

DIVERSE CITY

Magazine

April 2017



THE SOUTH AMERICAN WILD WEST

The Rupununi Lethem Rodeo, Rupununi Safari, and the Guyanese Kite flying tradition

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The Festival of Colors and the arrival of Spring

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Lent, Good Friday, and Christ's Resurrection

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DIVERSE CITY World Magazine



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THE SOUTH AMERICAN WILD WEST

The GUYANA Rupununi Lethem Rodeo, Rupununi Safari, and Kite Flying Tradition

By Fisal Ally



Guyana is north of Brazil, colored in pink

With Easter looming on the horizon and excitement brewing in the air, just shortly after the colorful Phagwah (Holi) celebration had rained a rainbow of colors in Guyana marking the arrival of spring, the Brazilian vaqueros *cowboys* and cowgirls will be entering Guyana for the Annual Guyana Rupununi Rodeo competition against the Guyanese vaqueros and cowgirls which will take place in the town of Lethem that borders Guyana and Brazil, in the Rupununi Savannah area.

Guyana boasts the tallest single drop waterfalls, the Kaieteur Falls, which is also one of the most powerful waterfalls on the entire planet

Vaqueros



Guyana is mostly Amazon Rainforest

Guyana is a small South American country, north of Brazil and unknown to many. It is located in the heart of South America and is mostly Amazon Rainforest. This country is known for having the world's tallest single drop waterfalls, the Kaieteur Falls, which is four to five times higher than the Niagara Falls in Canada. The Kaieteur Falls is 741 feet (226 meters) tall, and with the steep and water rushing over into the gorge, it's 822 feet in total (251 meters). The Kaieteur Falls was once called the Kai Falls, named after an Amerindian chief in the area. There's no other land in the world like Guyana, because most of this South American gem is a pristine beauty of untouched land and rainforest with unique life forms such as the golden frog, which is native to Guyana. It must also be noted that Guyana was once thought to be El Dorado, the city of Gold, and as a matter of fact, there are lots of gold mining in the region with thousands of Brazilians living in Guyana and working in the mining industry; unfortunately some of this pristine beauty is now polluted with toxic chemicals in the rivers and land due to chemical spills during mining operations.

Guyana has one of the largest cattle ranch in the world known as the Dadanawa Ranch where the cowboys work in the cattle ranches. The Dadanawa cattle ranch was known to be the largest cattle ranch in the world, but is now said to be the second largest, although some still say it's the largest in the world. The hands that had labored to build Guyana were: the American Indians (Amerindians), Africans, Portuguese, East Indians, Chinese, small groups of Germans and Syrian/Lebanese, the Dutch, French, British, and others.

Guyana boasts one of the largest cattle ranches on the planet with real cowboys



THE SOUTH AMERICAN WILD WEST

Chinese indentured laborers brought kite flying to Guyana in 1853

For Easter, many Guyanese and thousands of visitors will be soaking in the tropical sun and enjoying the activities. The skies over Guyana and the Atlantic Ocean will be inundated with colorful kites of many sizes and shapes, singing and dancing with long swirling tails and ears flapping, as the sun shimmers down into ocean while the Atlantic sea breeze fans through the land. In 1853, the Chinese indentured laborers had introduced kite flying to Guyana, which marks the arrival of spring in China. It is said that to avoid punishment from their plantation bosses for flying their kites, the Chinese had brilliantly told their bosses that kite flying symbolizes the rising of Christ, and thus kite flying became a big part of the Guyanese tradition, with lots of kite flying competitions during Easter. Many will also be strolling along the seawall, which stops the ocean water from flooding the land, as they take in the view of the exotic Atlantic Ocean and the horizon, while many will also be walking and dancing on the sands of 63 Beach, known to be the longest or one of the longest beach in Guyana and the Caribbean.

Guyana is also known as the Wild Coast for its rough Atlantic Ocean coast waters. Guyana is also spelled as Guiana, Guiana and Guayana in different parts of South America. While in the Rupununi Savannah you can enjoy some shopping at the big shopping plaza in Lethem where many Venezuelans and Brazilians enter Guyana to do some shopping. There's also a place called Guayana Guyana in western Venezuela. Guyana is also known for having the longest floating bridge in the world, the St. Georges Cathedral which was once the tallest wooden structure in the world. Unfortunately, the Jim Jones massacre had taken place in a remote place in Guyana called Jones Town, and like many countries in the Americas, Guyana's crime rate is very high. However, Guyana is still one of the most precious jewels on this planet because of its untouched land in the Amazon rainforest, and there are lots to see and do in Guyana.

Disclaimer: When visiting Guyana, it's important to be aware of crimes, unsafe areas and unsafe waters. It's always best to be in the company with someone you know from Guyana and who you are safe with. The description of the rodeo and safari you're on may not be the same as described above. It's important to verify dates and events before embarking on your journey.

HOLI CELEBATION

By Don Silva



Suzanne Lily Joyce Ramrattan

The Festival of Colors, known as Holi, was celebrated on March 12 and 13, marking the arrival of spring in India. Holi has its origin in agriculture and also in Hindu mythology where Holika was ordered by her evil brother, the King, to participate in a hostile event where she was killed in a fire. Legend also has it that Holi has its roots in the love story of Krishna and Radha, and also in some other stories.

Today, Holi is celebrated worldwide with millions of Hindus across the globe. Many from other faiths had joined in the fun, spraying and splashing colored powder known as gulal and colored water on each other.



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EASTER CELEBRATION

by Faisal Ally



This photo is of Mary Magdalene, Mary and Salome on foot to the bright empty tomb of Jesus early on the Sunday morning.

Although practices vary, in general many Christians and Catholics across the globe have been fasting for Lent, for forty days abstaining from certain foods and habits in preparation for Easter, a time for spiritual renewal and purification, which had begun on March 1, marking Ash Wednesday and will end on April 13, 2017 for many. On Good Friday April 14, millions of Christians and Catholics will attend church.



Nations across the globe have adopted different traditions and festivities. Eggs have been used in many Christian traditions, which symbolizes Christ's resurrection.

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CULTURE AND SOCIETY

A Man Named Rebel

By Solomon Singh



We were acting on a report of Child Abuse within the pristine coastline of the beautiful Essequibo Coast when our small convoy, including Law Enforcement Officers made loud "Cat Calls" to a group of teenagers sitting on their veranda. Their beauty struck a chord in the hearts of my companions because they wore clothes, which seemed scandalous in such an old fashioned farming community. Scantly clad and providing an aura of sexuality not conforming to the social norms of such remote areas.

Their beauty struck a chord Their Grandpa called himself Rebel

I immediately contemplated the idleness of these three teenagers at 2pm that afternoon and ventured to query the whereabouts of their parents or custodians. I was greeted with the calm countenance of an aged man, dressed in flimsy shorts and vests who identified himself as their Grandpa, giving his name as Rebel. He further related that, the girls were the offspring of his two sons. These children were bereft of their mothers but Rebel assumed that responsibility after the death of their paternal grandmother, a liability he bore with dignity.

An amazing edifice caught my attention...for at the back of the long winding backyard, which led to the sea...,there was a huge tomb which was dedicated to the memory of his late wife. It was more of a mausoleum, complete with a sitting area and coffee table and alarmingly a snug bedroom.

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DIVERSE ARTIST

Writer and Poet

Solomon Singh



Throughout the years, while Solomon Singh has been busy working, he finds inspiration in poetry and has compiled a collection of poems called Hand of Love. He's also an academic in writing and possesses knowledge in world politics and life itself. Solomon is also busy in the kitchen, cooking exotic dishes that will intoxicate the taste buds. On the following pages are two poems from Solomon collection of poems, Hand of Love.



Solomon in the Kitchen

DIVERSE ARTIST

POEMS BY
SOLOMON SINGH



Hand of Love
In memory of my mother
1929-1999
Solomon

HAND OF LOVE

by Solomon Singh

I remember those warm cheeks and golden smile
A smile that seemed to mock others but gave me joy
I remember those hands with fingers of steel, which held me
Hands that lifted me aloft and from turbulent waters of nature.
I remember those hands that gripped the wall and so hard to budge
Fingers that gripped that post, fingers only I could dislodge
I remember those hands with the bloodstained straps on the bed
Hands that held me aloft, I realized finally would hold me no more
I remember someone in white telling me that she had gone.
I remember seeing the sun but its light had gone
Now there was darkness, pain and sorrow to come
I fell then into those waters of despair
For the Hand of love that held me had finally gone.

Photo copyright by I. Ally, 2016

Sands of Time by Solomon Singh...dedicated to my dear friend who has recently departed from this journey in Montrose, Guyana...*Solomon*



EARTH DAY CELEBRATION - APRIL 22, 2017

KEEP MOTHER EARTH CLEAN

NURTURE NATURE
and
NATURE WILL NURTURE YOU

THE BIRDS WON'T COME MY WAY by Faisal Ally

I wanna walk on this earth every single day of my life
I wanna breathe the air that keeps me alive
I wanna taste the rain that's falling up above my head
Don't wanna look up cause the sky's turning red

Cause every time I look at the sky and I see it turning grey
I keep wondering why the birds won't come my way
I wanna feel the earth every single day beneath my feet
Don't think it's worth the pain and all the heat

Wanna travel this road feel the wind blowing in my face
I was wondering if I should cause there's too much polluted waste
I wanna feel free to breathe the air any day or night
Someone stole the keys and I'm losing all my rights

Cause every time I look at the sky and I see it turning grey
I keep wondering why the birds won't come my way
I wanna feel the earth every single day beneath my feet
Don't think it's worth the pain and all the heat

It's us we're doing all the damage
Cause you, you say we're gonna manage
And us, we're all gonna have to pay
Because the birds won't come my way

Picture copyright by A. Ally, 2016

SEMINARS

Learn about the history of the East Indian laborers that entered British Guiana (Guyana) in South America on May 5, 1838 to labor in the sugarcane fields. The colonies of Demerara, Essequibo and Berbice in South America were merged in 1831 to create British Guiana

- Learn about their struggles
- The Escapes from the plantations
- The high death rate
- How the wrong group was shipped to work in the harsh agricultural conditions. The Guyana planters were expecting the coolies from the hills just north of Calcutta that were skilled in agricultural, but the coolies did not arrive. Unskilled laborers arrived only to suffer.
- After their 5 year contract was up, many returned to India, but some remained working in Guiana.

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QUANTUM UNIVERSE



*A shift in view with breakthrough thinking!
The Universe and Life, an
accident or by design
by Faisal Ally*



The debates on whether life and the universe came into existence by accident or by design are never ending.

Throughout the centuries, scientists and researchers have used theories and calculations to explain life and the universe, often removing God, spirituality and religion from the equation.

In the 1600s, Isaac Newton, known as the father of modern science and classical physics, had pondered over why the apple had fallen from the tree. He came up with his formula, 'Laws of Universal Gravitational Motion' to explain the phenomena of gravity, and his famous formula: $f=ma$ (*force = mass x acceleration*). Many accepted his breakthrough thinking and equations to be the truth instead of a theory that would one day have to be revised. Today classical physics and modern science are still taught in schools.

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QUANTUM HEALTH



Let go and rejuvenate

*Sharing my experiences in meditation
A 'No Thought Period' for Rejuvenation
by Faisal Ally*

OUR MINDS ARE TOO BUSY

In our fast paced world, adults are always on the go, their minds occupied and busy as if on a roller coaster. And with technology, computers, cell phones, the cyber world and video games, many children's minds are also very busy, always having to be connected. If we examine our true nature, you will realize that our bodies and minds are not designed for this kind of overload. Adapting to this fast pace world and life can be challenging, causing stress, tension, headaches and health problems.

If your body is always on the go with little rest, sooner or later it will break down, or as some say, 'you'll blow a fuse or short circuit something'. The mind is no different from an overworked body that needs good rest to rejuvenate.

Aside from my meditation / prayer techniques, which I have been practicing as discussed in the March 2017 Edition, I'm also engaged in another exercise that helps to get me through the day.

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THE CYBER WORLD & TECHNOLOGY



What you may not know about your pdf file
By Faisal Ally

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LITERATURE REVIEW

A Brief look at the Independent Canadian published Novels, The Trilogy of Savitri's Garden with Plantation Bellevue, and the new Canadian 2017 TV series, Bellevue.

By Faisal Ally

An update: For eleven months, starting on May 4, 2016 and ending on April 5, 2017, the novels and study guide for the Trilogy of Savitri's Garden were given away as part of a promotion. The novels can now be purchased, and will go on sale in May for Indian Arrival Day.

Not only does a lot of action take place in the woods in Savitri's Garden and in the new 2017 TV series, Bellevue, but also the names of the main location, Bellevue, are the same. However, Savitri's Garden and the TV series, Bellevue, have its own plots. Some of what I call similarities between the novels and the TV series caught my attention, which I've listed below.

Savitri's Garden took place in the 1830s	Bellevue took place in the 1990s in Canada
1) In Savitri's Garden, Plantation Bellevue is a sugar estate that depends on sugar, rum and molasses.	1) In the 2017 TV series, says Bellevue's future depends on brewery (beer)
2) Some Characters in Savitri's Garden are the Desi Englishman known as Eddie, Anne (pronounced as Annie) and Lilly who is the maid.	2) Some names in Bellevue are Jesse, Annie, Eddie, and Lily.
3) The detectives are hunting down the Desi Englishman through out the novels.	3) The detective is trying to find Jesi's killer throughout the entire series.
4) A dead body is floating in the Hugli River.	4) Jesse's dead body is found in the river.
5) During the escapes, lots of clues are placed on signs, drumming etc...	5) In the woods, clues are placed on paper, signs etc...
6) Some lived in small logies, similar to shacks. Also there's a shack in the woods.	6) A shack in the woods.
7) Kalil, Savitri and Anne's name carved out on a tree trunk.	7) There's a log with a number carved out. Annie's name carved into the wooden wall in the shack.
8) There are talks about a golden tooth for Harri who has a missing tooth, and also a gold tooth for his monkey. In colonial days and Guyana there was always talks about gold.	8) At the table the father says he has a missing tooth and his daughter said that he should get a gold tooth. Note: In the 1990s dental technology was developed; why talks about a gold tooth?
9) The sports played on the estate is cricket.	9) The sports played is hockey.
10) In Savitri's Garden, there are always escapes through the woods and strange things happening in the woods. For example, the men are running, and suddenly a stranger is running next to them and then fell behind.	10) While in the woods strange things are happening. For example, Annie is in the woods and suddenly a stranger walked up to her and then left.

Continue on p. 23

April 2017

NEISHA'S KITCHEN

Recipe for a Tasty stew

Preparing a fish stew for two to four people, served with quinoa and a salad. Cut up approximately six pieces of fish. Roll in flower and rinse in water. Add salt to taste and or any other spice such as black pepper. Require approximately 2 cloves of garlic, 1/8 onion or more, 1 tomato. Peel approx. 4 average size potato and cut into pieces.



1) Add some oil to a frying pan. Roll fish in some flour and fry on a high level and on a lower level.



2) Use a deeper pot. Add oil, add 2 table spoon of ragu sauce; add garlic, onion, tomatoes to pot; cook for a minute; add some ragu sauce in 1 cup of water and stir to make a stew and add to pot and cook on high for 10 minutes; stir once in a while.



3) Add fish to stew; mix and cook on low (level 1) for approx. 2 minutes. Add 1/2 cup water and mix. Cook on low for 10 minutes



Boiling potatoes on high for approximately 20 minutes

Prepare Quinoa
Add 3/4-cup quinoa to 1 and 1/4 cup water and bring to a boil and then simmer on low at level 2 or 3 for 10 to 20 minutes until water is gone. Stir once in a while.



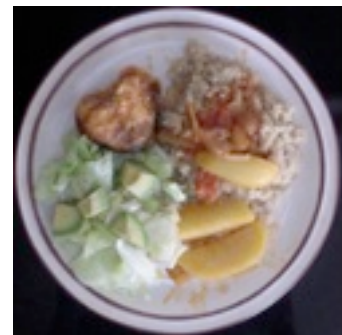
Boiling quinoa



4) Add potatoes and cook on high to a boil, and then on low (around level 3) for approx. 10 minutes or when ready.



Quinoa ready



Nisha's tasty fish stew, served with quinoa and a salad.

WOMEN'S RETREAT FOR REJUVENATION

by Natasha Chand-Mohammed



Almost a year ago, I had the pleasure of planning, coordinating, and speaking at a semi annual Women's Retreat in Blue Mountain, Ontario, and it was amazing!

The Queen's Rising Retreat, hosted by LoveIncs, was a very unique experience focused on relaxing and rejuvenating the mind, body, and soul.

It included educational seminars, learning about a healthy holistic lifestyle, as well as lots of fun activities! Let's just say there was pedal boating, golfing, and lobster dinner involved, need I say more?! The retreat focused on motivating and empowering women, overcoming challenges and stereotypes, and being your true happy self through different methods that you could connect with.

We stayed at the beautiful Living Water Resort, located right on the Georgian Bay. The suites were honestly stunning. Our weekend featured delicious meals catered by Cocktail Lifestyle, a fun shopping experience with the oh-so-fantastic The Karen Carrington Boutique, and yoga every morning outside by the marina overlooking the Georgian Bay.

The last day was spent at the Scenic Caves adventure park, where we indulged in amazing excursions like hiking in the caves, tree top trekking, zip lining down the mountain, and crossing over their suspension bridge. This was the best! If you haven't tried it, definitely check it out. Excellent getaway for a couple or family time. *For Travel information contact Natasha.*



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HOLI CELEBRATION

Continued from p. 5



In places like Trinidad in the Caribbean, and Guyana and Suriname in South America, that have large Hindu populations, Holi is a big celebration where people of many backgrounds also join in the festivity. In Guyana, the popular name for Holi is Phagwah, which was derived from the word Phalguna; Phalugun is in early spring and is the month of march.

Many had dressed in elegant outfits for the occasion. Being a busy New Yorker, Suzanne Lily Joyce Ramrattan, a social worker of East Indian ancestry (*see photo on p.5*) had sported an elegant blue sari for the occasion, but did not have the opportunity to celebrate with the colored liquid and powder; perhaps she, along with many who had missed out on the excitement will have another opportunity in May 2017 when Holi Hai and other Holi celebrations are scheduled to take place in New York, where many will participate, spraying and blasting each other with the colored powder and water.

EASTER CELEBRATION

Continued from p. 6

The early Christians in Mesopotamia painted their Easter eggs in red, which symbolized the blood Christ had shed during his crucifixion. Many also celebrate with chocolate and hard-boiled colored Easter eggs. Some nations celebrate with parades, drumming, reading books, and making cakes.

CULTURE & SOCIETY

A Man Named Rebel

Continued from p.7

Assailed by the lewd content of uncensored pornography

The place was kept in a state of immaculate tidiness. He confirmed it was his private domain. I decided to enter the home and see what there was to this entire composition of antiquities. The home was modest but a large Television and VCR occupied the living room. There were mattresses spread on the floor and indications that these young ladies focused more on movies etc. It was when I asked to see a video, which was interrupted due to my sudden visit, that I was assailed by the lewd content of uncensored pornography. The other Video resources revealed unbridled sexual content, which seemed to be the norm of the day.

**These girls were taken to 'Nightclubs'
And forced to perform sexual gratification...even for the old 'Rebel'**

Under questioning and verification by neighbors, it was revealed that these young beautiful girls were secluded from normal civil society, school, friends etc. to provide sexual gratification for their biological fathers and even the old 'Rebel' who was self indulgent as well. These girls were taken to 'Nightclubs' and other places of disrepute, where they were forced to perform sexual favors for nefarious characters to supplement the income of their cruel relatives.

The name " Rebel" was never heard of again

That same evening, the Old Rebel and his sons were taken into custody and the teenagers placed in the care of their estranged mothers and other alienated female relatives. A few weeks later, the eldest child got married, while her siblings gained entry to Government Schools. The name " Rebel" was never heard of again.

QUANTUM UNIVERSE

A shift in view with breakthrough thinking!

The Universe and Life, an accident or by design

Continued from p. 13

**They believed space was empty
Then came the Theory of Evolution that broke the backbone of spirituality**

In Newton's world of modern science and classical physics, the smallest building blocks are atoms, which then form into molecules, and then evolve into life. In modern science, we are also taught that a vacuum exists in space, implying that space is empty. From our senses, everything looks separated and a person's body looks solid, where everything is 'local' meaning everything is separated. And with Charles Darwin's collection of fossils, and then with the Theory of Evolution, this had punched a hole in the belief in God, creation, spiritualism, and have many people questioning their faith and having doubts about their spiritual beliefs. These theories also supported the belief that the universe and life came about by accident, and thus strengthen the views of atheism and the views that when a person dies the body decays and that is the end of the person's existence. But, science and theories are always being revised and updated depending on new findings.

In the early 1900s due to research, experiments, breakthrough thinking, and the splitting of the atom, researchers discovered that space is not empty after all, and that the atom can be broken down into electrons, neutrons and protons, and as they looked deeper and deeper into matter, they found that matter is not matter and that everything are vibrations of energy - that is, from the view of a quantum subatomic world. In quantum physics it is accepted that the smallest particle is the quanta, millions of times smaller than an atom.

**In the quantum world, wave particles
are not influenced by distance, time and space
Some bizarre behaviors between particles were taking place at the quantum level
Once the particles are observed they are linked to the observer forever**

The experiments also revealed that the properties of these small particles can be particles and waves and were dual and not acting alone or in isolation, and that they behaved differently from

the way atoms, molecules and mass behaves at the physical level as perceived through our five senses: sight, hearing, touch, tastes and smell. With the study of Quantum physics, today it is accepted that the quanta is the smallest component and are said to be vibrations.

In the quantum world these waves and particles are not influenced by distance, time and space, and they are instantaneously in other places whether it's ten kilometers or a billion kilometers away. This quantum world is very different from the reality we perceive through our five senses. These unexpected and bizarre behaviors are referred to as 'nonlocal', meaning that the particles are connected at all times and are everywhere at the same time and acts as if there's no distance and time between them. Once the particles are observed, they are always linked and connected to the observer, forever, and even when they are separated they are still in contact regardless of distance and time. This 'nonlocal' behavior of the quantum world is very different from the 'local' world of Newton and classical physics where time and distance exists and everything are separate.

**At the deep level of the quantum world, there's a living consciousness
There's an underlying field of energy everywhere in the universe**

The New Science states that at the quantum level nothing is separate and everything interconnects. According to Lynn McTaggart, author of *The Field*, on page 11, she states "the interconnected living universe was the living consciousness that observed it. This New Science shows support for a universe and life that have intelligence and meanings, instead of it all happening by chance. Space was not empty after all, but is permeated with a field of energy, referred to as the Zero Point Field (ZPF), where this field and everything else are exchanging energy at all times. For all of these unexpected phenomena to be occurring, there's intelligence involved. According to Lynn McTaggart in the Prologue of *The Field*, she states that there's an "underlying energy field" and "the field is responsible for our mind's highest functioning, the information source guiding the growth of our bodies." In other words, she's stating that there's information within this field.

Information in the vacuum

Experiments show that space is alive with a 'vast quantum field' and it's not empty, as classical physics had led us to believe. With the New Science, information in the field means that nothing came about by accident or by chance, and that life and the universe were ordained through these information in the Field, and not by accident. According to Ervin Laszlo, author of *Science and the Akashic Field*, the physicist "David Bohm called it "in-formation," meaning a process that actually "forms" the recipient." This is seen as intelligence and blue prints within the Field and that everything that's already there and what's to come in the future were created and are being created from the information that exists in the field.

**The Akashic Records and the support for
what religions have been saying all along**

According to Laszlo, through experiments and research, the New Science gives great support to what religions have been saying for thousands of years, about our interconnectivity, creation and that there's a purpose to life. Laszlo states that the sages of ancient times in India knew about an interconnected life force, our interconnectivity, and the information in the field. He states that the ZPF is the equivalent to the Akashic records that's a recording of everything that has happened and are to come. Books such as the Holy Quran also states that every action is being recorded and highly speaks of the unseen world.

The support for creation and spirituality in the New Science

Through research, experiments and breakthrough thinking, the New Science supports a universe and life that were ordained and not came into existence by chance or by accident. Now, the ones that truly believe in spirituality, creation and the continuum of their journey after departing from this physical world and life, finally have scientific updated knowledge from great physicists, researchers and thinkers to support their beliefs, instead of always having to hear that the Theory of Evolution is a fact, when it has always been only a theory with many missing links.

QUANTUM HEALTH

Sharing my experiences in meditation

A 'No Thought Period' for Rejuvenation

...Continue from p. 14

Your mind and brain needs rest

Imagine you were an athlete and you ran all day, and dunked basketballs non-stop with no rest. Imagine you are studying for a test and you studied all day and night non-stop for a few days. Sooner or later your body will break down and you will not function at your best. Your brain is no different. Below is one of my practice.

Becoming engaged in a 'No Thought' period

- 1) I pick a period during the day, whether it's for 1 minute, 5 minutes, 30 minutes, an hour or many hours to start this practice. It's important to build up your practice.
- 2) As my thoughts come and go, I let go of my thoughts. As I let go, more thoughts, blaming, judging and stories will pop back into a person's head because people are so conditioned to be thinking and planning all day.
- 3) I use my mantra/phrase and or the breathing technique as described in the March 2017 Edition to help me let go of my thoughts.
- 4) It's not easy. Often a person will want to hold onto those thoughts. You figure if you let go of your thoughts that you will forget to complete something. Write it down. Keep a pen and notepad with you and write down what you are having a hard time letting go of. Once you know its on paper you will feel more at ease, knowing that you will not forget about it. Continue to write down things that are hard to let go of, and then let the thoughts go. Later you will prioritize and deal with your items. What you are doing is you are giving your mind a rest from the habits of blaming, judging, fantasizing, and simply always thinking. When you do this, you are now living in the present moment, and you may even want to give yourself a little hug for the little bit of peace of mind you had just experienced, or a big hug, or even hug someone, as you begin to see the light shine through for a better way of life.

Disclaimer: This article does not offer medical advice nor replace the need for professional help and advice. Experience matters, and the writer is sharing his experiences with the readers.

CYBER WORLD & TECHNOLOGY

What you may not know about your pdf file by Faisal Ally

...Continued from p.15

Can someone tamper with your PDF file or Word Document?

Not often we think that a PDF file can carry a virus. However, from some research, I learned that a PDF file could carry a virus. The black and white image with the black check mark on the head is a snapshot from the March 2017 Diverse City Magazine PDF file that was dated March 6, 2017. On March 5th, the March 2017 Edition was released. And on March 6 an update was made and that's when I noticed the check mark in the PDF file. As a matter of fact, looking back, an edition of the Cariwave Magazine had a check mark in the document, but at the time, I did not pay much attention to it, except that I was clicking the check mark on and off, fascinated with it. My fascination may have been with something very dangerous to my work, which I was not aware of at the time. I don't know how and why the check mark got there. When I click on the check mark and then exit or click save, the document date gets modified as if I had made some changes to the document, other than clicking on the check mark. The check mark looks like a toggle switch that allows someone to enter and make changes without me ever knowing that the person was in my system spying on what I was typing, or just being malicious and mischievous by placing incorrect information into my document.

I have found negative changes to my documents

Maybe this will explain why there have been changes to my document, the changes I do not believe I had made since I always recheck my work, and I'm a good typist. For example, after I had edited a certain area in the document and rechecked it and was pleased with it, I had then uploaded the changes. Later, upon glancing over the magazine, I then noticed some strange changes were made, always negating what I was stating, by adding a small word in front or by changing the spelling slightly. For example the words "better life" were changed to "bitter life." Another error I recall is I had stated something about women, and when I read the article later, a small word was added in front to negate what I was saying, stating the exact opposite, making what I was saying about women sounds nasty.

Could it be that when I log onto the Internet and I'm getting ready to upload my document, that is when someone would access my document by clicking on the check mark to get access and then make changes to my document and quickly save it before it gets uploaded? Something someone can do within a few seconds?

I had never thought before that a PDF file could carry something like the check mark, which modifies the date of the file. If this can happen, what else could happen that we are not aware of, until it happens and it's too late to do anything about?

LITERATURE REVIEW

...Continued from p.16

11) A person name Lilly; have water lilies in the book; the water lilies died in the storm.	11) A person name lily; have the lily flower in the show; shows a dead lily flower on the ground.
12) Building logies for the Indians to move into.	12) Man spoke about moving, that condos are being built.
13) Kalil goes to the silk cotton tree to meet with Savitri and Anne (Annie).	13) States that Adam goes to the riddle tree and leave Annie messages.
	Labeled as "A CBC Original"

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- Blue Insurance, 16403 111 Ave NW, Edmonton AB; Dina Ghani, Account Executive; Ph: (780) 965-7449
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Toronto

- Charley's West Indian Food Ltd, 1154 Morningside Avenue, Scarborough, ON M1B 3A4
Phone:(416) 283-1441
- Natasha Events and Travel, Travel Consultant, TICO Certified, Wedding & Event Specialist, WPICC, DWC, Certified Mexico Destination Wedding Specialist; 1-877-428-0171; natasha@natashaeventsandtravel.com, www.natashaeventsandtravel.com

New York

- Bamboo Garden (Caribbean, Chinese), 107-04 Atlantic Ave, South Richmond Hill 11419 (Btwn 107th & 108th St); (718) 849-1611
- San Soo Kap San (*Korean Restaurant*), 17110 Northern Blvd, Flushing, NY 11358; (718) 445-4850; <http://www.sansookapsan.com/>

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Science and the Akashic Field by Ervin Laszlo

Quotes, phrases and ideas mainly came from these two books, mixed with the writer's imagination or understanding of the topics.

Source for information on the Chinese and kite flying in Guyana at the following website link:

<https://guyaneseonline.wordpress.com/2014/04/20/easter-kite-flying-in-guyana-with-pictures-by-nigel-durant/>

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Diverse City Magazine

