



KDN: PP 311/06/2013(032680)

ISSN: 0012-1746

# Vol 57:1

September, 2024

## In this issue...

- ♦ *Guardians*
- ♦ *Workplace Practice*
- ♦ *A Message to Youth*
- ♦ *Sustaining Faith & Motivation*
- ♦ *Children's Corner*
- ♦ *Merdeka & Malaysia Day*
- ♦ *My attitude towards legacy of Earth*
- ♦ *Simple Breathing Exercise*
- ♦ *SSML*
- ♦ *Recipes*
- ♦ *The Malaysian Speaks*
- ♦ *And many more.....*

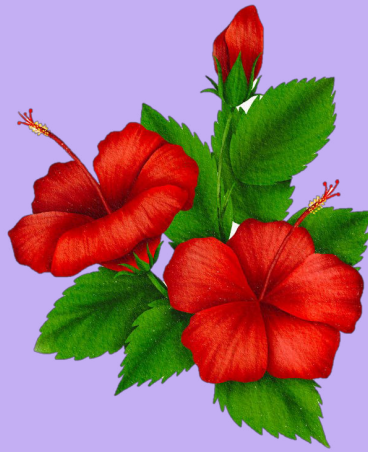


**Selamat Hari Merdeka ke-67**

*31st August marked 67 years of independence for Malaysia.*

*This year's theme **Jiwa Merdeka**, represents the independent spirit and love of Malaysians for this nation manifested through unity, social cohesion, and a vibrant economy, creating a just, strong, and progressive society.*

*The Editorial Board wishes all our readers a Selamat Hari Merdeka. Stay safe.*



# DHARMA

*Rise Dharma, like the sun to end communal strife.*

*Unite all in ONE and to give us New Life  
- Yogi Shuddhananda Bharati*

## MALAYSIAN CONCERNS - MATERIALISM & SOCIAL RESPONSIBILITIES

*- Mother A Mangalam at MIM Tun Hussein Onn Renewal Awards (THORA) on 14th August 2005*

**My** hearty greetings to all present here. Wish you a very good day of pleasant happenings. The subject, Malaysian Concerns in respect of Materialism & Social Responsibilities, is the most appropriate subject of the times which all of us need to reflect on as true Malaysians for the good of ourselves as well as the nation and the world at large.

**Permit** me to share some of my thoughts stemming from my observation on this subject with you and please don't hesitate to rebut me during Q & A time because I belong to the old school and your observation at your age can be very different.

**Malaysian** concerns cannot be segregated from world concerns. This world is the macrocosm and Malaysia can be called the microcosm. We Malaysians are part of this huge network within which human beings keep moving and influencing one another through several means such as by way of travels, the information technology, the mobile phone and its messages and other attachments; the media in which the TV and the radio play a great part besides the news dailies.

**What** happens here in Malaysia is a miniature of what is happening among the nations world-wide. Malaysians are no more in the hub of the 40's and the 50's of the last century when ocean travel was the vogue.

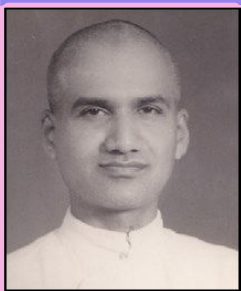
**We** are now in a fast-moving and horrendous period of the world's history. We see changes almost every split-second this era in which heads of government roll, climatic changes are irregular, economies fluctuate, frequent changes in policies and cataclysmic earth and sea movements which are often unpredictable.

### Adverse effects of Malaysian progress

In the course of this rapid mass movement of human beings across the globe,

*continued on page 4*

**Cover page photo:** The former Prime Minister Tunku Abdul Rahman Putra Al-Haj declared the **hibiscus**, or more specifically its subspecies *Hibiscus rosa-sinensis*, as the national flower on July 28, 1960. The vibrant colours of the flower made it stand out; it also symbolised the courage and vitality of the people. The five conspicuous petals of the flower also fit well with the five principles of the Rukun Negara.



The creed of non violence makes votary a positive moral fighter, in the sense that he fights all evil, injustice and untruth, and would never allow him to compromise with them. The weapon of the non-violent fighter is love. He has infinite trust in human nature and its inherent goodness. He means to hit the evil and never the evil-doer. He has no fear and suspicion; on the contrary, he is fearless and has a strong will, for he believes in the ultimate triumph of the Soul-force and love.

**- Dr Swami Satyananda, JP, 1958,  
Founder-President,  
The Pure Life Society**



## Contents

Malaysian Concerns	- Mother A Mangalam	- 01
From the Founder	- Swami Satyananda	- 02
Guardians	- Mother A Mangalam	- 02
Editor's Note	- P C Shivadas	- 03
Workplace Practice	- Thich Nhat Hanh	- 06
A message to youth	- Swami Satyananda	- 07
Sustaining Faith	- K Haridas	- 08
Children's Corner	- Web Source	- 11
A Tribute	- Swami Sivananda	- 12
Merdeka & Msi'a Day	- Ravindran Raman Kutty	- 13
Legacy of Earth	- S Ravin	- 15
SSML 2024	- Gopal Balakrishnan	- 18
Ode to the M'sian flag	- Ravindran Raman Kutty	- 20
Public Benefaction	- Yogi Shuddhananda	- 20
Recipes	- Mother A Mangalam	- 21
Saying it in pictures	- Editorial Board	- 22
The Malaysian Speaks	- Editorial Board	- 23
Reflections	- Swami Paramananda	- 23
Editorial Information	- Editorial Board	- 24

## GUARDIANS

*Children have got horizons of  
their own to reach,  
You are but guardians of  
their upbringing,  
And custodians of their souls  
until they reach adulthood,  
They don't belong to you, and  
can never belong to you ever.*

*So do not worry yourself  
unduly,  
Do not give vent to emotional  
out-bursts,  
For these do no good to you or  
unto them.  
Please understand that they  
too have horizons of their own  
to reach,*

*God is their guide, ever.  
God is also your guide ever,  
And He will lead you on as He  
leads them on,  
For God sees everything and  
knows everything,  
Even the innermost thoughts  
of the young and the old.  
Therefore take time to listen to  
the Voice of God,  
In order that the Divine Plan  
will work out  
Into a beautiful tapestry of  
peace and progress,  
Made beautiful by the  
conjunction of thoughts  
Arising from the habit of  
listening to the Voice within.*

**- Mother A Mangalam**



## EDITOR'S NOTE

Years come and go and August 31 this time around marked the 67th birthday of Malaysia as a sovereign nation with destiny firmly in its own hands. Flag flying, parades and events that showcased the importance and joy of the occasion had the purpose of evoking the sense of belonging and togetherness we, as citizens embrace and treasure.

The theme of unity is at the celebratory core every time, because it is what enabled our nation face the challenges of the past that could have broken us and we still emerge victorious. The May 13, 1969 post-election racial riots come easily to mind. Our leaders got together, discussed and came up with a game plan, the results of which we see today.

It is not as if radicalism or racialism will not rear its ugly head now and then as it is bound to in a setting that easily lends to it, given the presence of prejudice and other negative traits. But, by and large the majority of us know better and that is reassuring, to say the least. Our late beloved Mother Mangalam and indeed The Pure Life Society Founder HH Dr Swami Satyananda, JP, set in play organisations such as the Malaysian Inter-Religious Organisation (MIRO) and Inter-faith Spiritual Fellowship (INSaF) aimed at nipping racial issues in the bud through dialogue and understanding.

With the passing of The Pure Life Society Founder Swami Satyananda in a road accident in 1963, Mother Mangalam had taken on the mantle of leadership without hesitation, spiritual courage coursing through her veins, indefatigable in her desire to keep the flame of multi-culturalism burning. All of which duly recognised with Federal and State awards bestowed upon her.

Nurturing young minds of orphans and other needy children was her forte, hence the school and the vegetarian diet she promoted and instilled in them and indeed well-wishers, local and foreign who called on her constantly.

She had the children take pride in their multi-racial setting and had them learn, dress and perform accordingly on festive occasions at The Pure Life Society. How proud, too, she was when youngsters who passed through The Pure Life Society portals came 'home' to serve and return the favour bestowed on them.

A point she made for multi-culturalism was that awareness of one's identity was enhanced by that of others and in the process made one proud of one's own. Open mindedness was the key to a life free from prejudice and its stifling effect.

But, even before that, Swami Satyananda, in witnessing the multi-racial nature of the population of indigenous Malays coupled with Chinese and Indian labour brought in for work on tin mines and rubber estates, the mainstay of the economy then, had the spiritual insight for seeing the need to foster and promote inter-racial unity.

He interacted with leaders of the time, Tunku Abdul Rahman, (Tun) Tan Siew Sin and (Tun) V.T. Sambanthan to lay the foundation for the country's multi-racial society to prosper, one that was able to withstand the challenges of nationhood and the test of time.

Well, the torch of leadership is now borne by Dato Ambiga Sreenevasan as President, handpicked by Mother. As a lawyer and social activist, she has the mindset, vim and vigour that fits the position ideally and admirably for the time she devotes unselfishly to The Pure Life Society.



## MALAYSIAN CONCERNS - MATERIALISM & SOCIAL RESPONSIBILITIES

*continued from front cover*

many social ills have arisen side by side with the expansion of knowledge and experience.

**S**o many social ills have emerged such as abuse of drugs, child destitutes, homeless children, unheard of diseases, environmental pollution, mental pollution, mental illness, marginalization, dependence on foreign workers, poverty and corruption. Where have they their roots if not in Man's doings! Some remote causes such as irresponsible parenthood and irresponsibility among supervisors and heads of institutions, organizations and government services and corporate sectors and the type of motivation given by leaders, parents and teachers who are poor role models, (through no fault of theirs) may have given rise to many social ills. The shortcomings in the systems of governance and services at various levels are also areas of concern which some of the ministries are looking into.

**F**or the time being our current problems connected with materialism are the spending mentality through credit cards leading to bankruptcy which stem from lack of self-control, the fever of enjoyment in fields that don't benefit us in body, mind and spirit, poor time-management in this fast moving world and accumulation of wealth by any means and living beyond one's needs to keep on par with the Joneses and downright disregard for the environment while in the pursuit of money and more money.

**M**an is letting himself to be largely influenced by what's happening around him with a careless attitude, lack of self-control and greed and such negative traits in one's character invariably lead one on to lust and anger.

**H**ow can the human being get out of this whirlpool of such negative influences?

### Social Responsibility

**T**alking about social responsibility let's see why human beings should be socially responsible when all other creations aren't and when all other creations are moved by their instincts to do what they are meant to do.

**I**t is a known fact that the human being at the time of his advent on earth is the most helpless. The human baby only knows how to cry in despair. At every moment of its growth into manhood the human baby is highly dependent on the mother, the father, the teacher, the friend and the environment. Don't you think the human being should say 'thank you' to all of them? How?

**M**an, from the very first moment of his birth, is a social being. He doesn't stand alone and he cannot stand alone for survival. He needs the society for his enhancement and advancement. But he has the capacity to think, to feel, to reason, to discern, to discriminate which is the prerogative of the human being. It is up to him to make good use of these attributes for a good life. How can he make good his life if his environment consisting of different forms of life are not allowed to thrive happily and progress in peace? Don't you think Man should also be altruistic in his relationship with all his fellow beings and with nature for his own happiness and the happiness of others?

### Charitable Initiatives - Misdirected

**T**he number of charitable institutions in the nation have increased and are increasing from day to day in our fair nation. Why? Is it because the people are altruistic?

**W**e have homes for the orphans and the "homeless" because of irresponsible parenthood, the aged for whom their children have no time; the increasing numbers among the handicapped of various types, some of which can be prevented if parents are more careful during pregnancies and more stabilized in their emotions so that slips and accidents can be avoided and practising more self-control over food intake for good health; the mentally handicapped which stems from undesirable patterns of living that affect the nervous system; the drug abusers on whom the drug lords thrive; the sex slaves who abuse their creative energy not realizing that their thoughtless indulgence and negligible gains can cause incurable diseases such as HIV and AIDS.

**J**ust imagine the colossal amount of time, money and energy that is being spent by the government in trying to rectify the ills that Man has created because of his own lack of responsibility! Money that can be



spent on building proper educational institutions and well-trained quality teachers on a comfortable salary structure is being spent copiously on remedial measures.

### Whither Values?

All such mishaps in humanity boil down to a lack of right values in one's life that don't help to build oneself and not listening to one's conscience - the silent inner voice in each one of us.

The human body is a sacred vessel of divine light and energy with illimitable potential for creation in multifarious fields. Man with the proper use of his body, mind and spirit has been able to achieve much in changing the face of the earth to what it is today. He has also used his potential for destruction and now he has to suffer the consequences of his negative role. Everything in life is reciprocal. As we sow we reap. Man has his choice. What does he want? And, if I may ask, what do you want?

Coming down to brass tacks let us see how people in their respective paths in life can play their role positively and effectively:

As parents	As a policy-maker
As mother/father	As a manager / CEO
As children	As a government servant
As a teacher	As an officer at the counter
As a student	As a receptionist
As an employer	As a doctor
As an employee	As a lawyer
As a citizen	As an engineer
As a nurse	As an accountant
As a waste manager	As a policeman
As a store-keeper	As a cook

### As the owner of the human body

I leave it to you to fill in the blanks with three values which you think best for the respective roles in the proformas that will be given out. □

“To be able to stand like a rock and not get affected by troubles and tribulations needs great strength of body, mind and spirit.

This is where religious background is necessary - religion, not only to build up faith, but to be able to educate man, in the importance of the need to know oneself, know the working of one's body and its potential, develop the body, mind and spirit in a balanced manner, with time for reflection, time for study, time for recreation, time for improvement of one's health and time to interact with one's fellow beings in a healthy manner and time for healthy discussions. Can this be done with the video-culture reigning supreme today?

- Mother Mangalam, in a speech 'Social Consciousness and Responsibility - a disciplined future',

1985

## WORKPLACE PRACTICE: WATERING SEEDS

- *Thich Nhat Hanh ‘ Keeping the Peace – Mindfulness and public service’*

Suppose you have a partner or colleague at work, and you want to make sure this relationship goes well. There are two things you may like to do. The first is to make a commitment to the other person. You may say: "Partner, I want you to be happy and not to suffer. And I know you want the same thing for me. You know that I have the seeds of anger and jealousy in me. If you care about me, please be careful not to water these seeds in me. If you do, my jealousy and anger will manifest, and I will suffer and cause you to suffer. I promise the same thing. I will not do anything to water the seeds of anger and jealousy in myself. I also promise not to water the seeds of anger and jealousy in you."

As colleagues at work, we have to protect each other. This means that we recognize the seed of suffering in all of us, and we make the vow not to water that seed in our everyday lives. Instead, we should speak aloud of the positive qualities in our colleague.

This is called the practice of positive watering. We may say, "I know that you have the seeds of compassion, joy, and forgiveness. I make the vow to try to water these seeds every day. It's not only for your sake, but also for my sake. I also promise that I will water the same beautiful seeds in me by reading, by listening, and by touching the things that can water these good seeds in me. Together we protect each other." This practice will transform the relationship in just a few days.

The second thing you and your colleague can do is to seek the kind of environment where the good seeds have a chance to be watered. This is extremely important. If you are a sociologist, if you are a psychologist, if you are a doctor, a teacher, an officer, or a parent, you try your best to relieve the suffering of the people you care about. But if those people continue to ingest toxins, then what you are doing will not mean much. You are trying to alleviate symptoms, but the roots of the problem are always there.

You may work every day in an environment that has these toxins in it. How can you change this work environment so that it includes reminders of the positive seeds in each person?

Small things may make a big difference. What do you and your colleagues eat during the day? What do you look at on the wall? What sounds do you listen to? If you can change even one of these things, so that at least once a day you and your colleagues are consuming something beautiful instead of just toxins, it will transform your work environment and your relationships with your colleagues. □



*"Friends at work  
make us walk into our workplace  
in the morning with a smile  
and  
have a soulful working day"*

## A MESSAGE TO YOUTH

(A Talk to South East Asia Scout Patrol Camp, 1952)

- HH Dr Swami Satyananda, JP, Founder-President of the Pure Life Society, Dharma Essays, 1956

We have a body, a mind and a soul. The soul is the real thing in us. It directs the mind to think and the body to act.

When we dream at night, the body is forgotten, but the mind is at work. When we sleep soundly without having any dreams, the body and the mind are forgotten. At this stage, the soul alone remains as it is. When we awake, we only remember that we have had a sound sleep and feel refreshed. Now, we see that when the body and mind did not function, there was something that watched them at rest. That something is what we call the soul or *Atma*.

When this soul goes out of the body, the body dies. The dead body has hands, feet and all the senses and the brain, too, is in it. But they don't work because the soul is not there. From this we understand that it is the soul which makes the body and mind to carry out their work. The body and mind cannot work by themselves. They are dead matter. The soul is the Spirit and is entirely different from matter.

Matter is subject to death but the soul, being Spirit, has no death. It is eternal and immortal; since it directs the body and mind, it also has intelligence.

Since the body and mind are the instruments of the soul, we should keep them healthy and clean and always pure.

This can be done by simple but wholesome diet, good thought, good speech and good action, by useful study, and by balanced physical exercise.

In the world around us, we see order and harmony. See how rhythmically the planets revolve around the sun. See how water is turned into vapour and how it falls as rain and how by rain, plant and animal life flourish on earth. Who makes our heart beat? Who turns into blood the food we eat? So everything in Nature reveals a plan and a purpose.

As we think deep, over this truth, we will find out the existence of a Great Being who directs Nature with intelligence. That Being is in our Soul also. We call it God or Siva or Vishnu or Allah. People of different religions call it by different names but they mean the same thing.

Our soul is in essence a particle of that Supreme Being. It is the master of all of us and everything that exists. It is our duty to love Him who is our Master. We can love Him by prayer and by loving His creatures.

If we do any harm either by deed, thought or word to anybody we are doing harm to God Himself, and because he is in every soul and He is their Master as well as ours, we harm ourselves also when we harm others.

Similarly, if we do good to others, we do good to ourselves and to God. That is why we must be always helpful to others in every way. We must serve others, love them as we love ourselves. In our dealings with others we must be honest and kind.

We ordinarily see differences between one person and another. For example, we see an ugly man and we dislike him. Again, we see a handsome man and we admire him. When we see a clever-minded man, we appreciate him. But on the other hand, when we see a weak-minded man, we despise him. Not all these differentiations are due to the divisions caused by the factors of the body and mind. But the soul is the same in all and the same God is dwelling in all. If we realise this, we will discover unity and brotherhood between man and man.

That is why the Bhagavad Gita says: "He who sees himself in others and others in himself and sees the same God in every being, is the wisest man, and will be ever happy here and hereafter." □

# HOW DO YOU KEEP SUSTAINING FAITH AND MOTIVATION IN TODAY'S WORLD WHERE GOD, FAITH AND RELIGION ARE OFTEN RIDICULED?

*K Haridas, Member, INSaF, involved in Education, NGOs and CSOs*

When I was twenty years old, God faith and religion were equally questioned. God was at best an antidote to fear and insecurity, the issue of faith was purely cultural and traditional and religion was seen as a tool for conformity.

The only time any sense of God was tested by me was just the day before my exams. Praying and hoping that God would do for me what I had not done for myself. This never worked as I sought miracles without input.

With the advent of science, the focus shifted to evidence and experiment in an otherwise very skeptical environment. Education was for a good career, money and progress and this defined what one aimed for and worked towards.

It was only when I met some very interesting people that I heard of such novel ideas like God had a plan for your life, that change was a necessary starting point, that listening in quiet could provide liberating experiences.

Skeptical as I was, I wanted to find meaning in my life and help contribute to society which seemed a good and useful purpose to be involved with. I was not attracted by God, faith or religion but a desire to change society. The ideas presented were logical and simple. The profound experiences shared by many inspired me to inspect and experiment further.

Today my own experience validates that a moral basis precedes spiritual understanding. The idea of starting with oneself, of internalizing values and moral standards and addressing change by becoming more congruent in the context of how one lived and what one believed in were attested to by powerful experiences and stories shared by many from all backgrounds and ethnicity at forums and meetings.

Getting clear objectively about absolute moral standards and dealing with the areas of compromise in my own life gave me clarity. Regular times of silence and inner reflection helped develop personal convictions which made a difference.

I had an “aha” experience. It was both cleansing and liberating. My late father replying to my letter of honesty stressing that even a Catholic Priest would not have confessed the way I did. Clean hands are needed to build a new society.

I have been committed personally over the last five decades to times of daily silence, writing down my thoughts and acting on these as well as always shining the torch within myself and then addressing the challenges facing me.

Fourteen years of full time involvement with this spiritual organisation cultured me and these developed disciplines, the outcomes of which can today be described as the treasury of my faith and experience.

Even today, reality out there remains a very powerful shaper of attitudes, and conduct. One becomes conditioned by external events. “It is OK, everyone does it” frames the conditioning. However, when one experiences clarity within, this equips one to navigate external reality with purpose and conviction.

Experience became the bedrock of my faith. Personal change added clarity, purpose and a shift in mindset that followed provided transformation critical to address the challenges facing today's reality.

God, faith and religion ceased to be mere abstract and theological ideas. It was no more a response to fear and insecurity. Living a more congruent life added meaning and a study of religious and spiritual ideas began to make sense.

With the prevalent forces of materialism, consumerism, competitiveness and modernism so much seems



to be driven largely by powerful forces of power, greed, lust and self-interest. The world out there becomes the driving force and mainstream media glorifies this agenda.

Today we also face a pandemic of fear and insecurity, suicides and meaninglessness. Everything has become relative. What is the problem with a little bit of smoking, drinking, partying and socializing for we have to be socially relevant, so rationalizes the intellect.

The reality is that all relativism leads ultimately to rationalizing one's convictions, conscience and the will to be different. One sacrifices insight and by seeking acceptance from the external world a stamp of legitimacy brings comfort.

This is why personally an internal reference point is significant. Spending time daily to be myself with myself and by myself imbibing what silence has to offer becomes a liberating experience. This is neither abstract nor theoretical.

Silence provides a mirror to oneself. How can you know another if you do not even understand yourself? Experience based on moral clarity was the outcome that has provided the foundations for my faith and motivation while silence and inner reflection became the sustaining disciplines.

You have to water the roots to nurture the plant and likewise you have to connect with your inner world to provide the balance.

Without deep commitment one becomes very vulnerable to powerful forces that shape the external world. Drawing from within gave me an opportunity to shape my external reality. These ideas shaped my interest in life, opened the doors of faith based on experience and inspired me with motivation to make a difference.

The challenges facing the world today are issues of environment, climate change, corruption, serious trust deficiency and lack of governance that must all be addressed. However, to do so and make a difference we need leadership committed to moral standards, ethics and a sense of humanity, the basis of character.

Yes, techniques and approaches like peace building, mediation, conflict resolution and reconciliation are important but consider the added value these bring when based also on personal experiences in this regard. If techniques and training alone could do this, we will today be in a different world. The one without the other is the lesser good but not the best

Swedish economist and statesman Dag Hammarskjöld's great insight was that it was easier to voice commitment to great causes than it was actually to make a difference to an individual human being. Labouring for the masses means that one does not have to pay much attention to improving oneself or paying attention to those around you.

When the focus shifts from the individual to the organization the work also suffers. Stories of deep personal change have always inspired many to action as this speaks to one's heart.

While truth is timeless we need new expressions and language to convey faith and change in a contemporary manner in today's technology driven age. An external focus, howsoever intellectual, does not provide this possibility.

I keep my faith because of the realization that all experience is internal. While senses are in all cases projected outwards we experience the world within ourselves. The seat of experience and perception is within each one of us.

The external world may be a trigger but greed, lust, hate, love and much more are experienced by all of us within ourselves. We experience one another and the world always within ourselves. These contribute to our perceptions.

If we are unable to change from within how are we going to make a difference in changing external reality? This is why an emphasis on personal change is significant.

By objectifying values as moral standards gives us an opportunity for self-evaluation which led many to

deeper levels of realization. The potential is within each one of us to mine these out. Absolute moral standards affirm the limitless possibilities inherent within each one of us.

Absolute honesty is indispensable to trust building and critical to healthy relationships and integrity. Absolute purity is about motivation, clarity, managing emotions and transmuting energy towards creative endeavours.

Absolute unselfishness is about the other, how I see the other and treat the other whatever may be their identity and background. Absolute Love provides the capacity that all beings need to be continually responding whatever may be the provocation.

For today's reality I would personally add compassion as the basis for morality. This balances any sense of judgment, a trap many fall into at one time or another. Compassion is about deep love a perspective born when we think about the other.

All these should not be viewed as limiting one's freedom but as providing the liberation needed to get beyond negative habits, attitudes and behavior. The potential dormant within us is limitless. The deeper one explores the more fulfilling it becomes.

We are all as human beings blessed with endowments like a sense of will, power of imagination the caution of conscience and the capacity to know

oneself – the witness factor. These are all significant because without these, personal change cannot be sustained.

The will helps us with focus and discipline; imagination gives us direction towards the outcomes we envisage; conscience keeps us within healthy boundaries and as a witness we are able to monitor ourselves.

I have many stories of gratitude and learning. Some will describe these as good luck, coincidences but to me these represent amazing responses. I remember the saying, "Chance meets a prepared mind" and, if one daily keeps to the disciplines, one develops insight, the capacity to see an opportunity that many miss out on.

Call it intuition, magic or miracles these are critical after thoughts, descriptions that inspire a strong motivation to continue in one's journey of faith, realisation, change and transformation whatever may be the state of the external world.

As an early psychologist on religion so rightly says, "God is not known, he is not understood; he is used" and today more often than not manipulated. Explore experiment and experience provides the ultimate personal litmus test. It only requires us to start ourselves. □

## AFRAID OF HIMSELF

*- J Maurus, 'Just a Moment please!'*

A 26-year-old man, who had been sentenced to life imprisonment in San Quentin for murder, escaped to see, as he put it, "if I was capable of taking care of myself in society". He had been in prison since he was 18 years old.

In jail, he said, his life had been so regimented that he doubted whether he still retained enough individuality to stand on his own two feet.

After nine hours of freedom, the young man surrendered. He was lonely and frightened, especially of himself. So many are afraid to show individual initiative. They feel a sense of relief in having some one do their thinking for them, assume their responsibilities. That, they think, means real freedom.

There are many ways in which you can encourage that self-reliance which is expected by God and our fellow men.

*Every individual has a place to fill in the world and is important in some respect, whether he chooses to be so or not.*      - Hawthorne

# Children's Corner

## The Musical Donkey

Udhata, a thin donkey who was starved by his owner, a local fisherman, went in search of food with his friend, a jackal. The pair wandered around the village in the middle of the night until they stumbled upon a cucumber field. That night, they truly relished their meal and decided to pay a visit to the cucumber field every night. Udhata eventually began to look healthier and was able to pick up more load.



Once, after an appetizing and wholesome meal of cucumbers, the donkey insisted on singing. Knowing that this was foolish, the jackal advised him against the same but the stubborn donkey refused to listen to his friend.

Even when the jackal told the donkey that his voice wasn't exactly sweet,

Udhata dismissed his comment - thinking that the jackal was jealous.

He told the jackal that he was happy, and there's nothing wrong in expressing one's happiness. Once again, the jackal warned him of his foolish behaviour and of bringing trouble upon himself by disturbing the guards. However, the foolish donkey would not budge.

When the donkey started to sing, the jackal interrupted and asked the donkey to wait until the jackal jumps over the other side of the fence for his own safety. The jackal decided to wait outside.

On hearing the loud braying noise made by the donkey, the guard naturally awoke from his slumber. When he spotted Udhata, the guard beat him black and blue mercilessly.

He didn't hold back whatsoever and channelled all of his anger onto the donkey who was truly regretting not taking his friend's advice.

Once he was done, the donkey could barely move. Yet, he somehow dragged his limp body out of the field, where the jackal had been waiting for him. His friend had a sympathetic look on his face as he said, "I told you so."



**Moral: Think before you act.**

- Web Source

## A TRIBUTE

### DR SWAMI SATYANANDA, JP, FOUNDER-PRESIDENT THE PURE LIFE SOCIETY (SHUDDHA SAMAJAM)

*Dr Swami Satyananda, JP, passed away on 9<sup>th</sup> April 1961. The Pure Life Society received many condolence letters as well as letters of appreciation from people from all walks of life, whose lives Swami Satyananda had touched in one way or another.*

### SWAMI SATYANANDAJI BY SWAMI SIVANANDA, RISHIKESH

Devotees wrote to me about the Maha Samadhi of Sri Swami Satyanandaji. On receipt of the news, I conducted a special prayer at the Ashram Satsang for the peace of the departed soul. May the soul rest in peace.

Sri Swami Satyanandaji was good enough to visit the Ashram here during his tour in India. Though he spent only a short period at the Ashram, he was able to have a deep study of this Organisation. He moved with all the Sanyasins and Bramacharins with great familiarity.

He expressed his great joy in coming to this Ashram. He was deeply impressed to see the dynamic work turned out here.

How serene, calm, collected, simple and sweet he was.

He strived very hard in Kuala Lumpur to establish an ideal institution for training thousands of aspirants in the spiritual line. With grand and noble ideas, he established the Pure Life Society. He is known for his wisdom, hard work and sacrifice. He ever lives in the hearts of devotees.

Now he has nicely prepared the field and a number of aspirants can gloriously prosper in the spiritual line by carrying out the aims and objects of the Pure Life Society, and I am sure that the members of the Pure Life Society will continue the Divine Mission.

May the seed sown by Sri Swami Satyanandaji grow brighter and bring spiritual good to the whole world.

Om Shanti.

We ordinarily see differences between one person and another. For example, we see an ugly man and we dislike him. Again, we see a handsome man and we admire him. When we see a clever-minded man, we appreciate him. But on the other hand, when we see a weak-minded man, we despise him. Not all these differentiations are due to the divisions caused by the Factors of the body and mind. But the soul is the same in all and the same God is dwelling in all. If we realise this, we will discover unity and brotherhood between man and man.

**- HH Dr Swami Satyananda, JP, Dharma Essays, 1956**



# **MERDEKA & MALAYSIA DAY: UNITY DRIVERS OF OUR NATION**

*- Ravindran Raman Kutty, Principal Communications Consultant, Poet, Columnist & Passionate ESG Advocate*

Merdeka and Malaysia Day, celebrated annually on August 31<sup>st</sup> and on September 16th, are not merely a commemoration of the nation's independence from British colonial rule; it serves as a profound tool for unity among Malaysians, transcending race, religion, age, and profession. This national day embodies a shared identity and collective pride that reinforces the fabric of the Malaysian society.

## **Bridging Racial and Ethnic Divides**

Malaysia's diverse population comprises various ethnic groups, including Malays, Chinese, Indians, Kadazan, Bidayuh, Iban and our great indigenous peoples. Merdeka Day and Malaysia day presents an opportunity for these groups to come together and celebrate their shared heritage. For instance, the annual Merdeka Day parades and cultural festivals showcase a vibrant mix of traditional dances, music, and foods from all ethnic communities. These events allow Malaysians to experience and appreciate each other's cultures, fostering a sense of mutual respect and unity.

In 2023, the "Kembara Merdeka" tour, which travelled across Malaysia, highlighted the nation's cultural diversity through collaborative performances involving artists from different ethnic backgrounds. Such initiatives promote cross-cultural understanding and reinforce the idea that unity amidst diversity is a cornerstone of Malaysian identity.

## **Uniting Through Religion**

Malaysia is a multi-religious society with Islam, Buddhism, Hinduism, Christianity, and other faiths practiced openly. Merdeka Day and Malaysia Day underscores the principle of religious harmony. During the celebrations, leaders from various religious communities come together to offer their blessings and prayers for the nation. This public display of unity reinforces the commitment to coexistence and mutual respect.

An example is the annual Merdeka Eve concert held in Kuala Lumpur, where religious leaders from different faiths often give speeches emphasizing common values and the importance of national unity. These events remind Malaysians that their shared commitment to peace and prosperity transcends religious differences.

## **Embracing All Generations**

Merdeka Day celebrations are designed to be inclusive of all ages. Schools, universities, and community groups participate in various activities that engage young Malaysians, while older generations contribute their perspectives and experiences. For instance, school children often perform patriotic songs and skits that highlight Malaysia's journey to independence, while veterans and retirees share their personal stories and historical insights during community gatherings.

The "Merdeka Youth Carnival," an event that includes sports, arts, and educational workshops, is a testament to how the younger generation is engaged in celebrating national identity, while also learning about the contributions of their predecessors. Such intergenerational activities help in nurturing a sense of continuity and shared purpose.

## **Fostering Professional Unity**

Merdeka Day also serves as a platform for professionals from various fields to unite under a common national goal. Businesses, NGOs, and government bodies should often collaborate on initiatives that celebrate Malaysia's progress and potential. Corporate social responsibility (CSR) or even ESG programs should align with national themes, promoting efforts that benefit the wider community.

For example, in 2023, several major Malaysian corporations launched Merdeka-themed campaigns that supported local artisans and small businesses, contributing to economic development and national pride. These efforts show that professionals across different sectors can work together to enhance the nation's growth while celebrating their shared Malaysian identity.

## Role for Malaysian media

The media can play a pivotal role in fostering unity during Merdeka and Malaysia Day by highlighting diverse cultural celebrations and stories of cooperation between different ethnic groups.

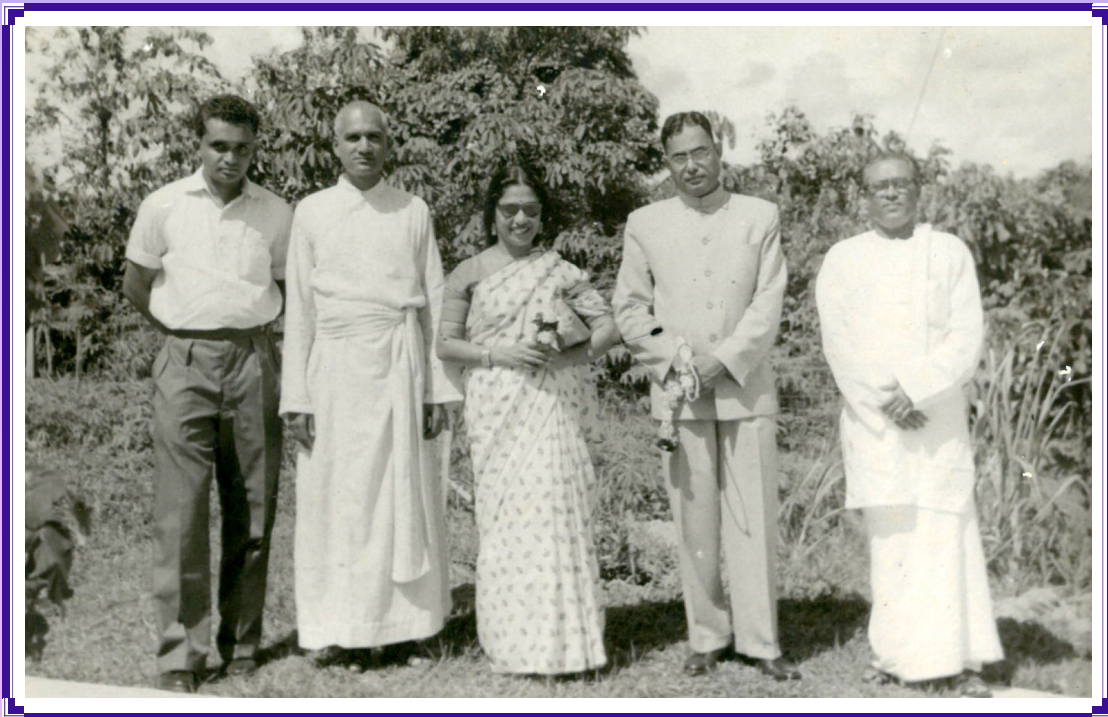
By showcasing the rich tapestry of Malaysia's multicultural heritage through inclusive programming, interviews, and documentaries, the media can promote a deeper understanding and appreciation among Malaysians.

Additionally, social media platforms can facilitate dialogue by featuring discussions on national unity and shared values, while also celebrating the achievements of individuals and communities working towards a more harmonious society. By prioritising balanced and positive coverage, the media can help bridge divides and reinforce a collective national identity.

Merdeka Day and Malaysia Day are more than a historical commemoration; it is a living celebration of Malaysia's unity in diversity. By highlighting the nation's ethnic, religious, generational, and professional diversity, these two days provides a powerful reminder of what Malaysians have in common. Through shared celebrations and collective activities, fostering a strong sense of national identity and solidarity, reinforcing the idea that despite differences, all Malaysians are part of a greater whole. □



### *Timeless Frames*



HH Dr Swami Satyananda, JP with well-wishers.



## MY ATTITUDE TOWARDS LEGACY OF EARTH

- S Ravin, Founder, Karma Yoga Movement

Few years ago, our lives on Earth were very different from our lives today. There was much space on the land and few people occupied it. We marveled at the beauty of this world and thanked the blessings of our lives. And then, something began to happen, and our lives changed. The memory of that gift began to fade. A separation started to occur between our feelings and the world. We began to build machines as extensions of ourselves.

Then, we travelled deeper into the quantum world, into interstellar spaces, and we probed. And now, a mystery unfolds as our own science seeks the memory of ourselves. Venturing into the farthest reaches of space, plunging deep into reality, we find there is an INTELLIGENT FIELD that cannot be measured. That field defies engineering. The ancients called that Intelligence which binds all of creation together as SPIRIT. All the data, measurements, and information are pointing back to You and I. It is asking us to remember the originality of us and directing us back to the very nature of our being.



This brings to mind a situation: While I was waiting for a train, I saw a man smoking in the station. There was a signboard that read “No Smoking,” yet this event took place exactly where the signboard was attached. There are 600 ingredients in cigarettes. Out of these, over 4000 chemical compounds are created by burning a cigarette. 69 of those chemicals are known to cause cancer. Those school children, women, elders, and everyone who were waiting for the train were forced to tolerate the cigarette smoke. It doesn't end there; the cigarette was just thrown on the floor despite there being a dustbin. Is this scenario happening only in that particular train station?

Let's see if similar scenarios are happening elsewhere. While driving, I saw a driver quickly winding down the window and throwing away an empty Pepsi can on the road. For him, it's a small matter. Some people just spit in public places. Spitting on another person is a universal sign of anger, hatred, or disrespect. Then, how is it possible for a person to act so mean towards the Earth, which gave us a place for our life to take place? It's all about attitude.

Are we really feeling ‘The Earth’, its heartbeats?

Remember, the world's magic is right in front of our eyes.

We see water vapor condensed and fall as rainstorms. At the right distance from the sun, the Earth's perfect balance enables it to conserve water in liquid form. The water cuts channels; they are like the veins of a body, the branches of a tree, the vessels of the sap that the water gave to the Earth. The rivers tore minerals from rocks, adding them to the oceans.

Another example: plant life feeds off the sun's energy, breaking apart the water molecule and taking the oxygen. Oxygen fills the air. The Earth's water cycle is a process of constant renewal. Waterfalls, water vapor, clouds, rain, springs, rivers, seas, oceans, glaciers, and so on. The cycle is never broken.

Though we know that life on Earth works on linkage, yet the same attitude, which we discussed earlier, causes the connection to be cut down, on a larger scale.

We see trees breathe groundwater into the atmosphere as light mist. They form a canopy that alleviates the impact of heavy rains.



The forests provide the humidity that is necessary for life. They store carbon, containing more than all the Earth's atmosphere. They are the cornerstone of the climatic balance on which we all depend. The primary forests provide a habitat for three-quarters of the planet's biodiversity, that is to say, of all life on Earth. These forests provide the remedies that cure us. The substances secreted by these plants can be recognized by our bodies. Our cells speak the same language.

Though we know all this, yet we have succeeded in destroying the world's largest rainforest, the Amazon, reduced greatly. The forest gives way to cattle ranches or soybean farms. 95% of these soybeans are used to feed livestock and poultry in Europe and Asia. And so, a forest is turned into meat, allowing us to have fast-food burgers. What a bad deal is that?

It took more than 4 billion years to make trees. The sad part is, one forest does not replace another forest. Again, it is the same measure of attitude we discussed earlier, causing disruptions on a global scale. Where is our appreciation for the blessing bestowed upon us?

We will look into the formation of one of Earth's highlights for one reason - to feel its amazing processes across the timeline, for it to form and stand, touching the skies today.

The Himalayas, least disturbed by technology, preserve their originality. The Himalayas stretch 15,000 miles across Asia. The ranges are homes to 14 of the tallest mountains on the planet. And one rises above all others, EVEREST. At 5½ miles tall, Everest is the highest mountain in the world.

A research by the University of Oxford: A rock sample is taken from the top of the world, Everest. The rock is cut into thin sections, thin enough for light to pass through it. The highest rock sample in the world reveals its secret. From fossil records, the rock section can be dated. It is over 400 million years old. There is a mystery here.

The rock samples show it was formed in an ancient marine environment. The question now is, how come deep-sea lily fossils and ammonites came to be on the top of the highest mountain on the planet?

To figure out how the sea floor came to be on the top of the highest mountain in the world, geologists worked to find evidence that is millions of years old. They need to go back way before the Himalayas were formed.

Four hundred million years ago, no trace of the Himalayas existed. The sea lily and ammonites, now fossilized on the summit of Everest, prove that there was once water where the great mountain now stands. Giant squids swam around the seas that once lay between India and Asia. This is the key evidence we have, that there was a major ocean between the continents (India and Asia). To find marine fossils in the high Himalayas and on the summit of Everest, some immense geological force must have pushed the ocean floor between the two continents upwards above the water.

Now, let's go to Antarctica to find a few other pieces of evidence required for the discussion. In 1910, the famous Antarctica explorer, Robert Scott, began his ill-fated expedition to the South Pole. After reaching the pole, Scott and his 5 team members all died. When their bodies were discovered, among their equipment, there were carefully kept and labeled fossils. The fossils were part of the ancient plant called "Glossopteris". And those specimens are now preserved in the British Antarctic Survey.

Soon, this humble tree fossil (Glossopteris) was found across the globe – in India, South America, Africa, Madagascar, and Australia.

Geologists had a puzzle: How did this one species of plant (Glossopteris) spread between continents though separated by thousands of miles of oceans? There was only one conclusion: when these trees were alive 250 million years ago, the continents were all joined together. They were part of the supercontinent and the geologists called it "Gondwana" land. That makes perfect sense on how Glossopteris was able to spread across this ancient landmass.

But then, Gondwana land was split up by violent tectonic plate forces which pushed the continents apart. 80 million years ago, India broke away from its supercontinent Gondwana land and traveled north. 50.5 million years ago, India eventually smashed into Asia. And that smashing point began to shape the world's highest



peak mountain, the great Himalayas. An important point: India traveled 4000 miles in just 30 million years. That's very fast in geological time. That speed and the smash explain the unique size of the Himalayas – the speedier and faster the collision, the bigger the rock.

The investigation has now uncovered the clue as proof that India and Asia were once separate. Sea lilies and ammonites on top of the Himalayan ranges now are evidence that an ocean once existed between India and Asia. Glossopteris, the fossils, prove that India was part of the supercontinent called Gondwana land.

Another fact - 400 million years ago, the Himalayas started out life at the bottom of an immense ocean. 50 million years ago, they were thrust into the sky as India smashed into the Asian landmass. Since that time, tectonic forces have created the tallest mountain in the world. There is a station which can pick up signals from satellites to monitor any movement in the ground of the Himalayan ranges and the Indian landmass. The data samples are taken every second in a day.

The reading from GPS shows that India is still moving about 2 inches every year. 50 million years after its initial collision, it is still on its relentless journey northwards direction, pushing underneath Asia. And as it does so, Everest continues to be pushed higher.

We have just seen a grand design here. Related to the previous discussion, who are we to disrupt and cut down the connectivity with all this legacy of Earth which came before us on this Earth?

Millions of people talk about love, care, and compassion towards nature. Love and compassion are not something we can explain. They are feelings, feelings beyond words. When we are connected to the Earth's vibration, we would see all this everything, feel it, and be fascinated even at the slightest display of our spectacular Earth. Our hearts will rumble to make the change even for infinitesimal wrongdoings. The attitude will get to change naturally when the changes start from deep in our hearts.



## A SIMPLE BREATHING EXERCISE FOR THE MIND

*- Parvathy M K Muthu, 'Beware of your Mind' – Guide to a successful life's journey – 'Mastering Do's & Don'ts of the 'Mind'*

To calm the mind, you can do this breathing exercise. Sit on a chair or sofa. Keep your back straight for the energy to flow through your back from your head to the base of your spine.

Inhale air through both nostrils, gently, and hold your breath for a while. Then exhale the breath slowly.

Repeat this exercise frequently when you are about to start your work or study, or whenever you feel down.

This exercise will lift you up, re-energize and recharge you, and change your negative energy to positive energy.

Remember that your mind and breath moves as one. If the mind is disturbed, your heart will beat faster which will cause an imbalance in your body. So be aware of your breath and how it relates to your mind.



## The 16th Swami Satyananda Memorial Lecture 2024

The Swami Satyananda Memorial Lecture, fondly called SSML, has been presented by The Pure Life Society annually over two decades, including online presentations during the pandemic period. It is held as a tribute to a great Malaysian and visionary, HH Dr Swami Satyananda JP, who was passionate about multi-religious and multi-cultural unity and who contributed to the founding of the first inter-faith movement in 1956 called MIRO (Malayan Inter-Religious Organisation). He was also the Founder President of The Pure Life Society, which was established in 1950, with the motto One God, One World, One Race, a momentous tribute to what Swamiji truly believed in.



The SSML has been consistently organised by INSaF (Interfaith Spiritual Fellowship) and CSA (Center for Spiritual Advancement), both committees under the ambit of PLS. Aptly, this year's 16th SSML was themed One God, One World, One Race to promote the harmony much desired in today's world.

The event commenced with the broadcast of our National Anthem, a recitation of a universal prayer and a minute of silence to remember with love and appreciation of the contributions of our late Mother Mangalam and the invaluable service of our PLS and INSaF stalwart, the late uncle PK Moorthy. We then had the Welcome Address by Dr Amir Farid Isahak (Chairman of INSaF) followed by a well-prepared historical presentation on the Pure Life Society, INSaF and world peace by Dato Ambiga Sreenevasan (President, The Pure Life Society) and Inaugural Address by our Special Guest HH Maha Saraswathi SwamiGuru Dr Sri Kriyathasa Sekar - Ishana Sivam (Founder, 7C Realisation Centre).

The Panel of Speakers consisted of renowned speakers such

as Professor Emeritus Dato Dr Osman Bakar, Prof Dr Mohd Tajuddin Mohd Rasdi, Mr Wong Choon Tat, Fr Xavier Andrew and Mr Haridas Nair who presented their views and perceptions on the theme most eloquently and answered questions from the floor during their Question & Answer session. Their sharing from the heart and from experience, tuned in rightly to the lives of Malaysians, spoke volumes of our needs for a better world.



In commemoration of the late Datin Paduka (Dr) Mother A Mangalam and Dr Swami Satyananda JP, the founding father of PLS, the Satya-Mangala Memorial Award was awarded for the first time to Sardar Harcharan Singh for his lifelong contributions towards peace through INSaF and other organisations.



The event included a sumptuous vegetarian lunch and was highlighted by three musical presentations by the members of The Malaysian Church of Jesus Christ of Latter-Day Saints (LDS) who have been a very active and benevolent member of

INSaF with major contributions to our activities. They were represented by President Brian Chan, Elder Daniel Hobbs, Sister Tammy Hobb and others.



The event was originally to be held at the Indian Cultural Center in Brickfields that was made available by the generous support of the Indian High Commission, but due to overwhelming registrations before the event, it had to be moved. By God's grace, The Buddhist Mahavihara graciously offered their wonderful Asoka Hall, making the event even more grand.

The event was a great success largely due to the elite panel of speakers, a theme much sought after, the presence of dignitaries of peace, unwavering support of PLS, volunteers from LDS and the PLS Alumni, a congregation of gracious people seeking peace, an able EmCee in Ms Geetha Madhavan, to make things flow smoothly and an organising committee committed to an event considered as a Premier Event of The Pure Life Society.



- By PLS/INSaF/CSA

## ODE TO THE MALAYSIAN FLAG

In skies of blue and stripes so bright  
The Malaysian flag unfurls with pride  
A canvas of our nation's might  
Where red and yellow stand side by side

The hues of blue with strength so bold  
And red's fierce fire in every line  
Yellow glows with stories told  
While white brings peace in pure design

To fly this flag is to embrace  
A love that's deep and boundless, free  
In every breeze, it finds its place  
A symbol of our unity

The feeling's pure, ecstatic, grand  
When colors wave beneath the sun  
Together, let us take a stand  
Our hearts in synch, our voices one

Please don't confound with politics  
For patriotism stands apart  
In every flutter, our pride ticks  
A nation's love beats in the heart



- Ravindran Raman Kutty,  
Principal Communications Consultant,  
Poet, Columnist & Passionate ESG Advocate



## PUBLIC BENEFACTION

- *Yogi Shuddhananda Bharati, Patron of the Pure Life Society, in his book 'The Gospel of Perfect Life'*

Behold the great who live to serve others;  
A rare delight for paradise is theirs.

Man becomes pure and great in proportion to his selfless service. The clouds pour themselves to cherish earth; a river flows on seaward feeding lives on the way; a lamp gives light even at the cost of its wick and oil; a tree holds its flowers and fruits for the good of others.

Similarly, men should serve humanity to lead it from darkness to light, ignorance to knowledge, poverty to abundance, falsehood to truth, bondage to liberty and from manhood to godhood.

Such a service gives heavenly satisfaction to purified souls.

Serve ye the world with love for better ends; The more you serve, the more the soul, expands.

Identify your love with the heart of beings and serve them in any capacity that suits you most.

The soul expands and universalises itself by an all-identifying service. Not for name and fame and selfish gains; serve others to conquer egoism, for self-purity and self-expansion.

The pure are obliged to purify others, the liberated liberate others and the enlightened enlighten others. Serve unconsciously like the sun, sea, clouds, rivers, fruit-trees and cows.

**Service is the dynamism of life.**





*Recipes by  
Mother A Mangalam*

## FOUR-ANGLE BEANS AND CELERY SOUP

### *Ingredients:*

Celery	-	3 sticks
Carrot	-	¾ stick
Four Angle Beans	-	5 pieces
Lemongrass	-	3 stalks
Cream of mushroom	-	200gm
Coriander leaves		
Flax-seed (crushed)	-	2 tsp
Sesame seed (roasted and crushed)	-	2tsp
Pepper	-	To taste
Salt	-	To taste

### *Preparation:*

- Cut the celery into small pieces.
- Cut the carrot into small cubes.
- Cut the 4-angle beans into small pieces.
- Knot-up the lemongrass.
- Whisk the cream of mushroom.

### *Method:*

- Put in the knotted lemongrass into 6 bowls of water and boil for 15 minutes on slow fire. Salt to taste.
- Throw in celery, carrot, capsicum and 4-angle beans.
- When half cooked, remove from fire, strain and keep the soup & knotted lemongrass and blend the vegetables.
- Put back blended vegetables into the soup and add cream of mushroom.
- Bring to boil.
- Add ground flax-seed and sesame-seed.
- Sprinkle chopped coriander leaves & pepper.
- Serve hot.

P.S. You may keep knotted lemongrass floating in the soup for its flavour.



‘Feed your body with what it needs

Don’t feed the body with what you like’



*Saying it  
in Pictures.....Activities  
@ Pure Life*



Dato Ambiga organised a 2-day chess workshop and competition for the children who enjoyed themselves thoroughly



Merdeka Day was celebrated in the PLS with the children having coloring contest, marching with the flag and singing the national anthem. Prof Vishalache from University Malaya presented watches to all the children and staff.



Prof Vishalache with the children



Dato V L Kandan addressing the children



House Mothers and Warden at a meeting with Dato Ambiga.





## The Malaysian Speaks

Listening to your body by taking a nap is a sign of respect, not laziness. Stepping away for a trip isn't about escaping, it's about gaining clarity. These acts of self care are necessary, they recharge our spirits, reconnect us with ourselves; and prepare us to face life's daily challenges with fresh energy. And don't wait for the world to give you permission to take care of yourself. Claim that right now.

- Nahrizul Adib Kadri, Former Director, Corporate Communications Centre, Universiti Malaya,  
"Take what you need", Your Opinion, The Star,  
13th August 2024

To effectively address the significant challenges of cyberbullying, educators and parents must work together. Young people can be assisted in navigating the digital world more responsibly and safely by providing open communication, setting boundaries, teaching awareness, and creating safe surroundings. Working together to encourage and mentor the younger generation toward health online connections and behaviours is imperative for educators and parents.

- S Keshavan Kumar, Language teacher and training consultant, Research and Consultancy Centre, National Institute of Public Administration (Intan),  
'Teachers, parents must work against cyberbullying', Your Opinion, The Star, 13th August 2024

Whether they win medals or not, our athletes must remember that they embody the spirit of perseverance and sportsmanship. Their journey is not just about the medals they attain but also the courage and resilience they display in the face of adversity and setbacks. Fortunately the compassionate culture in Malaysia remains, as warm and understanding statements are shared by caring Malaysians who fully understand the numerous challenges faced by our athletes.

- Dr Lim Hooi Shan, Taylor's University, 'Beyond the quest for medals', Your Opinion, The Star,  
17th August 2024

## Great minds of Yesteryears

"However many holy words you read,  
however many you speak, what good will  
they do you if you do not act on upon them?"

- Buddha

## Reflections

### *Salient Thought for the Day*

We must make our contact with the Blissful One.

### *Lines to Memorize*

Our life, our strength, our joy and peace  
all are in Thy Hand.

Give us what Thou wilt.

Keep from us what Thou will not give.

But this we pray -

Do Thou never turn Thy face of grace away  
from us.

### *Lesson*

No man can come within the radius of the Divine and not feel the burdens of life drop away. A simple person, full of faith, full of devotion, full of openness of heart, may know a great deal more about God than a philosopher of brilliant intellect. Sometimes it becomes a great advantage to know less. We have not so much to unlearn. We gain contact with God, not through intellectual keenness, but through a sense of consecration, through the feeling that He is the guiding Spirit abiding within us and working through us.

### *Prayer*

O Thou Beneficent One, surround me with Thy  
tender protection,

That I may be shielded from all that may cloud my  
mind or heart.

Lead me from the realm of affliction and sorrow

To Thy Divine realm of joy and peace.

Help me at every moment to feel Thy near

And may I draw my joy and strength from  
communion with Thee.

- Swami Paramananda



பணிவுடையன் இன்சொலன் ஆதல் ஒருவற்கு  
அணியல்ல மற்றுப் பிற - குறள் 95

Humility and pleasant words are the true jewels for anyone  
and not anything else.

- Thirukkural

**Be a part of Dharma....**

Dharma Quarterly  
published by  
The Pure Life Society, to  
encourage inter-religious and  
inter-racial harmony.

We would love to have your  
contributions.

**Come, be a part of us.....**

I count him braver who overcomes his desires  
than him who conquers his enemies; for the  
hardest victory is over self.

- Aristotle



## **Dharma QUARTERLY**

**Devoted to  
UNIVERSAL  
RELIGION,  
RIGHTEOUSNESS &  
CULTURE**

**ONE GOD  
ONE WORLD  
ONE RACE**

### **DHARMA Editorial Team**

Editor	- P C Shivadas
Design & Content research	- Geetha K Madhavan
Editorial Board	- Dr Amir Farid bin Dato' Isahak - S Sundareson - Joachim Ng

Please share your views and perspectives which can be  
published in the future editions of the Dharma. Your comments  
and suggestions are most welcome. Write, fax or email to:

The Editor of Dharma  
c/o The Pure Life Society (Shuddha Samajam)  
Batu 6, Jalan Puchong  
58200 Kuala Lumpur  
MALAYSIA

Phone: + 60 3 7782 9391 / + 603 7785 1087

Fax : + 60 3 7784 6020

Email: [info@purelifesociety.org.my](mailto:info@purelifesociety.org.my)

Web : [www.purelifesociety.org.my](http://www.purelifesociety.org.my)



Published by: The Pure Life Society (Shuddha Samajam)

Batu 6, Jalan Puchong  
58200, Kuala Lumpur, Malaysia  
Phone: +60 3 7782 9391 / 7782 8303

Printed by: Percetakan Bintang  
No. 23 Jalan Perindustrian Maju Jaya  
Batu 14, 46000 Puchong  
Phone: +60 3 8068 3561