslow, Middlesex, London, United Kingdom

Personal Web Site: [Worldwide Flight Tickets](http://WorldwideFlightTickets.com) Martin Nobel shares his views about beautiful Pakistan



Bernardo Funeral Homes has been serving the community for over 40 years. We are proud to continue our tradition of high quality service. Being family owned and operated, we are dedicated to the principles of compassion, integrity, dignity, excellence and professionalism.



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f (416) 789-9805

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[gabriele@bernardofuneralhomes.com](mailto:gabriele@bernardofuneralhomes.com)

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## Privileging the underprivileged girls.... with Absolutely free University Education at Undergraduate & Postgraduate Levels



Over 2,000 girls from India and 22 other countries like Afghanistan, Nepal, Bhutan, Bangladesh, Botswana, Burundi, Sri Lanka, Kenya, Ethiopia, Uganda, Ghana, Zimbabwe, et.al are educated annually free of cost at our partner universities.

DreamZ - Rai Foundation in association with ASSOCHAM Ladies League (ALL) reaches out actively to such girl students from disadvantaged socio-economic backgrounds globally - through NGOs, Governments and Corporates - providing them full scholarships to enable their access to education and also to provide a flexible curriculum to develop their diverse talents.

DreamZ Scholarship scheme for the underprivileged girls is offered at all our partners Universities for any of the Bachelors and Masters Courses in Management, Engineering, Biotech, Hospitality, Fashion, Media, Design, et al. The environment at our partner Universities is truly global as they attract students from the best Universities worldwide for exchange and interaction. Students from Ivy-League Universities like Yale, Princeton, Harvard, Stanford as well as MIT regularly visit and interact with their counterparts here.

### Help us help them....

Nominate a girl to get free education, log on to [www.dreamzrf.org](http://www.dreamzrf.org).

Contact in Canada: Prabha Sharma-Sajan, Chapter Co-chairperson

Toronto Chapter, ASSOCHAM Ladies League | E-mail: [prabha.sharmasajan@gmail.com](mailto:prabha.sharmasajan@gmail.com)

**Rai University** EVOLVING THINKING MINDS Rai University is committed to equity, inclusiveness and equal opportunity for all while maintaining excellence in interactive teaching methodology, innovation in research and overall development of an individual in an environment that brings out one's best. Rai University is dedicated to openness, flexibility and the removal of barriers that restrict access to and success in higher level education a few by having a robust online program for those working or those that missed out due to various hardships in their life. Rai University's mandate is to nurture young minds capable of providing values, leadership and direction to society at large.

Rai University annually provides complete scholarships including lodging and boarding to over 250 underprivileged girls from India and abroad to pursue any course of their liking at any level at the university campus in Ahmedabad. It also gives full scholarship to 10,000 students annually for its University Online degree program.



**A distinctive art movie based on real life stories of less privileged girls — the journey from their traumas to their triumphs.**





LET THE  
*Moon Rise*  
TONIGHT

Let her cast light on every single star that illuminates the carpeted sky.~

Love may not find a home within us, but it has above us. I see it when the moon tucks the sun in to sleep, painting the pink sky with their good night kisses and the orbit of their eternal gaze.

How the sun shines so bright so that he may never see his queen weep.

Little does he know that she is weak.  
From bearing all their children for the world to see.  
Those little stars twinkle in her wake, yearning for her attention.

But that, she is incapable of providing.  
Instead through the curtains of the clouds she is hiding.

The silver lining is not what it appears,  
As her heavy lids are giving way to the pull of the oceans.  
How they wish to submerge her within the covers of the sea.  
Put her to bed.  
They wish to smother her elixir by downing its

purity.

As her neglected children began to tug at her gaze,  
They forced her down to bare ashes in a vase.

The sun had spent millenniums holding up the weight of her being.

While his children watched his flame diminish.  
He had burnt her out before she had died on the noose.

She had weakened his light before he could ever let go.

And so the two lovers passed through the smiles of their children,

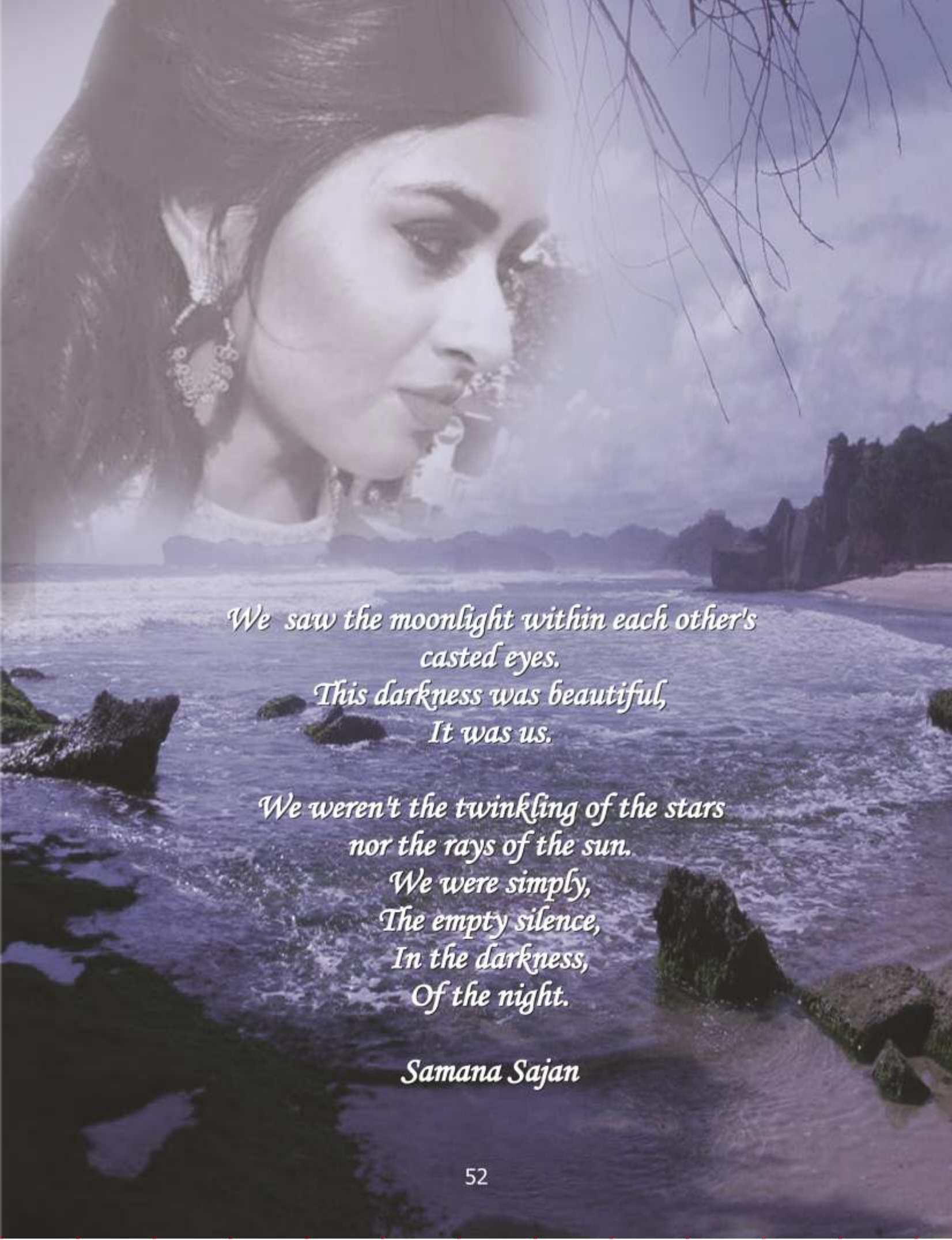
Their lips etched the words love but their actions whispered murder.

For they had killed each other within their amity.  
Their children a bare witness to the crime.

Though they wished to be the killers themselves,  
They found satisfaction within the blackened sky.

For they had no more of a guide to lead them astray.  
In darkness they found a trail of breadcrumbs,  
A path to lead them to their parents grave.

**-SAMANA SAJAN**

A woman's face is shown in profile, looking down and to the right. She has long dark hair and is wearing a large, ornate earring. The background is a beach scene with waves crashing against rocks. The overall tone is melancholic and romantic.

*We saw the moonlight within each other's  
casted eyes.  
This darkness was beautiful,  
It was us.*

*We weren't the twinkling of the stars  
nor the rays of the sun.  
We were simply,  
The empty silence,  
In the darkness,  
Of the night.*

*Samana Sajan*



**Non Profit Organization**

## Our Causes

- Universal education
- Special needs education
- Women empowerment
- Children's welfare
- Legal Support
- Spiritual and creative variance and validation for global understanding, balanced living and peace
- Specializing in helping communities to realize new solutions

## Mission Statement

Implementation and development of programs that seek to integrate innovative methods that foster empowerment, education, justice, creativity, equity and social evolution to promote perceptual shifts in thinking, actions, psychology and outcomes for long-term sustainability in improving the lived realities of the most vulnerable members of society.



## Mandate

To be a significant and influential agent of change on a global scale:

- 1) Universal education and accessibility  
(encompassing special needs, and awareness of systems and opportunities)
- 2) Women empowerment and legal services
- 3) Children's welfare
- 4) Spiritual tolerance, material and creative up-liftment
- 5) Gender fairness in policies and legalities (this includes the fairness, legal representation and well being for men and their rights)

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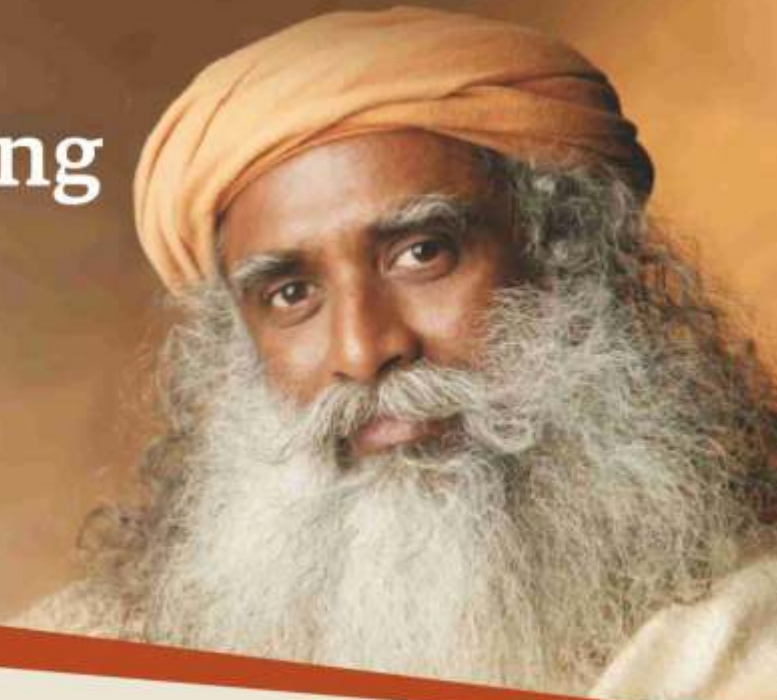


# Inner Engineering

with Sadhguru

"As there is a science and technology to create external wellbeing, there is a whole dimension of science and technology for inner wellbeing."

-Sadhguru



"An enlightening experience"

"Gave me the wisdom  
to live happily"

"Helped me align with the  
true purpose of life"

Reviews by Engineering Participants

90% Headaches/Migraines ↓

73% Digestive Disorders ↓

90% Anxiety ↓

95% Depression ↓

84% Insomnia ↓

Based on a study conducted on 536 Isha practitioners

## The International Centre, Toronto

### Oct 14-15

**Learn a powerful 21-minute practice**  
**Establish clarity, health & joy in your life**

The program is designed and conducted by Sadhguru, a yogi, visionary and a foremost authority on yoga.

This course imparts practical wisdom to manage your body, mind, emotions & the fundamental energy within.

This is an advanced level program - The prerequisite is completion of Inner Engineering Online, which can be done in the convenience of your home.



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Sadhguru is a yogi and a mystic – a man whose passion spills into everything he encounters. Named one of India’s 50 most influential people, Sadhguru’s work has touched the lives of millions worldwide through his transformational programs. Sadhguru has a unique ability to make the ancient yogic sciences relevant to contemporary minds, acting as a bridge to the deeper dimensions of life. His approach does not ascribe to any belief system, but offers methods for self-transformation that are both proven and powerful.

An author, poet, visionary, internationally renowned speaker and bestselling author, Sadhguru has been an influential voice at major global forums including the United Nations World Headquarters and the World Economic Forum, addressing issues as diverse as socioeconomic development, leadership and spirituality. He has also been invited to speak at leading educational institutions, including Oxford, London Business School, IMD, Stanford, Harvard, Yale, Wharton and MIT, to name a few.

Dedicated to the physical, mental and spiritual wellbeing of humanity and gifted with utter clarity of perception, Sadhguru possesses a perspective on life and living that never fails to intrigue, challenge and surprise all those he encounters.

### A Commitment to Transformation

Sadhguru established Isha Foundation, a non-profit volunteer-run organization operating in more than 300 centers and supported by over seven million volunteers worldwide. Through powerful yoga programs for inner transformation and self-empowerment and inspiring social outreach initiatives, Isha Foundation has created a massive movement dedicated to addressing all aspects of human wellbeing.

Sadhguru has also initiated several projects for social revitalization, education and the environment through which millions of people have been given the means to overcome poverty, improve their quality of life, get actively involved in environmental initiatives and achieve community-based, sustainable development.

Speaking Engagements		Keynote Addresses	
World Economic Forum	General Motors	World President’s Organization	IMD Business School – Lausanne, Switzerland
UK House of Lords	Australian Leadership Retreat	Dartmouth University’s Tuck Executive Program	London Business School
United Nations	India Today Conclave	Massachusetts Institute of Technology (MIT)	The Oxford Union at University of Oxford
Google	TED	University of Michigan – Ross School of Business	
Microsoft	Harvard University	Yale University	
World Bank	Wharton School of Business	Forbes India Leadership Awards	
Daimler Chrysler Corporation	Rice University		
Ford Motor Company			



## Awards & Honors

Padma Vibhushan Award by the Government of India, the highest amongst the annual civilian awards, accorded for exceptional and distinguished service, February 2017

New York Times bestseller list for Inner Engineering: A Yogi's Guide to Joy, September 2016

Special consultative status with the Economic and Social Council of the United Nations

Named one of India's 50 most influential people by "India Today" magazine

Indira Gandhi Paryavaran Puraskar—Government of India's highest environmental accolade, 2010

Project GreenHands: Guinness World Record for planting over 800,000 trees in three days with over 200,000 volunteers, 2006

Project GreenHands: India Today's Safaigiri Awards, 2016  
Author of over 50 books

## Interviews

New York Times  
ABC News Australia  
Huffington Post  
(ongoing blog)

Bill Moyers PBS Special – "Beyond our Differences"  
National Geographic International  
BBC, Bloomberg, CNBC and CNNI  
Fox News

## Social Outreach



## Action for Rural Rejuvenation

Free medical care and community rehabilitation covering more than 7 million people in 4,600 villages in Southern India.



---

## Project GreenHands

Massive public reforestation effort started in South India with over 28 million trees planted to date.

---

## Isha Vidhya

A pioneering, quality program aiming to transform the lives of rural children by providing them with affordable, high-quality education. Today, 9 schools have been established, benefiting 6,415 students. Isha is also carrying out critical interventions in 56 rural government schools in Tamil Nadu, benefiting over 34,000 students. In Andhra Pradesh, a project for direct intervention in 460 government schools is also underway, benefiting over 38,000 children.

## Isha Leadership Academy



Based on Sadhguru's vision of cultivating leadership as an innate and intuitive process, the Academy is being established to offer the highest quality of leadership education in India. Its guiding principle will be the importance of first managing one's own mind, body and emotions, before one can manage external situations and people.

Its aim is to create leaders whose human potential has found

fullest expression, who are deeply rooted in their inner well-being and are able to operate from a sense of inclusiveness resulting in far superior actions and decisions.

The Academy will offer a whole array of leadership education programs, ranging from a two year MBA or equivalent to shorter duration customized courses for those holding or aspiring to hold leadership roles in business, government, public service, civil society, politics and academia.

# Insight: the DNA of Success

INSIGHT: The DNA of Success is a four-day business leadership intensive conducted by the Academy that explores the science of scaling up one's business as well as one's own self. Through four days of intense interaction, it offers a rare chance to see through the eyes of successful leaders and experientially learn the DNA of Success. Key Resource Leaders include:

**Sadhguru – Yogi, Visionary and Founder of Isha Foundation,**

**N.R. Narayana Murthy – Founder, Infosys,**

**Ravi Venkatesan – Former Chairperson, Microsoft India**

**Dr. Dipak C. Jain – Former Dean, INSEAD and Kellogg School of Management, US**

**B. S. Nagesh, Founder TRRAIN & Non Executive Vice Chairman, Shoppers Stop Ltd.**

## Contact

sadhguru.office@ishausa.org

isha.sadhguru.org

## Links (Click to view)

The Davos World Economic Forum Question

<http://www.youtube.com/watch?v=AFRregtmXMLk>

Sadhguru's address at the United Nations  
on the International Day of Yoga, 21 June 2016

<https://www.youtube.com/watch?v=DWtnKRL30jo&t=12s>

How do we become a healthier society?

In Conversation with Dr. Mark Hyman

<https://www.youtube.com/watch?v=BQfOJ0CZkpg>

Ancient Wisdom in Modern Times

In Conversation with Deepk Chopra

<https://www.youtube.com/watch?v=WMhJgdpj1d0>

On Education

In Conversation with Donna Karan

<https://www.youtube.com/watch?v=qmU05aVOI7g>

An Ideal Education

In Conversation with Ken Robinson

<https://www.youtube.com/watch?v=r1suDICxi70&t=2s>

<https://www.youtube.com/watch?v=CSK7WsQS5S0&t=31s>

What is the nature of suffering?

In Conversation with Danny Hillis

[https://www.youtube.com/watch?v=rQ3Cif\\_IOMY](https://www.youtube.com/watch?v=rQ3Cif_IOMY)

In Conversation with Arianna Huffington

<http://www.youtube.com/watch?v=ai35KBImBtU>

The Purpose of Business and Inclusive Economics

In Conversation with K V Kamath

<https://www.youtube.com/watch?v=1PimMrduMFk>

The Power of Water

In Conversation with Ed Begley

<http://www.youtube.com/watch?v=sbUtgWPBGjY>



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EDUCATE A GIRL  
YOU EDUCATE  
A NATION.**



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isha

A photograph of Sadhguru, a spiritual leader, sitting on a balcony. He is wearing a large, light-colored turban and a red shawl over a white shirt. He has a long, white beard and is looking down at a scroll of paper he is writing on with a quill pen. The balcony has a decorative metal railing, and the background shows a blurred view of greenery and a body of water. The word "isha" is written in the top left corner, and "Sadhguru" is written in large white letters at the bottom.

Sadhguru