

DIVERSE CITY

Magazine

February 2025

Reaching Out

A GLANCE OF THE PALESTINIAN SITUATION

With the cease fire, a look at the Palestinians and the problems they face.

CALIFORNIA DESTRUCTION

‘10 famous names who have been affected’

MEL GIBSON ON CANCER CURES

“I don’t believe that there is anything that can afflict mankind that hasn’t got a natural cure for it,” Gibson told Rogan. “It just makes sense to me. I couldn’t prove that, but I just believe...”

THE GARDEN IN A WORLD GONE MAD

TAKE CHARGE OF YOUR LIFE, MAKE TODAY A BETTER DAY

Jack staged an event with crisis actors to create havoc and to steal more songs and books. His wife and her partner were taken to prison and Jack bails her out, but not her new found love. We know a thing or two about your wife. Oh give me a peace of mind. The conversation continues...Well you better take take charge of your life and your wife. You know you are in control. You know a thing or two, do you not!

WHAT’S COMING IN FEBRUARY AND MARCH

As Ramadan approaches...a closer look at Islam by F. Ally, some of the topics are: Predestination, déjà vu, patience and what to do to meet challenges in life, is music allowed, a look at some Muslims who are musicians such as Cat Stevens (who converted to Islam decades ago and change his name to Yusuf Islam) along with his outdoor concert in 2023, Independent musician / writer like myself that continues to play a guitar and original songs, a look at some reports and videos such as Why Islam, The Fastest Growing Religion In America, with Women being higher converting to Islam than men,Why Islam is America’s fastest growing religion by Daniel Miller where ‘the editor and chief gave him an assignment to investigate why Islam is the fastest growing religion in the United States

Coming in the next edition is a look at the Portuguese that arrived in Guyana, South America, as the Legend musician David Anthony Martins from the Tradewinds band recently passed away at age 90. A look at India to the Americas, and how starting in 1838, Indians arrived in South America and the Caribbean like places in Jamaica, Martinique and many other places....Fisal Ally

GROOMING, FRAUD, SCAMS

Beware of the the ones stealing our books and songs and pulling you into their scams and fraud

World Magazine

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Contact: ALLY Media

Website: www.allymedia.ca

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Disclaimer: The writer(s) of articles in the Diverse City Magazine has done his/her best to write on topics presented based on public available information, which may be inconsistent, incorrect or even change over time. If errors are pointed out, the writer(s) will investigate and provide updates. Fisal Ally has been video taping his reports as he types as proof of his research and work, and has multiple copies of his work as his work evolves.



Disclaimer: *The opinions conveyed in this magazine are those of the writer(s) and do not reflect the opinions of the publisher, others posting information such as advertisements, pictures etc...*

The views of the writers are his/her views and does not represent others in the magazine. The writer(s) of articles in the Diverse City Magazine has done his/her best to write on topics presented based on public available information, which may be inconsistent, incorrect or even change over time. If errors are pointed out, the writer(s) will investigate and provide updates. Faisal Ally has been video taping areas of his reports as he types as proof of his research and work, and has multiple copies of his work as his work evolves.

Information presented in this magazine are subject to changes. When embarking on a trip, vacation, a place of service such as a restaurant etc...you must verify and or confirm the information presented in this magazine, as information can change quickly, even immediately after this magazine is published. It's important that anything to do with health and meditation as presented in this magazine that the person seeks professional advice, for example from their doctors, researchers etc...

Ally Production and or Faisal Ally/ Brian Ally do not do videos, write articles, books, songs for anyone, nor edit books and articles for anyone. In the past I have done some weddings videos and around 2010 completed a half an hour comedy episode and a mock up movie.

There is another company by a similar name, Ally Production that does movies; I have no connection to them. If any body tells you that I will write songs, books articles for others or gives audition, those are all made up fabricated lies and have nothing to do with me.

Anyone can have a copy or copies of my songs and books, however, if anyone tells you that you can sample my songs, books etc... for commercial use and rewrite to make it better according to your taste thinking it's better, those are again fabricated lies as part of their scam, as I have never signed a contract with anyone to sample any of my songs and books or to use any of my songs/music and books commercially. In this industry scams and tricks can be played on you and you can easily be mislead pulling you into a scam and or situations you will regret. Beware of people pulling you into their scams and having you take the blame for them! They will set you up, frame you and make you take all the blame, while they're on their beach getaway enjoying their paradise on earth, and they are well protected by a system that protects them, but scam people like myself for their gains and benefits. People on our email lists have been getting spams with the subject 'Ally Production(s)'; I never use this name in the subject line - those emails are not from me...F. Ally

Reaching Out

Original song by F. D Ally; all songs Copyright Protected

Don't give up the fight, Don't give up your rights to fight
Don't live in fear, Don't live with hate, be happy

You are the champ, you'll take the world by surprise
Dedication's on your mind, you are the champ, you are the champ

Don't live in the past, don't drown yourself in sorrows
Live in the present, don't know what tomorrow will bring

You are the one, you hold the keys to success, take sometime to check your heart
Reaching out, Reaching out

Reach out and touch you
When you need someone to hold you
You can count on me, I'll be there, anytime indeed

Reach out and touch you
When you need someone to hold you
You can count on me, I'll be there, anytime indeed

Don't give up the fight
Don't give up your rights to fight

Fight for you rights! Fight for you rights! Raise your hand and raise some hell
Fight for you rights! Fight for you rights! Raise your hand and raise some hell

You are in control, take charge of your life
Make today a better day, share your strength with everyone

You are the one, you hold the keys in your heart
Dedication's on your mind, you are the champ, you are the champ

I'll reach out and touch you
When you need someone to hold you
You can count on me, I'll be there, anytime indeed

Reach out and touch someone
When you need someone to hold you
You can count on me, I'll be there, anytime indeed

Reach out and touch you
When you need someone to hold you
You can count on me, I'll be there, anytime indeed

Reach out, Reaching, Reach out, oh
When you need someone to hold you
You can count on me, I'll be there, anytime indeed

ACOUSTIC JAM 2025

*Original songs written by Faisal Ally decades ago.
2025 recordings are posted on www.allymedia.ca*



FIZAL (FISAL) DEEN ALLY



ACOUSTIC-JAM-2025

**SINGING ORIGINAL TUNES
WRITTEN YEARS AGOM WHILE
JUST STRUMMING ON AN
ACCOUSTIC GUITAR**

**AT AGE 16, PLAYING HIS COPY OF A LES PAUL, AND
STILL PLAYS THIS SAME GUITAR TODAY, BUT
RECENTLY SOMEONE ENTERED HIS HOME AND
BROKE THE BRIDGE ON THE GUITAR WHERE 3
STRINGS WERE IN FRONT AND THE OTHER 3
STRINGS ON THE SIDE; THAT DOES NOT HELP FOR
AN ANTIQUE GUITAR.**

Basically no rehearsing. Just picked up the guitar, sometimes went over some lyrics and chords and start strumming, singing and recording with a small digital camera. I will be doing full versions with the correct lyrics. Still playing the guitar as I did when I was sixteen years old (picture above) and still playing today in February 2025, picture above. Let's strum...

New Clear Society

Original song by F. D Ally; all songs Copyright Protected

**The destruction of the world was foretold
Greed and evil will lead us to Armageddon
The last battle ground**

The aids epidemic is plaguing the world
Nostradamus predicted worldwide disasters at the turn of the century

Get your act together now, get your act together now
Get your act together now, let's act together now

D day 1944, 1945 atomic bombs dropped on Hiroshima
On Dooms Day, The sky will be on fire

Is this our fate, to live in this destructive age
It's what man has create, fantasizing he's so great
People likes to imitate, Politicians they dictate
Dropping bombs and nuclear waste, Destroying the world and causing hate

Polluted seas, polluted skies, drug abuse is on the rise
Open the gates, it's getting late, Join hands everybody

Politicians, Bureaucrats, you rule our lives Bourgeoisie
You took our souls; you got control, divide nations with your ideologies

Sit relax and meditate, sip your tea and communicate
The sky is **red**, I'm feeling **blue**, Smog clouding up my head

New clear Society, New clear Society, New clear Society
Don't want a Nuclear Society

We're living in a destructive world, Do we really know what we're heading for
Politicians preach, drop the nuclear bomb, The people says get rid of the bomb

The ocean's on fire, the sky's on fire, The world's on fire, our heart's on fire

Children dying from hunger and disease, People just doing what ever they please
Drug abuse and aids are out of control, You better watch out before you loose your soul

Put out the fire, put out the fire, put out the fire

Get your act together now, get your act together now
Get your act together now, let's act together now
Sit relax and meditate, sip your tea and communicate
The sky is **red**, I'm feeling **blue**, Smog clouding up my head

New clear Society, New clear Society, New clear Society
Don't want a Nuclear Society

HUMANITY ON

THE BRINK OF DESTRUCTION

**IF YOU WISH TO EXPERIENCE PEACE,
PROVIDE PEACE FOR ANOTHER
TENZIN GYATSO, THE 14th DALAI LAMA**

**GIVE PEACE A CHANCE
JOHN LENNON**

**WE WANT A NEW CLEAR SOCIETY
NOT A NUCLEAR SOCIETY
F. ALLY**



*Editor / writer:
Faisal Deen Ally
(Brian Ally)*

AI is here. AI can and will take over many jobs as .the Great Reset take place where we will own nothing and be happy according to Klaus Schawb, and they will build back better. Howe do you build back unless you destroy first. There's been a lot of manmade destruction for example Gaza and Gaza and all the other places that were destroyed will be build back into 15 minute digital cities. Los Angeles was just destroyed but to be build back better for the 2028 games with cameras and surveillance everywhere.

What we are seeing with the cease fires in Gaza and other places are time for restructuring to take place. If Gaza can be taken over by the United States, what about Canada and Mexico?.

In the past I wrote articles on Islam. With the month of Ramadan approaching, I will be writing reports on my personal journey in Islam where I have at least five notebooks filled with notes from the past year with good information to share with you, along with other experiences and with other videos such as why Islam continues to be the fastest growing religion in the United States. For example viewing this video below.

Los Angeles: The Glittering City That Became a Symbol of Islam's Rise in America

Abot Story

[Youtube.com/watch?v=ebiwwhnP0Vg](https://www.youtube.com/watch?v=ebiwwhnP0Vg)

January 27, 2025

"Islam changed my life, I not only felt closer to God but closer to myself."

DIVERSE NEWS



The reports below are short quotes from sources, along with references for complete reports.

REPORT 1

Trudeau addresses nation as Trump imposes 25% tariffs on Canada | Live
Global News
Feb 1, 2025
[Youtube.com/watch?v=92rutFilWAM](https://www.youtube.com/watch?v=92rutFilWAM)

Trudeau : Today, the United States informed us, they will be imposing 25% tariffs on Canadian exports to the United States and 10% on Canadian energy...should take effect on Tuesday, February 4...this is a choice that will harm Canadians but beyond that it will have real consequences for you (speaking to Americans) the American people. As I have consistently said tariffs against Canada will put your jobs at risk, potentially shutting down Americans auto assembly plants and other manufacturing facilities...will raise costs for you, including food at the grocery stores and gas at the pump. They will impede your access to an affordable supply of vital goods crucial for US security such as Nickel, potash, uranium, steel and aluminum. They will violate the free trade agreement that the President and I along with our Mexican partner negotiated and signed a few years ago. It doesn't have to be this way...'

Canada's response...

'...The actions taken today by the White House split us apart instead of bringing us together. Tonight, I am announcing Canada will be responding to the US trade action with 25% tariffs against a hundred and fifty five billion dollars worth of America's goods. This will include immediate tariffs on thirty billion dollars worth of goods as of Tuesday followed by further tariffs on a hundred and twenty five billion dollars worth of American products in twenty one days time to allow Canadian companies and supply chains to seek and find alternatives...like the American tariffs our response will also be far reaching and include everyday items such as American beer, wine and bourbon, fruits, fruit juices including orange juice, along with vegetables, perfumes, clothing and shoes. It will include major consumer products like house hold appliances, furniture and sports equipment and materials like lumber and plastics along with

much much more. And as part of our response we are considering with the provinces and territories several non-tariffs measures including some relating to critical minerals, energy, procurement and other partnerships. We will stand strong for Canada, we will stand strong to ensure our countries continue to be the best neighbors in the world.

U.S to increase tariffs if Canada retaliates: sources

CBC News

February 1, 2025

[Youtube.com/watch?v=G3nZwivptaY](https://www.youtube.com/watch?v=G3nZwivptaY)

David Cochrane – What I'm being told by sources who are aware of what was communicated to the Canadian government today from the United States it wasn't just the tariffs, it wasn't just the ultimatum on fentanyl there was also a warning that if Canada retaliates the tariffs will increase, so there is a preemptive strike or at least in terms of a message to the Canadian government that if it retaliates with the targeted tariffs that it has been planning to then the percentages will go up.

U.S will 'suffer much more': Chretien on possible trade war | CTV Question Period

CTV News

Jan 12, 2025

[Youtube.com/watch?v=cq5dB2CPOvs](https://www.youtube.com/watch?v=cq5dB2CPOvs)

Host speaking to Chretien...aside from him (Trump) taking about us as a state or annexation he has made a very specific threat about imposing 25% tariffs, a blanket tariff on all Canadian Imports...how worried would you be about the prospect of a trade war between these two
Chretien: We always had that type of problem when I was prime Minister...there are always some problems, we always resolve them easily...

Trump Plans to Hit Canada and Mexico with 25% Tariffs

Bloomberg Television

[Youtube.com/watch?v=DSoy_lkb9Rs](https://www.youtube.com/watch?v=DSoy_lkb9Rs)

Quote from web site

'President Donald Trump said he would follow through on his threat to impose 25% tariffs on imports from Canada and Mexico on Feb. 1, citing the flow of fentanyl and large trade deficits as among the reasons for his decision. Kaley Lenz reports on "Bloomberg The Close."

Lenz:..."What the president is suggesting here in the Oval Office is that he doesn't see the U.S as having need of the products coming from these countries like Canada and Mexico. He thinks the trade relationship is unfair...

Trump promises tariffs on Canada. But is oil included? | Power & Politics

CBC News

January 30, 2025

[Youtube.com/watch?v=IZL35pfjGlk](https://www.youtube.com/watch?v=IZL35pfjGlk)

Trump: I'll be putting the Tariff of 25% on Canada and separately 25% on Mexico and we will really have to do that because we have very big deficits with those countries, those tariffs may or may not rise with time....

Host: 80% of our oil is sold to the United States...

Man Who burned Quran in 2023 Shot Dead in Sweden | Vantage with Palki Sharma | N18G0
Youtube.com/watch?v=koyNVMo50tQ
Firstpost
January 30, 2025

He (Donald Trump) wants to send illegal immigrants to Guantanamo Bay this is an American Base in Cuba infamous for military tortures why does President Trump want to send immigrants there has this been done before and what are the reactions.....

Update
Jan 31, 2025
Youtube.com/watch?v=CThkd5Et_mQ
Trade war looms as Donald Trump announces huge tariffs on Canada, China, Mexico | BBC News
BBC News
Host Excerpt from transcript 'There are fears of a major global trade war, tonight after President Trump announced sweeping tariffs on imports from Canada, Mexico and China starting tomorrow. He added that 'very substantial tariffs' would follow for the European Union Goods exported from Canada and Mexico to the US will be hit with a 25% tariff products from China with 10% Canada's prime minister Justin Trudeau said his country would face difficult times as a result but promised a forceful retaliation.

Time 1:01 -... Trump wants both Mexico and Canada to do more to stop migrants crossing their borders and into America and to stem the flow of illegal drugs including fentanyl that's flooding into the US.

4:44 '...many Chinese businesses were certain that tariffs like were on their way and have been taking preemptive action as Laura Bicker reports many have moved their production lines offshore to places including Cambodia....firms like Walmart and Costco, the factory and its workers are in Cambodia but most of the materials still come from China...Trump's tariffs have not stopped China's rise Beijing has simply gone elsewhere to do business'

Report 2

'Amnesty Intl secretary General Agnes Callamard says Israel has treated Palestinians in Gaza as subhuman'
Youtube.com/watch?v=NkfeBSdlOgg&list=PLzGHKb8ivTzyS_2FoMDKH9Kg0DOJB-OE
'No surprise' Gaza death toll has climbed higher: Amnesty chief
Al Jazeera English
February 3, 2025
'Amnesty International Secretary General...Gaza government office has revised death toll from Israel's war to more than 61,700 Palestinians killed

Host: 'And I'm going to ask you about amnesty's recent report that Israel is committing genocide in the Gaza Strip....Amnesty International says it found 'conclusive evidence of Israel committing genocide in Gaza
'Amnesty Intl Secretary General says Israel has demonstrated intent to destroy Palestinians....Amnesty Intl: Israel has committed genocidal acts fully aware of the irreparable

harm it was inflicting

Why are Israeli attacks on Palestinian homes in the West Bank surging? | Inside Story

Al Jazeera English

[Youtube.com/watch?v=Ro4P1cwwbQI](https://www.youtube.com/watch?v=Ro4P1cwwbQI)

February 3, 2025

‘As hundreds of thousands of Palestinians return to their homes across Gaza and the fragile ceasefire approaches its second phase, Israeli bombs rain down on the occupied West Bank’

As the video shows buildings after buildings being blown up.

‘For the last two weeks the Israeli military have been carrying out raids across the occupied West Bank saying they’re necessary to prevent terrorist infrastructure from being established...hundred of Palestinian families are being forced from their homes...

Netanyahu says ‘...our decisions and the courage of our soldiers have redrawn the map but I believe that working closely with President Trump, WE CAN REDRAW IT EVEN FURTHER AND FOR THE BETTER.’

Host: ‘...but for Palestinians across the occupied West Bank, the future is uncertain, MANY CONTINUE TO LIVE IN FEAR FOR THEIR LIVES AND THEIR FUTURE AND WONDER IF THEY’LL SURVIVE.’

Palestinians made history when they returned to north of Gaza | The listening Post

Al Jazeera English

February 1, 2025

[Youtube.com/watch?v=dRBg6Hfhlug](https://www.youtube.com/watch?v=dRBg6Hfhlug)

‘Israel wanted a live stream genocide and a live stream nekba but what it got was a live streamed mass return of displaced Palestinians. The historic images of hundreds of thousands of Palestinians going back to their communities have a great significance, not just for Palestinians but for all of humanity

Host ‘It is the opposite of an exodus an influx of Palestinians back to Northern Gaza, a place the ISRAELIS SAID THESE PEOPLE WOULD NEVER SEE AGAIN, A LAND ISRAELI FORCES HAVE PULVERIZED AND LEFT IN RUINS...FOR PALESTINIANS DISPLACEMENT IS NOTHING NEW IT RUNS IN THE FAMILY AND GOES BACK GENERATIONS...TO 1948...

Female speaker: ‘92 percent of homes in Gaza have been damaged or destroyed and they are also going back to recover the bodies of loved ones that have been trapped under the rubbles...’

Male speaker spoke on the ETHNIC CLEANISING OF PALESTINIAN FROM GAZA...

Time 4:00 The voice of Trump ‘You’re talking about probably a million and a half people, and we just clean out that whole thing...

Host: That would be illegal under international law WHICH FORBIDS ETHNIC CLEANSING AND TRUMP’S MUSINGS HAVE EVEN BEEN MOCKED WITHIN ISRAEL

From the video we see how Palestinians are carrying the elderly

Report 3

CALIFORNIA FIRES

CELEBRITIES LOSE THEIR MILLION DOLLAR HOMES

‘The heartbreak is truly indescribable...’These celebrities lost their homes in the Los Angeles wildfires

Band Showbiz

Tue, January 14, 2025

Ca.yahoo.com/news/heartbreak-truly-indescribable-celebrities-lost-133000397.html

‘10 famous names who have been affected’

Paris Hilton, Mel Gibson, Ricki Lake, Billy Crystal, Cary Elwes, Milo Ventimiglia, Tina Knowles, Miles Teller, Diane Warren, Sir Anthony Hopkins

Tom Hanks’ Los Angeles mansion in Pacific Palisades was spared, the lawn and trees around the house survived, the area above in the hill burned

Los Angeles Fire Expands To Over 10,000 Acres, Thousands Evacuated | LIVE California Fire | N18G

CNN-News19

Start streaming Jan 29, 2025

Youtube.com/watch?v=2QTXayO6ljU

The LA fires are out, but the fires have expanded to over 10,000Acres

This one is out in the country says one person

As the country side burns, trucks and other vehicles passing by on the highway

Red, orange, black, shades of grey colors...

Report 4

Mass chaos in Hawaii USA! Everyone is shocked, storm and flooding in Honolulu

IDH Weather News

Youtube.com/watch?v=P1LOSE_f9fU

‘The National Weather Service in Honolulu has issued a flash fold warning for Molokai until 9:30 pm “At 7:18pm, reainfall continues to increase across Molokai with rates of 1 to 2 inches per hour over many parts of the island,” the warning said.

Trees knocked down, road floods as vehicles drives through.

Report 5

CANCER

Cancer explodes around the world

NATURAL CURES

Mel Gibson came out with news, but this news was said 1400 years ago and over a billion people have heard it....

MEL GIBSON ON CURES AND CANCER

1400 years ago the Prophet Muhammad (PBUH) said there's a cure for every disease.
Mel Gibson is being flogged for making the same statement

Mel Gibson's cancer treatment claims branded 'dangerous, cruel and irresponsible' by Canadian Cancer Society. Here's what to know

'The organization slammed Gibson for promoting treatments that are "not scientifically proven."

Elizabeth Di Filippo, Lifestyle & Features Editor

Mon, January 13, 2025

Ca.yahoo.com/style/mel-gibsons-cancer-treatment-claims-branded-dangerous-cruel-and-irresponsible-by-canadian-cancer-society-heres-what-to-know-1813422...

The podcast was on January 9

Mel Gibson's...on "The Joe Rogan Experience"...When the conversation turned to health, Gibson and Rogan both shared their distrust in pharmaceutical industry.

"I don't believe that there is anything that can afflict mankind that hasn't got a natural cure for it," Gibson told Rogan. "It just makes sense to me. I couldn't prove that, but I just believe..."

'Gibson went on to share "a good story" with Rogan about friends who allegedly used alternative therapies to treat cancer. "I have three friends, all of them had stage 4 cancer. All three of them don't have cancer right now at all," he said. "They had some serious stuff going on."

'According to Gibson, his friends took ivermectin and fenbendazole among other things to treat their illnesses – although he did not disclose their type of cancer.

IVERMECTIN

This information came from the reference above.

Is what the Indian government had given its people where India had a very low infection rate during Covid-19. Most places around the world you can get it, except in Canada and you must wonder why Canada would not allow its people to go out there and take it like other places around the world.

What is ivermectin?

Ivermectin is an oral medication used to treat parasitic infections caused by worms, lice and mites. In Canada, it's approved to treat worm infections like strongyloidiasis and onchocerciasis, also known as river blindness. It was discovered in the 1970s and was originally developed as a veterinary drug..... 'ivermectin products for animals have a higher concentrated dose than ivermectin products for people.'

What is fenbendazole? (same reference)

Fenbendazole is an anti-parasitic medication used to treat infections like heartworm, ringworm, hookworm in animals. Fenbendazole is not approved for human use by Health Canada, the US Food and Drug Administration (FDA) or the European Medicines Agency (EMA).

Fenbendazole and cancer treatment

Several studies have been published examining the potential benefits of fenbendazole as a cancer treatment. However, there's not enough data to support claims that it could potentially cure cancer or benefit cancer patients.

VACINATION

West Virginia governor axes DEI and enacts vaccine exemptions on first full day in office
The Canadian Press
Leah Willingham
Tue, January 14, 2025

[Ca.yahoo.com/style/west-virginia-governor-axes-dei-225240135.html](https://ca.yahoo.com/style/west-virginia-governor-axes-dei-225240135.html)

Quote: “the newly elected governor of West Virginia...” making changes.
‘The vaccine executive order upends a school vaccination policy long heralded by medical experts as one of the most protective in the country for kids. State law requires children to receive vaccines for chickenpox, hepatitis-b, measles, meningitis, mumps, diphtheria, polio, rubella, tetanus and whooping cough before starting school. The state does not require COVID-19 vaccinations.

Report 6

SEX CRIMES AT RESIDENTIAL SCHOOLS IN CANADA

Trial stayed against 98-year-old nun accused of historic sex crimes at residential and day schools
CBC ; Tue, January 14, 2025

[Ca.yahoo.com/news/charges-stayed-against-98-old-183337851.html](https://ca.yahoo.com/news/charges-stayed-against-98-old-183337851.html)

‘The trial of an Ottawa nun accused of sex crimes at northern Ontario residential and day schools in the 1960s and 1970s will not proceed after a stay of proceedings was granted due to evidence issues.

‘Francoise Seguin, 98, is the third nun and eighth worker overall to face criminal charges in relation to abuse at St. Anne’s Indian Residential School in Fort Albany, Ont.’

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LIFE'S JOURNEY

HEALTH & FITNESS

by F. Ally



STRESSED AND YOUR MIND RAMBLING?

Often, our minds ramble on during the day and even throughout the night with stories, judging, blaming and fantasies swirling through our heads, and even when we're engaged in prayers / meditation.

This article uses excerpts from the previous edition of the Diverse City Magazine and modified.

I began the Life's Journey series of articles in 2002 published in the Cariwave, The Caribbean Magazine. Let's continue this journey. The following passages below are taken from different articles which I have written in the past.

The section below was taken from the article called 'Centenarians & Secrets to Long Life' by F. D. B Ally; p.22 from the 40 page printed magazine, Cariwave, The Caribbean Magazine Summer/Fall 2003 Edition

Disclaimer: In this article, the writer is sharing his experience and knowledge with the readers. Before embarking on a meditation journey, it's important to seek professional advice in meditation, as there can be complications during your practice. These meditation steps are based on the writer's understanding of the techniques the writer had learned in a three day Primordial Sound meditation course two decades ago by Dr. Deepak Chopra and his team many, along with other methods learned.

More in the upcoming edition....

Diverse

ENTERTAINMENT

YUSUF ISLAM (CAT STEVENS)

In the upcoming edition, a look at his conversion of Yusuf Ilam and his recent 2023 outdoor concert and his hit Wild World. A look at why some say music is not allowed in Islam and why some continues to create music.

FIZAL (FISAL) DEEN ALLY



AcousticJam2025 – Singing original tunes written decades ago while strumming on an acoustic guitar



AT AGE 16, PLAYING HIS COPY OF A LES PAUL, AND STILL PLAYS THIS SAME GUITAR TODAY, BUT RECENTLY SOMEONE ENTERED HIS HOME AND BROKE THE BRIDGE ON THE GUITAR WHERE 3 STRINGS WERE IN FRONT AND THE OTHER 3 STRINGS ON THE SIDE; THAT DOES NOT HELP FOR AN ANTIQUE GUITAR.

All of Fisal (Fizal) Ally's songs are copyright protected.

F. Ally have never given anyone permission to use any of his songs or books to profit off and to use commercially. Many songs and books can be downloaded from www.allymedia.ca for listening and reading. Over the years many recordings were handed out for people to listen to and to share with others to listen to.

2025 ACOUSTIC JAM

Playing and singing his original songs mainly from the 1990s

I am doing an Acoustic Jam with 25 to 30 original songs just playing my acoustic guitar and singing and using a small camera to record. There's really no rehearsing. Just getting some of the lyrics and some of the chords together and then let it go. However, as I become familiar with some of my oldies, I plan on doing better recordings in this AcousticJam2025

With my original songs such as:

A Kiss Goodnight, Candle That Burns, True Love, Estos Sentimientos / These feelings, Lisa, No Perfect Man, Gia Carangi (The Italian Super Model), New Clear Society, The Birds Won't Come My Way, Reaching Out, Out of Control, They Party Till They Feel Alright, Missing You Going Crazy, Nobody Wanna Say Goodbye, Sometimes, That's Crazy Love, Christmas Day, Precious Holidays, Keep The Peace, Keep Mae Fire Burning, Blue Caribbean Sea, Wide Eye Innocent, So Crazy 4u, Insensitive and a few more...

From what I recall, songs like New Clear Society, My Home and many others were written when I was a teenager.

In the past few years, I've done about maybe 75 cover tunes.

This year, I plan to do some cover tunes by Buddy Holly, Elvis, Benny E. King, more of a documentary, for example called, I am Benny E. King story, I am Buddy Holly story who died in the plane crash in 1959 etc...and possibly some of the others such as I am the Beatles story as I already know lots of Beatles songs, I am Elvis story who died in 1977, I am Chuck Berry Story as I do know his songs and lead guitar such as Johnny B. Goode...I've read some of their stories and some are quite interesting. Some of the other stories would be Ritchie Valens who also died in the plane crash in 1959 as I already know the few popular songs he did like La Bamba, and You're mine. And perhaps I am Paul Anka story as I do like those old 1950s rock and roll songs by Paul Anka who is Lebanese born in Canada.

This I will be busy enjoying some of the old time rock & Roll as I delve into my religious studies along with astronomy and the cosmos which I have always enjoyed from a young age and especially Carl Sagan on Astronomy.

LOOKING BACK AT MY TEENAGE YEARS

Our band used to do all cover tunes such as:

Songs such as Purple Haze (Jimmy Hendrix), Songs by Boston such as More Than a feeling and Peace of Mind, Dust in the Wind, Stairway to Heaven, Jumping Jack Flash, Route 66, Still Rock & Roll to me, songs by Car such as My Best Friend Girl, of course Chuck Berry such as Jhonny

B. Goode, Roll Over Beethoven and instrumentals...songs by the Beatles or done by the Beatles such as Help, Slow down, Money, It wont be long, Twish and Shout, instrumental such as Wipe Out, Pipeline, Taquilla, 12 bar blues jam and many more...So we played some heavy songs and some soft ones. And that's all we did playing cover tunes, but soon we were checking out each others original songs as teenagers.

I also played in another band for a while where we played very different songs such as: Proud Mary, Come Saturday Morning, Jeremiah was a bull frog and others.

Thus, I always enjoy ding cover tunes, and I probably have about 75 on tapes from the past few years. Over the next few months probably about another 30 and I tape them, such as the ones from the I am Chuck Berry story, I am the Beatles story....

For the 2024 & 2025 Acoustic Jam or orginal songs mainly from the 1990s, songs are posted on www.allymedia.ca under the 'Music-Book' tab.

SOME MUSIC PROJECTS BY FISAL (FIZAL) ALLY



Looking Back on 100 songs by Faisal Ally; Part I with 8 songs was completed on Aug 19, 2015 (This CD included the song True Love)

ALLY - Original home grown music (February 18, 2012); Nine songs recorded - ALLY - All instruments played by F. Ally. Drum machine used Recorded at Ally Studio (February 18, 2012). Unauthorized use is strictly prohibited.

Songs are: All He Wanna Do, Wide Eyed Innocent, She's Off Limits, Champs, New Clear Society, In A Special Way, The World's Online, Action Speaks, Space & Time

ALLY - 2011 RECORDINGS OF Christmas, That's Crazy Love, No Perfect Man, The Birds Won't Come My Way, A Kiss Goodnight, Sometimes (instr), True Love, Sometimes, Happy New Year, Nobody Wanna Say Goodbye, Lisa, Happy New Year (instru). Unauthorized use is strictly prohibited.

Archive of 22 songs (2011); Songs written by Faisal Ally; instruments played by Faisal Ally

Fyzal Deen, Sweet Paradise (September 1994 - on cassette)

New Clear Society, Sweet Paradise I, The Birds Won't Come My Way, SoCrazy4U, 2CanPlay, Rain Go Away, ReggaRock, Out of Control, Wide Eye Innocent, New Clear Society (music), Sweet Paradise II

Fyzal, Candle That Burns (June 1995 - on cassette)

New Clear Society (music), Lisa (music), Rain Go Away, Candle That Burns, Dance Baby Dance, Only A Fool Breaks His Heart, Sometimes, Modern Day Gypsy, Moon Child (music), True Love, Wide Eye Innocent, Planet Earth, Lisa, Little Magic Wand, Reaching Out, Estos Sentimientos (These Feelings), Return To Kashmir, Moon Child (music)

Fyzal Deen Ally (December 1995 - on cassette)

I'm Running, Missing You Just Like Crazy, Keep Mae Fire Burning, A Kiss Goodnight, Blue Caribbean Sea, Gia, Love Is Strong, Blue Caribbean Sea (Instr. 1), Keep Mae Fire Burning (Instr), Wild Wild Wild, Love Has No Religion, On Christmas Day, Keep Mae Fire Burning (Instr.2), Hope You Never Will, Say No (Instr)

FYZAL DEEN (1990s - on cassette)

Christmas Day Rock, A Kiss Goodnight, We Party Till We Feel Alright, SoCrazy4u

FYZAL DEEN, CHRISTMAS (1999)

Songs on this CD: A Kiss Goodnight, True Love, Christmas, Keep the Peace

LOOKING BACK ON 100 SONGS BY FISAL ALLY (Part 1 - 8 Songs), Original songs, Lyrics and Music written and composed by F. Ally. The songs are: *That's Crazy Love, True Love, The Birds Won't Come My Way, No Perfect Man, Sometimes, Nobody Wanna Say Goodbye, A Kiss Goodnight, Story of my life (2010), Reflect and Celebrate, Precious Holidays*

(All songs copyright Protected by Fisal Ally. All Rights Reserved)

Websites: www.allymedia.ca / www.signaturewithlove.com

FISAL (FIZAL) DEEN ALLY'S INDEPENDENT ORIGINAL MUSIC & BOOK TOUR

A TOUR of songs and books written by songwriter/musician/writer Fisal (Fizal) Deen Ally who is originally from Guyana, South America
PLEASE VISIT www.allymedia.ca

Free digital books download Written by Fisal Ally

Copy link and paste into your URL to begin your historical journey with Fisal Ally
PLEASE SHARE WITH OTHERS

***Ebooks can be read or downloaded from: <https://allymedia.ca/fisal-ally-books>

***Ebooks can also be read or downloaded from: www.smashwords.com; do a search for Fisal Ally

***First 3 ebooks can also be read through the Edmonton Public library

(Links are subject to changes)

BOOK 1 PART 1 (*Historical Fiction, recreating history with a love story*)

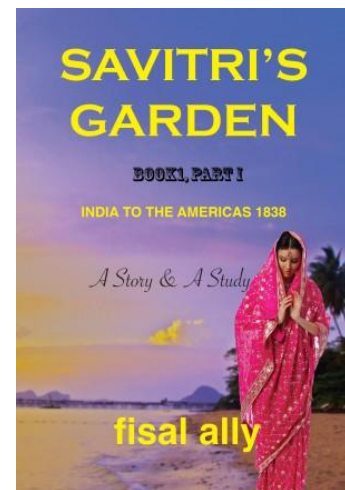
The Trilogy of Savitri's Garden: India to the Americas 1838, (Book1, Part I) - India Rising on the Horizon of the Americas

<https://www.smashwords.com/books/view/634521>

BOOK 1 PART II (*Historical Fiction*)

The Trilogy of Savitri's Garden: India to the Americas 1838, (Book1, Part II) - India Rising on the Horizon of the Americas

<https://www.smashwords.com/books/view/634522>



BOOK 2 (*Historical Fiction*)

The Trilogy of Savitri's Garden: The Escape for True Love (Book2)

<https://www.smashwords.com/books/view/634528>

BOOK 3 (*Historical Fiction*)

The Trilogy of Savitri's Garden: Rebellion and Reunion (Book3)

<https://www.smashwords.com/books/view/634530>

BOOK 4 - A SHORT STUDY GUIDE

Debunked The Use Of The Label Coolie In Guyana

<https://www.smashwords.com/books/view/647830>

A true love story about Mustapha & Salima and their cats in Guyana and in New York. Copy and paste link into URL for free download

<https://www.smashwords.com/books/view/914439>

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Second Edition – December 25, 2018



The Continuation of Savitri's Garden

By Faisal Ally

THE GARDEN, FILLED WITH WEEDS

Background

Jack have been terrorizing his victims with the use of AI, commercials and other means, as he continues to profit from the theft of people's hard work. From the theft of their songs, books, poems, lyrics, art and more. He's know as the number one back biter, spreading false news and creating fake narratives for his victims.

Jack makes sure his victims cannot get to the police or to the news to report the theft of their work. The chief was in Jack's back pocket, and so were doctors, lawyers and many others. They all knew the power Jack possessed and many wanted a piece it. Jack had also invested in all major news outlets.

Jack spies on his wife and other victims as they type and make changes without them even aware of his snooping into their private life. He changes up certain words, so when later they find the errors they will wonder how that happened but it's all Jack's doing. Jack also contacts their family doctors and other doctors to bad mouth them and pays some to harm them.

Jack tracks his wife at the protest

Jack had staged an event with his crisis actors that broke out in a riot. The police force came in all in support of Jack. They took Jack's wife in along with her new found love, Mygri. Jack bailed his wife out.

I told you I know a thing or two about your wife.

So do I.

You know about her new found love!

Don't mention it.

You must take charge of your wife...

And your life.

Oh I wish I could see into the future – I could have stopped her.

It's too late.

It's all ordained. This world has gone mad. I saw it coming.

.

More to come....

Pepperpot Club

These magazines are all a part of the club, including some books, cariwave printed magazines

KEEP THE PEACE

Music and Lyrics by Faisal (Fizal) D. Ally, Copyright Protected

When I think of those better days
Holding hands and singing a song
When we listened to each other
Reaching out across the sky

Make this Earth a better home
For all lives under the sun
On the land or in the sea
And up above the earth

You say you're white, black, whatever color
It should never be about the color of a person's skin
Lend a hand and you will understand
The meanings of Love

And if you're rich, poor or in-between
You shouldn't judge anyone by what you see
If you look deep down inside
You will find peace of mind

Peace Let's keep the peace
Keep the peace for everyone
Every country across the seas
Sharing love in the world

Put an end to all the wars
Yesterday today and for tomorrow
If you search for the answers
You will find peace of mind

It shouldn't matter what you are
Your religion class color or your race
Walk together and not against each other
Let's live in harmony

Peace, let's keep the peace
Keep the peace for everyone
Every nation across the land
Sharing life on this earth

Let's forgive and learn to compromise
Ease the pain sorrows and no more hunger
And the children will have some peace
In this land we call free

Can you imagine a world that is one
There's no limit to what we can do
Reach out for another
And have a change in heart

Peace Let's keep the peace
Keep the peace for every one
Every country across the seas
Sharing love in the world

Peace Let's keep the peace
Keep the peace for everyone
Every nation across the land
Sharing life on this Earth

Peace let's the peace
Let's keep the peace
Keep the peace for everyone

GLOSSARY

What does Islam say about the devil? See below.

TRICKS OF THE SHAITAN (Satan / Devil)

They are tricksters

He turns people against you to make you give up on your practice and work. He'll go and whisper to your cousins, to your friends, to the people around you

'...the shaitan means literally in Arabic, anyone who deludes someone from truth to falsehood and anyone who deludes someone from good to bad, from benefit to destruction.

HOW TO QUIET THE MIND

You must first catch yourself in these moments of when the mind is very active or restless, else it can go on for hours, days, months, years. Once you catch yourself, you can apply tools such as meditation where you focus on a mantra (or in Islam focus on dhikr), or focus on your breathing, or spend time in prayers focusing on the words. There are many other relaxation techniques which you can use.

STILL CAN'T LET GO

Letting go is not easy. How do we let go? Even during meditation and prayers it's not easy. It takes a great deal of practice.

One technique is to Keep a notepad and pen next you and write down whatever it is that you are trying to remember, recall or bothering you and now let go of them. Now that you know it's written down, **YOU CAN DEAL WITH THEM LATER, ONE BY ONE NOW OR OVER A PERIOD OF TIME AND LET THEM GO, LET IT OUT OF YOUR SYSTEM. NOW FOCUS AND TRY TO BE IN THE PRESENT MOMENT, NOT IT THE PAST OR FUTURE, BUT PRESENT MOMENT AWARENESS.**

WHO CONTROLS THE WORLD?

And I give you this quote again so you know who is actually in control of the world and our lives.

Henry Kissinger stated who controls the food supply controls the people, who controls energy can control whole continents, who controls money can control the whole world.

WHAT DOES THE PROPHET MOHAMMED SAID

He said there's a cure for every disease. Mel Gibson now says the same 1400 years later. How did the Prophet know all of this?

References:

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Diverse City Magazine

DIVERSE CITY MAGAZINE



**ALL THE BEST AND SUCCESS
ALL THE GOOD THINGS LIFE BRINGS
FOLLOW YOUR PASSION WITH A NEW YEARS RESOLUTION**