

## About the Founder



## Antarctica Expedition

**1. Introduction:** My name is Munzer Haque. I am the founder of Emma Foundation. I am retired but fully engaged with my charity foundation. I run my own small Family Office, Private Equity Hedge Fund, invest in small startups as angel investor or seed funder.

Emma's goal is simple and straight forward, teach others how to think, instead of handing out "What to think." Because I believe the root cause of most of the problems is human mind.

### 2. My early childhood

From a very early age, I was a very curious boy. When I was just a kid, I would poke almost anything and everything, mental or physical, including electrical outlets, just to see what would happen. LOL

I also conducted all kinds of simple, basic home-based experiments on my own—electrical, mechanical, Physics, biological (on frogs), and more—to find out how things work. Several times, I hurt myself too. I always, asked questions what, when, why and how.

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### 3. What changed my life for better? --- No Free Will

When I was about 20 years old, on a hot summer day, sitting under a tree by a small lake, watching school of birds flying by, flock of ducks swimming, and little children playing nearby, I was in deep thinking mode about man, God and nature. Applying high-school level math, science, reason, total honesty I figured out that Free Will doesn't exist; Free Will is merely a necessary illusion.

Since then, figuring out the rest of life's mysteries became relatively easier for me. In the light of new things that I learned as I grew older, every month, every year, using steel man argument, I reviewed my conclusion of No Free Will but alas, my conclusion did not change. Please see item 30 in text block 7 of the 8-Pistons Poster.



Time flew by, and now I am 70 years old. Now, I want to share with the world what I've learned: a deep philosophy of life. That's why I came up with the 8-Pistons of Life. Hopefully, with your help, the Emma Foundation will make the world just a little bit better place. However, obviously, I still do not know so many things. I am still learning and seeking answers.

**4. Praying:** When I was in my mid-20s, I was in college and working full time in an airline as AVIONIC engineer. Once a month or so I used to lie down on the grass, gazing at the stars in the clear sky and ponder about anything and everything I could think about. I always been philosophical, science and engineering minded.

One time, I got very sick and was hospitalized. When I got a little better but still sick and still in the hospital, I few times I sneak out and went to the rooftop of the hospital. I was lying down on the hospital's roof top, gazing the star, I used to say,

***'Oh, God, if you exist and if you can hear me, and if you can interfere in this world, then I do not pray for good grades in my college exams. I do not ask for more money, wealth or fame, not even for good health; those are my responsibilities. Instead, I ask you to grant me truth, wisdom, and use me as a beacon of truth. Make me a radiator of honest, fair, rational truth based upon critical thinking, maybe mixed with some emotion and passion, to make the life of people's around me just a little bit better.'* - Munzer Haque**

I still remember that this was my well-thought-out prayer, and it remains unchanged.

Today, half a century later, I think, I mostly got what I asked for. I am mostly very happy, satisfied, fulfilled, and living an eudemonic life and still trying to radiate the truth as much as I can.

Another well-known way to express a similar sentiment is:

***'Oh, God, grant me the power to change the things that I can, the serenity to accept the things that I can't change, and the wisdom to understand the difference between them.***

## **5. Origin of 8-Pistons Poster**

In 2016, while sitting in the captivating Dubai Mall and conversing with my adult children about deep philosophical topics, I conceived the concept of the "8-Pistons of Life." This idea revolved around elucidating the vital elements in life. Over time, these 8 pistons evolved into the cornerstone of what later became the Emma Foundation, an organization close to my heart.

Later in my life, I realized that I can't take my money, nor my knowledge to my grave. My money will be used by someone else and my knowledge and wisdom will disappear into thin air. That is when I decided to give away a major portion of my wealth and full knowledge and wisdom to the world through EMMA Foundation while I am still alive.

Unfortunately, overwhelming majority of the people, even with higher education and good job do not want nor care about the things they need. They just want something for short time pleasure. Advertisers, marketers, businesses of the world know this and sell things what the masses want not what they need. It is legal to do so.

There are many very successful people, smart, wealthy, famous have committed suicide. Why? Because they did not have meaning in their life. Plus, when success comes easily, then it is harder to have meaning in life. Success is a double-edged sword. Fact is, there is no pleasure without pain. See Munzer's 8-Pistons' poster.

## 6. Migrating to the US

Almost 45 years ago, When I was in my mid-20s, before smartphones came along, before dumb cell phones, before the internet, before personal computers, before color TV, and on top of that, in a third-world country (now the politically correct term is "developing country"), and on top of that living in a country side surrounded by nationwide non-thinking, religious zealot people, I realized I had no future in Pakistan. I knew I needed to get out of there. But to where?

So, for about six months, almost every day, I began taking a two-hour bus ride to go to the USIS library to read various sections of the 30-volume old days Encyclopedia Britannica to learn about various countries. Then I used dozens of sheets of paper measuring 3' x 2', drew over 200 rows and over 100 columns using a pencil and ruler to create my own make-shift spreadsheet.

Over 6 months period I spent whole day, almost every day, in the library. In that spreadsheet, I hand listed every single country in the world and noted their capital city, president or prime minister's name, total population, per capita income, education level, life expectancy, number of Nobel laureates, number of Olympic gold medalists, number of successful migrants, number of universities, and details about science, engineering, finance, and more, with over 100 columns. Then I memorized most of those, yes, I mean, over 200 countries and territories.

That was my data collection and organization of data. Then I began comparing countries. At that time, it was a no-brainer for me that only one country stood out by a wide margin. Do I need to name that country? I don't think so. But now, in 2023, things have changed. Reevaluation is required.

## 7. My Educational and Professional Background:

I have two master degrees, one in Physics from overseas and second one is in Computer Science from University of Houston, Texas. I also have a Bachelor of Science in Electrical Engineering from Lamar University, Texas and one in Mechanical Engineering from overseas. All honor graduates. I was keenly interested in science, math and any subject matter. 38 years ago, when I first met my wife I told her, she was my 2<sup>nd</sup> love. When asked, I said, my first love was Physics. LOL

## 8. My Professional Background:

Next 20 years I worked for large engineering consulting firms such as KPMG and Anderson Consulting, now Accenture. I traveled around the world on business trips. As a part time adjunct professor, I taught graduate courses in computer science department at university of Texas in Dallas and at East Texas State University. After working for 20 years in corporate environment, I finally had the courage to quit my job and started few high-tech businesses that later failed. Eventually, when I myself wrote software to run my couple of healthcare businesses then that became successful. It took me 2 years to write the system HEAT (Healthcare End-to-End, Automated Transaction).

Few years ago, after running my two successful businesses for 20 years I sold those. Then I taught myself finance and became passive investor in private equity. I then realized, how bad our educational system is that it doesn't teach us much about finance, economics, health, psychology, legal system, and reality etc. unless you major on each of those. During the time period when I was

doing my Master degrees in Physics, Computer Science, and Electrical Engineering I did not learn much about other fields. I learned those later in my life on my own. Learning never ends, I am still learning. Now, I want to teach, train and help younger generation to start their own meaningful business. In some cases, possibly myself and others become angel investors for them.

**9. World Wide Travel:** During the next 25 years, I began to travel around the world again, but this time with my whole family on vacations and on my own expense. We have travelled to all 7 continents including remote locations, such as inside Arctic Circle, Himalayas, African Safari, Antarctica Expedition, Galapagos Islands, Down Under, Asia Pacific, Russia, China, Denali National Park, Alaska, central America, various Islands, to name a few and more. We have visited over 80 countries just before the Covid 19 hit the world. We always travelled with whole family. By mingling with different culture, country, society in their own countries, we learn a lot about life, people, etc.

## **10. Health, Fitness and Longevity**

About 14 years ago, during around 2010, I got into health and longevity, diet, exercise, meditation, psychology and self-mastery. See piston 1 and 7 in Munzer's 8-Pistons Poster and menu item. I do 24 hours fasting 5 days a week. I drink large glass of top 40 raw vegetable grind as my main one-meal-a-day (OMAD). I take about 80 highly customized supplements for longevity. I do moderate exercise.

I have done polar plunge in Antarctica in 5 degree C for 2 minutes underwater. I always take cold shower even when the temperature is below freezing. I use Dutch Iceman, Wim-Hoff breathing techniques for 30 min. to 1-hour outdoor walking during below freezing temperature in winter time in very thin boxer short and shoe, No pant, No shirt, No gloves, No cap, No ear cover. The coldest temperature I did this was on Feb. 14, Valentine day, 2021, in Dallas, Texas, temp. with wind chill factor was below zero Fahrenheit. This was the coldest temp in Dallas in the last 40 years.

11. I walk on tread desk (Tread mill with desk and computers) all day long. I have been doing this for the past 12 years. It has become my habit, now without effort, like breathing.

## **11. Family Life:**

I am happily married for the past 37 years. My wife Maria is very supportive of me. She always tried to help me on my endeavor. Maria is a critical care registered nurse. After 40 years of service she also has retired along me.

My son has Ph.D. from Stanford University in Computer Science, and Master in Finance from University of Texas, in Austin. He has a patent for his invention of LADAR based AI system to monitor and track surgical equipment during the surgery procedures in the hospital surgery room. Albert gets royalty for life from Stanford University for his invention.

He is now a Causal Quant HFT (High Frequency Trader) strategy, algorithm designer for in a private firm. We always travel on vacations with our 30+ years old children.



My daughter is a medical doctor specializing in dermatology. It is very competitive to get into dermatology field in the US. She is in top few percent of her class. She also studied neuroscience in undergraduate course. When she was young, I taught her how to fix AC unit in the attic and how to change the tires of her car. She is very determined and rational person.

## 12. Raising our Children

During my children's early teenage years, I imparted valuable life skills to them, such as discipline, hard work, postponement of gratification. I taught them how to change car's tire, basic repairs, and even tasks like fixing attic AC units. I assigned them extra home works in math, physics, and general science. In return they earned points that later converted to dollar.

However, the most challenging decision I made was having them contribute 2/3 of the cost for their first laptop during that time. This was difficult for me, as I was financially capable of covering the expense entirely. The emotional difficulty stemmed from my conscious choice to instill responsibility and a sense of ownership in them.

This decision was notably more taxing than the option of disciplining them when angered, as that approach operates swiftly with instinctual anger responses, bypassing deliberate thought.

When they were just 10 years old, once in a while I took them to mobile home park and walked in that neighborhood. I told them if you do not work hard and smart then you will end up here.

Yes, I am very happy with my wife and children's achievement. We are blessed. In addition to hard and smart work luck plays a role in life. That is why now I want to give back to the needy and unfortunate ones and help the fortunate one be even better and achieve more.

## 13. Regret?

Referring to item 30 in text block 7 of the 8-Pistons poster, I can confidently say that regret is not a sentiment I carry. Through the practice of a Stoic, and Marcus Aurelius mindset, I've learned how to navigate life without dwelling in regretful emotions. If someone pushes me to find my biggest problem then I would say not having any major problem is my biggest problem. No problem for a long duration of time could be a double-edged sword unless one figure out his next goal and act upon it. That is why I have created EMMA Foundation. I came up with EMMA Foundation name using first letter of my immediate family members first name of my daughter, wife, myself, and my son, Emily, Maria, Munzer, Albert.

Furthermore, my journey has led me to accomplish nearly all that I aspired to achieve, for which I am truly fortunate and grateful. Thus, regret does not find a place within me. However, if pressed to pinpoint a regret, I might express a sentiment of wishing for more children, not exactly regret though. This is not a lament, but rather a reflection of the deep appreciation I hold for my existing children. Perhaps at that juncture, my self-assurance in raising a larger family was not as pronounced.

## 14. EMMA Foundation

I don't think I can do this by myself; I'm too old for it. My intention is to at least plant the seed and let the next generation or someone else carry on and promote EMMA's philosophy. I need your assistance.

I had to share what I've learned and discovered in my life. I didn't want to regret not planting the seed or even trying when I'm on my deathbed. Now, I won't regret it, even if my foundation doesn't get bigger. I've learned that all we can do is try our best and let nature take its course. Please refer to item 30 in text block #7 of my 8-Piston Poster.

Each term, keyword, and sentence on the 8-Piston posters deserves at least a chapter to explain and many hours of soul-searching to understand. Hopefully, I'll finish my book before I pass away. I've already started small Zoom-based live teaching sessions for international professors, Ph.D. students, and the younger generation. Our educational system could be so much better.

## 15. Feeding the body versus feeding the soul

We allocate a smaller percentage of our funds to feeding the body and more to nourishing the soul and mind. The mind helps us distinguish good from bad, right from wrong, and truth from lies. It's no wonder that our brain, comprising only 2% of our body mass, consumes 20% of our energy or caloric intake.

We completed a feeding mission for 600 kids in the Philippines in 2023 and 400 kids feeding in 2024. We also conducted medical and dental mission in remote islands of Philippines in 2024. We did hands-on charity mission. Our next mission will be in Africa, followed by India. We personally visited those locations.

I don't like to simply write a check to established charity organizations like the Red Cross because, unlike most people, I realize that we human do things for selfish reasons. My selfish reason is that I derive deep satisfaction from seeing the recipients of my charity smile and be happy right in front of my eyes. That's why I consider my charity work a form of selfish act. To understand this point better, check out the moral dilemma questions like the drowning boy and expensive boot or the trolley problem.

I find greater joy when I witness children being fed, playing, and happy right before my eyes. Since I'm retired, this is what I want to do for the rest of my life. We are also looking for volunteers who can contribute to EMMA's mission from home.

## 16. Projecting myself in other people shoes

My wife and I have organized several charity missions in impoverished locations around the world. These missions have focused on providing food, medical and dental care, donating books, clothing, computers, and cash. As I mingled in person and talked to children and adults about their views of the world and why they are trapped in the vicious cycle of abject poverty, I began to empathize and understand not only their perspective but also in much deeper level.

I then realized that if I had been born and raised in those environments, I would have been in the same position as they are. This reinforces my previous conclusion that there is no free will whatsoever. I simply happened to be fortunate enough to be born with certain genetic code and in an environment that shaped who I am. I am fortunate to have received a higher education, secured good jobs, married a cooperative and loving spouse, started a business, earned good money, have intelligent, successful and kind children, and been able to establish the Emma Foundation. These are merely strokes of luck.

I made up following thought experiment:

A child born in the abject poverty, let's say, in the slum of Mumbai, India, whose father, mother, uncle are janitor. For those who are not well travelled around the world, please don't get confused with the janitor in the Western affluent society, where their toilets are flushed and janitors wear mask and gloves to clean up the toilet area. In the slum of Mumbai, they clean stool by hand, no gloves or mask, no running water.

Let's say this boy has good intentions, wants to excel, wants to do better financially than his parents. In such a situation, statistically speaking, most probably, all he can think of is how to be the best janitor. That is his world. Think about it, contemplate and be grateful for whatever you have now.

## 18. Selfishness and Charity

My (or anybody's else) doing so called charity, feeding the body and the soul (mind) around the globe is basically a selfish act when you go all the way down deeper to the first principle, the foundational motivation, or core reason behind it. I do it because I get tremendous satisfaction, it makes me feel good when I see someone else is benefited from me. I love the feeling of smiling and happy people around me. I do this because I feel good. If I were feeling bad and were in pain after doing the charity work then I won't be doing charity.

Only difference between Hitler and Mother Theresa's selfish acts is Hitler's selfish acts hurt other people whereas, Mother Theresa's selfish acts helped others, same is with me. I happened to be lucky not to have a mindset of Jeffrey Dahmer, or Hitler, but have a combination of Mother Theresa and scientific mindset.

Most church, mosques, mandir, Buddhist's temples, synagogue, going people who do help others think those are unselfish acts but those are in fact selfish acts just like mine. But these are good acts that help others. They think they are doing this for their Allah, Bhagvan, Jesus, Moses, or whoever but they are wrong. They are doing this for themselves. If their almighty entity had told them that they will go to hell if they do such charity acts, then would they have done that job? Answer is no. They are just unaware of themselves, their souls and their mind.

Most religious people do charity work that has some value but it could be much better if they were thinking deeply. A person who gives some food and money to a beggar sitting outside their church, mosque, temple etc. feels good about it. But his act did nothing to better the beggar's life. This is self-delusion. They lack critical thinking.

No wonder, various international charity organizations many decades of effort and hundreds of billions of dollars of investment have shown very little impact. Why? Because, they missed feeding the soul part. EMMA emphasizes feeding the soul more than feeding the body. Nevertheless, we do both because feeding the body is urgent care, provides emergency care, shows immediate short-term results.



Feeding the soul is for long term, preventative care. Feeding the soul can be million time more efficient than just feeding the body.

Yes, we should encourage those selfish acts that helps others as well. But be a smart selfish not a dumb selfish. We should teach and program our children mind to smart selfish acts, Smart selfish acts help yourself and at the same time hep others. Do not do anything that unjustly hurts others.

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