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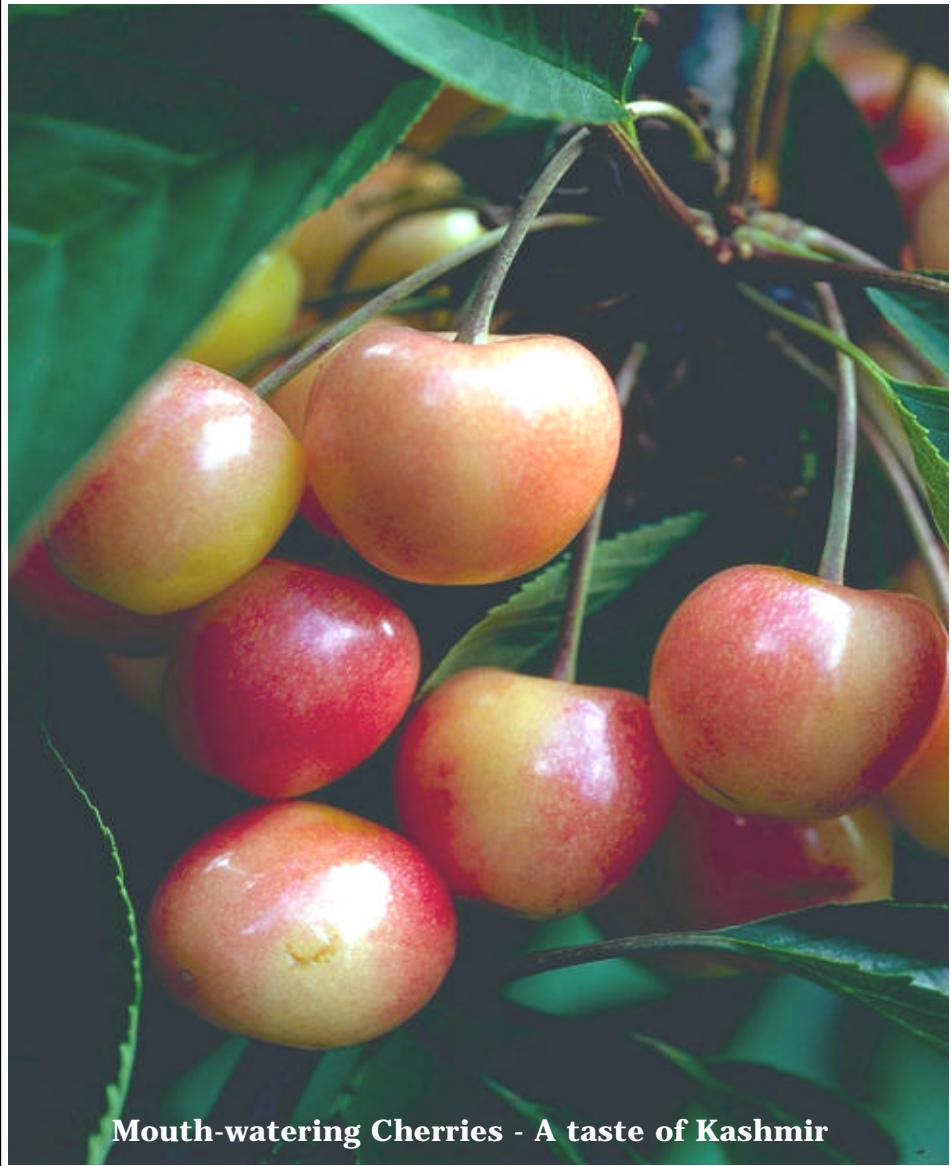
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CONVERSING WITH GOD



nce upon a time I asked God, "Dear God, if anyone troubles me, takes advantage of me or inflicts pain on me, what should I do?" God replied, "Dear child, there are three alternatives as answer to your question".

Option 1: "As you are a human being, you will react in the same measure, strike back and trouble the culprit in the same manner in which you have been wronged by the other person. Then, both of you will deserve the punishment of the same degree. You will get equal retribution, as you two will be the sinners of the same level."

Option 2: "You will be philosophical and will think that it was your own destiny to suffer such an agony or pain and it was not the fault of the other person. It was your own 'Karma' that made the culprit behave thus. Then you will not be a sinner but the sin of the other person will be enhanced in degree. Thereby he will get a greater punishment on the day of the judgment than he deserved. You will be rewarded in some form or the other by being so forgiving."

Option 3: "You will try to reform the culprit and the sinner not by precept but by practice. Be good to him, shower love and affection on him.

Try your utmost to mend him and his questionable ways by setting examples of various ways of



"Indulging in such noble deeds will raise your stature to such a level that you need not seek me at various places of worship, instead I shall be with you till eternity."

righteousness and following the correct path in life yourself. Thereby you will make a better person of a wrong doer. By transforming a person thus you will become very dear to me. I shall shower my blessings on you and stand by you whenever you might face trials or tribulations in life. Indulging in such noble deeds will raise your stature to such a level that you need not seek me at various places of worship, instead I shall be with you till eternity. Those who look for me will always see you next to me. Finally by the end of the day when you leave this planet Earth, I shall welcome you with open arms at the gates of Elysian Fields up there, while embracing you there you will be one with me and thus mingle with me. Down below the mortals will deify you by quoting yours as an example for generation to come, thereby lending a touch

of immortality to your divine deeds. The choice is yours."



how frequently is regular heart check-up recommend?

A. Once in 6 months.

Q. Marriages within close relatives can lead to heart problems for the child. Is it true?

A. Yes, co-sanguinity leads to congenital abnormalities and you may not have a software engineer as a child.

Q. Many of us have an irregular daily routine and many a time we have to stay in office till late nights. Does this affect our heart? What precautions would you recommend?

A. When you are young, nature protects you against all these irregularities. However, as you grow older, respect the biological clock.

Q. How can we find out about blockage of arteries, beforehand?

A. Routine cardiac evaluation by blood test, ECGs, TMTs, Stress Thallium Scan, Cardiac CT Scan for Calcium score.

Q. Does a recurring pain in the left arm signify any heart related ailment?

A. Usually, you get chest discomfort or shortness of breath, months or years before the heart attack. So, when in doubt, go for a heart check-up, which should not take more than a couple of hours.

Q. Will taking anti-hypertensive drugs cause some other complications (short/long term) ?

A. Yes, most drugs have some side effects. However, modern anti-hypertensive drugs are extremely safe.

Q. Will consuming more coffee/tea lead to heart attacks?

A. No.

Q. What are the chances of lean people developing heart complications?

Are they at less risk?

A. Obese people are at a higher risk. Lean people also develop heart attacks, but primarily because of genetic predisposition.

Q. Is it true that after open-heart surgery, patients lose memory-recall to some extent?

A. No. Especially after bypass grafting on a beating heart, incidence of neurological problems have come down significantly.

Q. Are Asthma patients more prone to heart disease?

A. No.

Q. How would you define junk food?

A. Fried food like Kentucky, McDonalds, Samosas, and even Masala Dosas.

Q. You mentioned that Indians are three times more vulnerable. What is the reason for this, as Europeans and Americans also eat a lot of junk food ?

A. Every race is vulnerable to some disease and unfortunately Indians are vulnerable for the most expensive disease.

Q. Does consuming bananas help reduce hypertension?

A. No.

Q. Is there any cure for chronic palpitations?

A. The patient should be investigated and if there is a cause for palpitation like an electrical abnormality of the heart, this can be rectified by a procedure called radio-frequency-ablation.

Q. How would you rate the health facilities currently available in India?

A. There are institutions, which are as good or even better than the one in the US and Europe. However, they are exceptions. In general, the qualities

in the arteries, can the person be treated without surgery? If not, what about other remedies and the power of heart muscles?

A. It depends on collateral or natural bypass, the quality of other arteries and the power of your heart muscles. It's impossible to give an opinion without seeing the angiography film.

Q. There is a feeling that bypass is unnecessarily being performed in some cases. When is bypass really needed?

A. When you have blockages affecting major arteries, bypass is the best option. I am sure, conscientious doctors will not perform an operation when it is not required.

Q. Is it true that mechanical valves can fail any moment?

A. No. If you take medication to prevent clot formation and maintain the INR at accepted levels, the valve cannot get blocked. However, like any mechanical gadget, it can fail and fortunately, such incidences are extremely low.

Q. Can you brief me on pulmonary stenosis problems? What are the complications involved and what care needs to be taken?

A. In this condition, the pulmonary valve is narrower at birth and putting a balloon across the valve and dilating it can easily correct it.

Q. Why is it the rate of heart attacks more in men than in women?

A. Nature protects women till the age of 45.

Q. How can one keep the heart in a good condition?

A. Eat a healthy diet, avoid junk food, exercise every day, do not smoke and, go for a health checkup if you are past

the age of 30 for at least once in two years. And **WORK VERY HARD.**

(* Dr Devi Prasad Shetty is a leading heart surgeon in India. Article Courtesy: PERSONNEL TODAY, a journal of National Institute of Personnel Management.)

APPEAL

ALL THE BIRADARI MEMBERS OF MUMBAI ARE REQUESTED TO DONATE GENEROUSLY FOR THE KHARGHAR LAND PROJECT - 'SHARDA SADAN'. THE BOT KPA REQUESTS & EXPECTS ALL EARNING MEMBERS OF THE BIRADARI ESPECIALLY LIFE MEMBERS OF THE KPA TO DONATE ATLEAST RS. 10,000.00 EACH FOR EARLY COMPLETION OF OUR DREAM PROJECT.

only proper employer whom we lack here", so declares one ancient Sanskrit saying. "There is no substance in the world that has no medicinal value, provided you know how to use it", says Acharya Charak in classical authoritative Ayurvedic text Charak Samhita. Accordingly Herbal mineral and animal substance constitute Ayurvedic Pharmacology. At the same time it will be pertinent to note here that use of human bones has been nowhere advocated in any Ayurvedic texts. The allegation is simply deliberate imagination fantasy for ulterior motives and nefarious designs.

About six hundred different medicinal plants are mentioned in principal Ayurvedic texts, selected for inclusion from thousands of species of plants. Ayurveda elaborates many different methods and forms of herbal preparation. All are designed for different therapeutic effects or to maintain potencies of herbs in different monoers.

Ayurveda has also incorporated substances of animal origin for medicinal purpose. they are Kasturi (Musk), Praval (Coral), Madhu (Honey), Mukta (Pearl), Mrigashringa (Stag horn), Mayur Piccha (Peacock's feather), Shankha (Conch shell), Hasti Dant (elephant's husk) etc.

The meinerals like Parada (Mercury), Gandha Pashna (Sulpher), Hartala (Orpiment), Hingula (Cinnabar), Manashilla (Realgar), Abhrak (Mica) etc. have also been

included for their therapeutic uses since ages. Also metals like Savarna (Gold), Roupā (Silver), Tamar (Copper), Lauha (Iron) etc. are also incorporated in various formulations since thousands of years. Ayurveda has also exploited gems for medicinal purpose.

Ayurvedic materia medica is a vast treasure. Elaborate fool proof purification process (Shodan Sanskar) of heavy metals and toxic substances have been explained in detail. Presence of purified heavy metal is there on permitted level and there are hardly any reported cases of toxicity. Ayurveda as ancient healing wisdom has survived despite various onslaughts from time to time due to its solid rational foundation.

Ignorance is not only bliss but order of the day. What is other aspect of the issue? The conventional commercial preparations of Insulin are derived from beef and pork pancreas. Monospecies beef or pork Insulin is also used. Whole liver extract injections are derived from fresh liver. Rabies vaccine in most cases is either derived from Chick embryo or Duck

embryo. Tetanus Immuno-globulinint IG is prepaid from human placenta. Otherwise also, most of the other vaccines are suspension of attenuated or killed micro-organisms. Antibiotics are derived from Fungi, Bacteria and Actinomycetes. While commonly used drug Placentrex is aqueous extract of fresh human placenta and Ossopan (prescribed for fracture, osteoporosis

A number of medicines, toothpastes and ointments are gelatine based. Is it not the duty of manufacturer to mention that gelatine is derived from bones?

ancient healing wisdom, Swami has been rightly defined by Sunday Times as "a friendly dispenser of wayside wisdom rather than a Pulpit preaching saint, who enjoys the secular exercise of making people healthy." He is vocal, aggressive and regularly educates people about fast foods, cold drinks and economic exploitation of multinationals. His popular and favourite lines "Burger means Bimari Ka Ghar" and "Cola Matlab Toilet Cleaner" has caught imagination of common people. His interaction with people is simple, based on Hindi, English, Biology and native common sense. By any classification he is not a typical Swami. As symbol of Hindu rationalism, he speaks against superstitions, religious dogmas and pseudo-spiritualism. Instead of typical religious sermons. He glorifies Bhaghat Singh, Raj Guru, Sukhdev, Chander Shekhar Azad and Ram Prasad Bismal. All that explains why he has become eyesore not only for multinational lobby but also for fellow Swamis like Pilot Baba who are deadly against his way of educating people.

It is inexplicable why comrade Brinda Karat has chosen to attack Swami Ram Dev and Ayurveda, both symbolizing common masses. Swami is neither petty-bourgeoisie nor bourgeoisie.

(Author in former Deputy Director ISM and Senior Ayurvedic consultant.) ☺☺

Learn Kashmiri.
It is our mother-tongue.
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Realities aboutFrom Page 13

be inadequate or even intolerable. That is why religions place so much emphasis on pointing believers to another reality that fundamentally differs from the uncomfortable reality of this world. In this other reality, phenomena which flatly contradict earthly reality such as miracles may occur & believers can hope for things which are actually impossible.

These 'alternative' realities are often more important to us than the factual, which can for example lead to the contradiction that minors can be sentenced as adults if this seems appropriate to the court. In order to understand the paradox of parallel realities, which are hierarchically arranged, a backward glance to Adam & Eve can be sampled to a good effect. Even though the first man & woman were expelled from paradise, we have a residual collective memory of the same, so that it continues to exist as an unearthly reality. It is before us & behind us, it is also present and inspires our earthly acts, as though it were never entirely lost, as though it were not entirely of the future.



Quotable Quotes

- ☸ Reason teaches young men to live well and prepares old men to die well.
- ☸ The difficulties of life are made to make us better, not bitter.

is no polytheistic religion in the world. In fact people of faith worship various visible powers of the Supreme, give them form and shape of their liking and choosing and thereby attempt to propitiate the one Supreme called by various names.

Recently I heard a Muslim cleric lecturing a gathering of Muslims on a Pakistani T.V. Channel. He was ridiculing those who considered Acharya Rajneesh as god. The speaker propounded four different tests for someone to be considered a god and cited Arabic quotations in support of his statements. Among other things he said that God is neither born nor bears anyone, He does not suffer any troubles and He can go anywhere freely. He further added that since Rajneesh was born to human parents, suffered some ailments and was denied American visa, he cannot be taken to be god. I do not want to say anything either for or against Rajneesh being held as a god because that is not the subject under discussion. Yet I would like to make it clear that the cleric in question had no idea of what these followers of Acharya meant when they said that he was a god. He being a person of a faith quite different from the Sanatana Dharma, it was not expected of him to understand the subtlety of this belief.

Let us be candid and make it clear unhesitatingly that all religions and

all beliefs are not the same. They differ not only in form but also in substance, not only in rituals but also in basic philosophies. The followers of Rajneesh, a set of well-meaning persons, did not mean to place him parallel to Almighty God but underscored his divinity. Moreover, is it not a fact that God permeates every soul and the entire creation is His manifestation? At least that is what we believe and subscribe to.

**Man,
world and God
are not only co-
existent from
the very
beginning but
are
interdependent
too. After all
there could be
neither a man
nor the world,
had there been
no God.**

God can be a reality in real sense or an imaginary reality. If He is a reality in real sense a good many questions arise in our mind. He is one and only, a beginning-less and without an ending entity. Obviously he was not born in the sense in which we see animate beings taking birth. But that there is an entity called God is a conception as old as the man itself. Man has been confronted with mysteries of sorts. His own being is a mystery to him. The universe around him is a greater mystery. The

functioning and the order in every activity of nature are simply baffling to him. Naturally, therefore, he is justified in presuming that there is a supreme power behind all this. He is justified in conceiving an entity that controls all this, manages it and ensures that everything works in an orderly manner. Consequently this entity has been held to be omnipresent, omnipotent and omniscient.

latitude. Similarly we say that there is the Tropic of Cancer at about 23 degrees south latitude. Yet again we say that there is 0 degree longitude passing through Greenwich in England. Now if someone were to ask us to show these geographically relevant landmarks physically, it would simply be impossible to show these. Yet all these items are a reality and their existence cannot be denied nor can their relevance be doubted. The same is the case with God. We may not be able to show God physically. We may not be able to see Him with our naked eye. His existence, His relevance and His omnipotence, omniscience and omnipresence cannot be doubted. He is a reality in imagined sense no doubt.

What do we do with geographical presumptions like longitudes, latitudes and other landmarks? We draw a map of the world on a globe or on a flat canvas and then draw these lines vertically and horizontally to bring home their existence and significance to the students of World Geography. Almost exactly we deal with the concept of God. We draw a picture showing God in various conceived forms. Sometimes we show Him in His benign form with a lotus and one hand bestowing grace. Sometimes we show Him in a ferocious form holding different destructive weapons in different hands. His supremacy,

grandeur and greatness are shown by depicting Him having multiple heads, hands and faces. His omnipresence and omnipotence are conveyed by perceiving Him in nature's different facets and sometimes by worshipping the rising Sun, the trees, the mountains, running rivers and so on and so forth. This is the rationale behind idol worship and this is the significance and the justification for nature worship, which is often construed, wrongly though, as polytheism.

The reality of God is in fact indescribable. Those sages, prophets and noble men, who have known God, perceived Him and attained Truth are unable to describe Him in any way that would appeal to us. Perception of God is at spiritual level and we cannot apply mundane yardsticks or empirical explanations to this perception. The fact of the matter is that God as Creator is a mystery as the creation is and mystery defies any elucidation and ceases to be a mystery once it is explored, expounded and explained. It is better, therefore, for us to take pleasure and obtain bliss from this mysterious phenomenon all around us. All the same we should not stop exploring the mysteries on the top of which is the mysterious God, for the act of exploring is so fascinating, so absorbing and so satisfying in itself.

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□□

Appeal for Funds

Kashmiri Pandits' Association has acquired a plot of land admeasuring 600 Sq. mtrs. from CIDCO, Govt. of Maharashtra, costing Rs. 7.00 Lacs at Kharghar, Navi Mumbai. The site is at a walking distance from the Kharghar railway station.

For meeting our social objectives, we plan to set up a Cultural and Social Centre '**Sharda Sadan**', a **4 storeyed building, estimated to cost Rupees 100 Lacs**. The Centre will comprise of:

- | | |
|---|-------------------------|
| 1. Multipurpose Hall. | Donation Rs. 20.00 Lacs |
| 2. Polyclinic | Donation Rs. 6.00 Lacs |
| 3. Diagnostic Centre with Charitable Dispensary for less privileged sections of the society | Donation Rs. 5.00 Lacs |
| 4. Temporary accommodation for visiting patients and their families for medical treatment | Donation Rs. 5.00 Lacs |
| 5. Old age home for destitutes (5 Rooms) | Donation Rs.10.00 Lacs |
| 6. Hostel accommodation for up-country girls with dinning facilities (10 Rooms) | Donation Rs. 20.00 Lacs |
| 7. Cultural Library | Donation Rs. 3.00 Lacs |
| 8. Conference Room | Donation Rs. 3.00 Lacs |
| 9. Terrace Garden | Donation Rs. 5.00 Lacs |
| 10. Lift, AC for Hall | Donation Rs. 10.00 Lacs |

Your monetary contributions to KPA can be made for any of the above facilities, which are **eligible for deduction under Section 80 G of IT Act**. Donors sponsoring prominent facilities listed above, shall have the privilege to lend a name to such facilities.

Cheques/Demand Drafts should be drawn in favour of 'Kashmiri Pandits' Association - Kharghar Land Project'.

We take this opportunity to seek benevolence of your contributions in giving shape to the aspirations of our distinguished community.

M.L.Mattoo
President, Kashmiri Pandits' Association
Mumbai

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