

Remember, Forget & Forgive

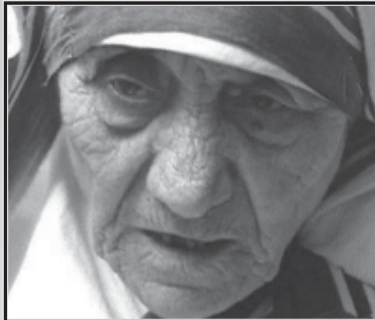
“My Final Chapter (also hopefully) My Best Chapter, begins today,” says M.Thomas. He advocates the basic tenet of all religions, ‘to forget and forgive’ as a first step in attaining ‘a peaceful and just world’.

I was born on March 12, 1926 in Kerala as the eldest son of my parents’ four children – two sons and two daughters. But very little of my life since then have been spent among my own people in Kerala. I have, therefore learned my own lessons, from a variety of teachers, seen and more unseen, and also from my own unusual experiences, some successful and others utter failures, and a few bordering on disaster. But I never gave up hope or confidence in my inner strengths. Yet, I wonder how chance or luck have favoured me and also others so abundantly and so often at the most critical moments in my life!

I have been a loner, as seen by others, but also, extremely outgoing and gregarious whenever circumstances were conducive and favourable. I practised an unconventional style of caring and daring. My professional career has been wide and varied, necessitated largely by survival compulsions. For the past 10 years, I have enjoyed the freedom to choose what I do, because I have reached the ‘ENOUGH’ level of my needs.

Differing Perceptions

Many things in life have now



“Everybody today seems to be in such a terrible rush, anxious for greater developments and greater riches and so on, so that children have very little time for their parents. Parents have very little time for each other, and in the home begins the disruption of peace of the world.”

-Mother Teresa

suddenly expanded, beyond all reasonable proportions, in terms of material dimensions, thereby making the quality of life also dependent on size. Small seems to be no longer beautiful or viable. What were virtues until now for most people, including love and caring, spirituality and learning, integrity and responsibility have been completely commercialized with a price-tag attached to each. Gambling with the destiny of individuals and organizations have become our main pre-occupation.

We have, in this process, ignored our own limitations to manage and cope with the demands of super-mega projects, now being attempted and implemented, with the prime motivation of profit and fuelled by greed. The competition between powerful contestants has unleashed corruption and violence on such a huge scale that even law-enforcing agencies have become willing partners in this moral degradation. We are now beginning to realize that such greed-driven mega projects may also thereby become mega disasters, beyond repair! A few major catastrophes have already happened. Worse calamities may follow sooner, than later.

Awake & Be Aware !

As a thinker-writer, my prime task and role is to now inform and sensitize myself and others about the dangers and disasters that can and will happen, sooner than later, from the policies and actions being now taken and also not taken, by a few powerful governments of the world, with the mute consent of many attitudinal weaklings and in spite of bold dissent by a few but small daring others.

This ability to think and write for myself is the special talent endowed to me and acquired by me, over the last 80 years. I must utilize this potential, as best as I can, during whatever time will now be available to me. I am not a field-worker, nor an activist-fighter for a great cause, although an earnest sympathizer with all movements seeking a peaceful and just world.

Sensitize Yourself

I do not think that such a world can be established through philanthropy by the few who are willing and can afford to be generous. Prayers and 'pujas', without sensitivity to the

"If the human race wishes to have a prolonged and indefinite period of material prosperity, they have only got to behave in a peaceful and helpful way toward one another."

Winston Churchill



issues involved, have proved to be futile. *A deeply sensitized person, with passionate inspiration, is*

essential to make any difference to the present crisis. This is what I want to be, more and sooner.

I am now writing, in the mind, my *last chapter*. It will not be a diary of my past successes and failures, nor of imagined or wishful future events. It will be *about ideas and feelings that have moulded my life and which may be usefully reflected upon and projected into the future.* These must be discussed, clarified and strengthened, through frank and uninhibited dialogue. My responsibility and commitment now is to SENSITIZE myself to these concerns and also intensely enough to sensitize one or more others.

To do this, I must willingly remember, forget, and forgive. *Remembering and Forgetting* are essential but contrary faculties of the Brain — the neurological marvel that regulates the living process. And *Forgiving* (with one's heart) is a faculty of the *Enlightened Mind* — the evolutionary mystery that distinguishes humans from all other living beings. The Brain and Mind have, however, an invisible systemic linkage. ❖

MEDICAL HUMOUR

Finally, great medical advice you can use

Q: I've heard that cardiovascular exercises can prolong life; is this true?

A: Your heart is only good for so many beats, and that's it... don't waste them on exercise. Everything wears out eventually. Speeding up your heart will not make you live longer; that's like saying you can extend the life of your car by driving it faster. Want to live longer? Take a nap.

Q: Should I cut down on meat and eat more fruits and vegetables?

A: You must grasp the logic. What does a cow eat? Hay and corn. And what are these? Vegetables. So a steak is nothing more than an efficient mechanism of delivering vegetables to your system. Need grain? Eat chicken. Beef is also a good source of field grass (green leafy vegetable). And a pork chop can give you 100 per cent of your recommended daily allowance of vegetable products.

Q: Should I reduce my alcohol intake?

A: No, not at all. Wine is made from fruit. Brandy is distilled wine, that means they take the water out of the fruity bit so you get even more of the goodness that way. Beer is also made out of grain. Bottoms up!

Q: How can I calculate my body / fat ratio?

A: Well, if you have a body and you have fat, your ratio is one to one. If you have two bodies, your ratio is two to one, etc.