

# **DIVERSE CITY**

Magazine

March 2020



## **THE SOUTH AMERICAN GUYANA'S OIL BOOM**

*A look at Guyana's culture  
and oil production*

## **RECIPES BY NEISHA**

*Cookup rice, Peas and rice,  
Provision soup, Bygani*



## **CORONAVIRUS**

*A New World: Order out of chaos  
Shortages, stocks down, scams, racial profiling*

- Some already stacked up 2 years ago expecting this crash
- A student from Singapore studying in London was beaten on the streets of London, his eye black and blue

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*Powerful men brought down and replaced  
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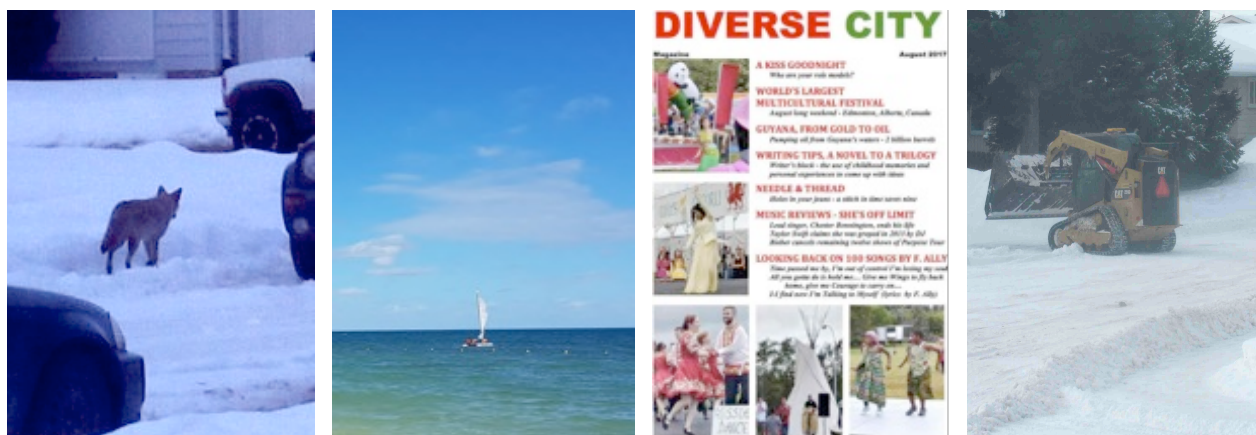
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# **DIVERSE CITY** World Magazine



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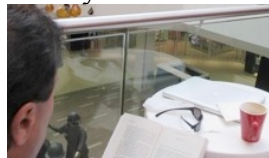
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F. Ally



Wishing everyone a wonderful spring  
St. Patrick's Day - March 17, 2020  
Spring: March 19, 2020

Congratulations to Naz Ally (Neisha) on her recipe book: Neisha's Kitchen, Recipes by Neisha  
Published November 14, 2019

With the spread of the coronavirus, spreading fear worldwide, shortages and travel bans, many are wondering what will happen next and where we're heading. Based on the events that has been taking place over the past few years, I believe these events have changed many people's views, and thus will trigger off many changes with the implementation of new laws in the near future, creating A New World: Order out of chaos. In the article on p.5, The Coronavirus and A New World: Order out of chaos...F. Ally



**TASTE!**

F. Ally



## **The Coronavirus and A New World: Order out of chaos** **By Faisal Ally, Mar 7, 2020 (minor updates made on March 9, 2020)**

*The blog, A New World: The Coronavirus, shortages, deceptions and scams was published on March 3, 2020 on [www.allymedia.ca](http://www.allymedia.ca) and, and was modified for this edition of the Diverse City Magazine with the new title 'The Coronavirus and A New World: Order out of chaos' which was already published. Minor updates to this article was made on March 9, 2020 for this magazine.*

*This article has the following headlines*

*Coronavirus, A New World: Order out of chaos, A New World, Food Shortages, Me Too Movement, Secret Society Cult, Frauds and Manufactured Plots*

## **CORONAVIRUS, A New World: Order out of chaos**

### **Coronavirus and shortages**

The coronavirus is creating a lot of fear and shortages around the world. What is important to understand about the shortages and fear that's spreading rapidly is the mass does not know where this pandemic is heading and where we'll be the next day or in a week. Many are stacking up and grocery stores are running out. We have already seen many businesses in China shut down. We have depended on China for many products with China's cheap labor. What if we can't get groceries and other necessities? Will people starve to death?

There was SARs back in 2003 and Ebola in 2014, which are also strains of the coronavirus family, which had caused many deaths. But it looks like the coronavirus COVID-9 that is already in 80 countries can shut down the whole world as the stock market continues to spiral down. Some believes that what's taking place will reset the economy and even get rid of all the old existing stocks. What ever it is, many are living in fear. Two years ago, one of my cousins told me to stock up for a few months that there's going to be a shortage and it could even happen within 6 months. It did not happen within that 6 months, but it may happen in the near future. I had taken our discussion seriously and when 'can' items were on sale with expiration date in two years, I would stack up, and use as needed and replenish. Below are some details on how I stacked up, which was posted in the March 3, 2020 blog on [www.allymedia.ca](http://www.allymedia.ca).

Over the past two months, the word 'coronavirus' is being heard over and over, as it spread quickly, shutting down schools and businesses in places like China and Japan, and with panic and fear the stock market plummeted losing approximate 6 trillion in a few days. It's said that the virus began in Wuhan, China and quickly made its way to many countries. Corona means crown

and this strain of the coronavirus known as COVID19 continues to create a massive worldwide panic. And on March 7, 2020 as I complete the final touch ups for this edition, according to ABC news, in New York City, '2,700 + people were ordered to self-quarantine.' There are now 228 cases and 12 deaths in the United States.

According to the article listed below as a reference below, the virus have 'crown-like spikes' that contaminates 'bats, pigs, and small mammals' and that they can also make their home from 'animals to humans' and then from 'one human to another.' *Ref: How can coronavirus kill young, healthy people? Gail Johnson, Yahoo Canada Style February 13, 2020*

As of February 2, 2020 it was reported that 89,000 people infected world wide with 3,000 deaths. When there's a shortage, it can lead to theft, break and entry, fraud, and all kinds of online scams.

### **Inflation, scams, and human greed**

According to the video I watched on the Internet, in New York, the media had contacted 18 places and not even one facemask was available. The video showed that on the Internet you can purchase 50 masks at one site for \$5000 and at another site 20 masks were selling for \$5000. This alone shows how greed and corruption takes over. As soon as there's an opportunity to rob the common person, greed takes over.

### **A student from Singapore studying in London was beaten on the streets of London, his eye black and blue**

A student from Singapore studying in London minding his own business was beaten, his eye black and blue. This person has nothing to do with this virus, but yet he was singled out and beaten on the streets of London by four people. This is racial profiling and racism. It reminds me of how many Muslims that have nothing to do with politics and terrorism are being singled out, assaulted and abused, and where even some politicians were trying to capitalize on votes by spreading hate against Muslims. Some will never learn. These haters did not have to beat and attack anybody. It's their choice to spread hate and ignorance. Hate will never win! Such behaviors is another reason as to why the elites that runs the show, the stage, and the world will place cameras on every street corners around the world - to keep an eye on the mass - and this will all happen while the mass is asleep and on their latest and greatest technologies and right in front of everyone's eyes, and nobody can stop it now. It's too late! Its bad enough that we are being tracked everywhere we go, and even in our own homes. This sounds like a massive worldwide prison without the fence. It's too late now for the mass - mass surveillance is here to stay. Can you imagine what the generation growing up now will have to face in 20 years because of all of this hate?

### **For decades the West have depended on China**

For decades the West and many countries around the world have depended on China for many of our goods, such as clothes, technology and groceries. In the way the mass across the globe cannot escape surveillance and cameras spying on us today, we cannot escape what the outcome will be from this pandemic. The host on an Internet site I visit to hear his views believe that this is the beginning of a major worldwide shut down. Someone I spoke to recently said that in a month this would all be over. What if China and many other places are blocked from shipping

goods to America, Canada, Europe and around the world? I was told that other places like India will increase production, but can they ramp up production in a short time to feed the globe? Politics can get dirty. Maybe this is a way to bring down China, Japan, Iran and other places, and boost the economy of places like India. What I find strange is many workers from India are employed in China and the Middle and are traveling back and forth, so I'm actually surprised that India only had 3 cases of the virus as of February 1, 2020, yet places like Iran, Korea and Italy has many infected and many deaths. Why is all of this happening now?

## **A NEW WORLD**

Last year, very often I heard the words 'New World' in songs while I'm in a mall. Just recently I had a discussion with some friends and I spoke about the New World order. I believe it was the following day an 'Apple Arcade - A New World' AD showed up on my computer. Even the box of patties I bought says 'New World'. Many times in the past I've heard the presidents of the US talked about a New World Order. What does all of this mean? With world wide surveillance, to me this sounds like 'A New World' for humanity, a new way of life. And with the Me Too Movement which all began a few years ago, and many other exposures, I believe many changes are coming, A New World: Order out of chaos is unfolding step by step to bring in New World laws.

The shutdowns, people being ordered to quarantine, and wide spread fear created due to the coronavirus virus continues to invade more and more regions. This may be the beginning of a New World: Order out of chaos. In the February Diverse City Edition, I briefly mentioned the 'New World Order', which means a 'One World Government' governing the mass. If it's not here yet, it will be here sooner or later.

### **Powerful men are being brought down**

The Me Too Movement continues to bring down many powerful men where females are replacing many of these men. Men were once the breadwinner and planted the earth to feed the family, and also fought wars and went hunting to care for the family while the mother was pregnant and breast feeding. It's sad, but the world we are living in today, women do not need a man to father a child nor a man to fend for them. Technology made life easy for everyone. There are already designer babies, where you can choose the color of the baby's eyes etc... The family structure for many families is already destroyed and institutions take care of many - bit business. It looks like all of our natural crops are already replaced with GMO crops. Many foods are now being created in labs such as burgers. Humanity will also become very artificial. This tells me that humanity will soon become like GMOs; that is the destruction of humanity. Medical and scientific advances should be used to improve life, but instead it's also being used to destroy humanity. The gatekeepers in these fields should have stood up for humanity and not the destruction of humanity. Do they not understand what is going to happen to their own new generations to come? They will also be affected!

### **Mass surveillance and genetic engineering taking over the world**

In the past month, I have been putting together 2 more CDs with my original songs from the 1990s where many tracks were recorded in professional recording studios and where some session players had played on the songs along with myself. On the song, New Clear Society,

the lyrics are:

The destruction of the world was foretold,  
Greed and evil will lead us to Armageddon, the last battleground  
Get your act together now  
Get your act together now  
Get your act together now  
Lets act together now

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, some likes to dictate  
Dropping bombs and nuclear waste, destroy the world and causing hate

**1984 came and went, so did 1999 - but the cameras are now here and Big Brother is everywhere.**

In the way many thought that 1984 would have been the year for mass surveillance with cameras everywhere, which did not happen, but came about 25 years later with cameras spying on us everywhere we go, many also thought that the destruction of the world was going to take place in 1999, but that did not happen. In the 1960s many technologies were programmed with only the year such as 78, 99 etc....instead of the century and year such as 1978, 1999 etc...thinking by the year 1999 all of those programs built would already be replaced and have dates with the century and the year, but that did not happen. Many programs continued to use only the year for the date and omitting the century. The fear that was spreading back then was what will happen when the clock rolls over from the last day of 1999 midnight to the year 2000 where technologies would not know what century we're in and getting all confused, and thus causing major crashes and explosions around the world. While working as a computer programmer in those days, I had worked on a number of projects searching through the codes for the year, understanding the logic and rewriting the logic and codes, and the adding the century to resolve issues. Finally it was 1999 yearend, and when the clock turned over to the year 2000 at midnight, there were none or very little destruction. Like 1984 and Big Brother Watching and 25 years later where there's mass surveillance, could it be possible that 25 years later from 1999, like even now in February 2020 where the coronavirus is causing major shut downs, that the destruction of the world is coming where humanity will be changed completely and where there will be mass population reduction and where the whole wide world will be under surveillance with cameras on the lantern posts outside? There are many doorbells with cameras already. Are New World laws coming?

Humans and all other beings were meant to live in harmony with Mother Nature and in a free society and world. Not only did I write songs like 'New Clear Society' but songs also like 'The Birds Won't Come My Way' because of the destruction were facing and what's to come.

...Continue on p.35



## Have a cold, cough, sniffing - here are some things to try



Cut lemon in half and squeeze into a glass. If you find the lemon is too strong for your teeth, then use a straw and then wash down with some water. *If you find it hard squeezing the lemon, you can cut off the tip as shown above*



For a gingery taste, chew on a few slices of ginger during the day



Ginger beer. See Neisha's recipe in the Christmas 2017 Edition

*Disclaimer: No medical advice or nutritional advice is being offered or recommended. If you have the flu, cold or other symptoms it's important to seek professional advice and assistance.*

## ***The South American oil boom***

### ***A look at Guyana's culture and oil production***

By Faisal Ally



*Guyana is colored in pink. Neighboring Venezuela in purple and Surinam (Dutch Guyana) on the right.*

IN THE YEAR 2000, after the United States Geological Survey (USGS) state that the Guyana-Suriname Basin is estimated to have 15 billion barrels of oil (and 42 TCFG), a few international companies did not hesitate when the Guyana government had open its door. The oil giant, Exxon, took a chance and in 2015 Exxon and its partners discovered the Liza I in the Stabroek Block, where Guyana made headlines around the world, moving Guyana into the world market.

*Reference:*

<http://cgxenergy.ca/News/2017/05/21/Guyana-Oil-From-Rags-To-Riches.aspx>

*Regional News*

*May 21, 2017*

*Guyana Oil: From Rags To Riches*

*By Drilling Info - May 21, 2017, 12:00 AM CDT*

The survey states that Guyana offshore is the next largest undrilled region next to Greenland, and that Guyana is said to have 13 to 14 billion barrels of oil reserves offshore. Most of the drilling presently is being done in the Stabroek Block.

### ***A brief glance at Guyana culture today***

A few centuries ago, Guyana was once said to be El Dorado, the City of Gold and that Guyana could become one of the richest regions in the world.

Before the year 1831, Guyana was known as the colonies of Demerara, Berbice and Essequibo, and united in 1831 to become British Guiana. In 1966 upon independence, British Guiana changed its name to Guyana. Guyana is also spelled as Guiana, Guianna and Guayana.

In the 1600s, the Spaniards had granted the Dutch permission to develop a certain area. The Amerindians, and the Africans through slavery, had labored on the land during the early days. The French and then the British became involved in Guyana's sugar industry. As slavery was near to being abolished, some German indentured laborers arrived to work as laborers around 1834. Laborers from Malta arrived but were not suitable for plantation fieldwork and many had ended up in the colonial hospital and also died; their contract was cancelled. The Portuguese indentured laborers began arriving around 1834. Laborers from India began arriving in 1838, and the Chinese indentured laborers arrival began in 1853. Many African (Blacks) indentured laborers from the Caribbean were also arriving in Guyana after slavery was abolished and at the same time as the Portuguese and East Indians to work as indentured laborers. Many languages, such as Dutch, French and English were spoken in Guyana. The laborers began to lose their mother tongue languages because of the cultural diversity they were coming into. For example the East Indian laborers that came from the north and south of India spoke different dialects, which were almost like different languages and probably could not understand each other. With the British taking over the colonies, English became the main language, but the locals spoke Creole Patois, which is English mixed with words from other languages and a lot of slang, and does not sound like English when spoken locally. Some still spoke Dutch Creole. Places in Guyana carries mainly Dutch, French and English names.

### ***A DIVERSE CULTURE***



*During the Easter long weekend, the Brazilian vaqueros (cowboys / cowgirls) enters Guyana for the rodeo.*

*Guyana has close ties to the Caribbean being a part of the British Common wealth and also close ties to its South American neighboring countries such as Brazil, Venezuela, Dutch Guiana and French Guiana. Although Latin is not spoken today, Guyanese often learn Latin and other languages such as Spanish and French in school. It's also said that 20 to 30% of Guyanese are of mixed background, but it could be much more than that as many people have some mixture in them but are identified as a certain group. I will give an example of my family where my grandfather is of Syrian background (in those days Lebanon was also known as Syria), but I'm identified as East Indian. Some of my relatives have green eyes and very light complexion and may even have a European mixture since my great grandmother had European names, and even a few in my family may even pass for American Indian (Amerindian).*

*In Guyana, many do not fully know all of their origins or roots; some would like to find out and are researching their ancestry. There are many people in Guyana like I just described that are of mixed background, but are categorized under a certain group, during birth where a birth certificate was give which often have wrong information. For example my last name should be spelled as Ali, but was spelled as Ally when my father was born, and that often happen to certain names.*

*Many of the Portuguese that arrived in Guyana in the 1800s also lost the Portuguese language, but today there are many Brazilians living and working in Guyana and they speak Portuguese. There are 50 to 70 thousand people of Guyanese background that lives in Venezuela next to Guyana, and today many are moving back to Guyana due to the Venezuelan crisis, along with some of the Native Venezuelans. In Guyana it's important to know Spanish and Portuguese to work and communicate in some professions such as agriculture with the Brazilians, tourism and politics with neighboring countries such as Cuba and Brazil. Many Guyanese also lives and work in Surinam (Dutch Guiana) and French Guiana in South America, and also in places like Trinidad in the Caribbean. There are also about ten main Amerindian (American Indian) tribes in Guyana, where many still speaks their native languages. The people of East Indian background have lost their mother tongue such as Hindustani and Urdu and today picks up some words from the Bollywood movies and music. The Chinese had also lost their original language.*

*Reggae, Soca, Calypso, and Chutney which is a blend of Indian music with music such as reggae, calyso or soca, is a big part of the Guyanese culture. With the Bollywood industry across the globe, many people of East Indian origin listens to Bollywood music and tries to pick up a few Hindi words from the Bollywood films.*

*The main religions in Guyana are Christianity, Hinduism and Islam. In the Americas most people had to adapt to Christianity. As a boy in Guyana, my siblings and I and about everybody I know, including my parents and grandparents when they were children, had to learn and practice Christianity in school even though they were not Christians. Thus many Guyanese learn about religions and cultures other than their own, and mix with each other, and from this they learn tolerance and acceptance, and when migrate to other lands such as Canada, America, England, they carry that way of life and understanding with them.*

*Although there are more Guyanese living outside of Guyana because of political problems where many had left in the 1970s and 1980s, today Guyana is still a diverse country. Let's hope that the people of Guyana will benefit from its oil revenues and have a bright future ahead of them.*

## **GUYANA'S OIL FUTURE**

Guyana may have a bright future with Exxon's oil production, which began on December 19, 2020 ahead of schedule. On January 27 the Government of Guyana state that Exxon has made another oil discovery bringing their discoveries to 16. This latest discovery is located approximately ten miles northeast of the Liza field and is known as the Uaru well. The drilling went down to 6,342 feet and a good amount of good oil was discovered at this well.

## **GUYANA'S PROFIT**

According to sources, it's estimated that Guyana will lose out on 55 billion because of a bad deal, which Exxon had quickly negotiated upon its license expiration. A renegotiation is important.

The Government of Guyana will be receiving a minimum of two percent royalty on all oil produced in the Block, plus 12.5 percent profit oil. According to the report: 'As the capital and operating costs are liquidated, Guyana's share of profit oil will increase.'

*Reference:*

*[http://pridenews.ca/2020/01/28/another-oil-discovery-guyana/;](http://pridenews.ca/2020/01/28/another-oil-discovery-guyana/)*

*Another Oil Discovery In Guyana; International News January 28, 2020*

## **CURRENT OIL PRODUCTION**

Guyana's oil production was originally planned for the first quarter of 2020, had begun on Dec 19, 2019 producing 35,607 barrels a day. The government's royalty on this is 2 percent.

Exxon's goal is to boost oil production to 120,000 bpd by the second quarter of 2020. Once Liza phase II begins in mid-2022 oil production will be boost to 220,000 bpd increasing Guyana's profit. By 2025 Exxon goal is to be producing 750,000 bpd from the Stabroek block and will reach its maximum by the year 2030.

The article listed below states: 'Such a rate of production would turn the tiny Latin American nation sandwiched between Venezuela and Suriname into quite a large player on the international oil market.' Where there's wealth there's corruption and where there's oil there are major conflicts. Let's hope that the Government of Guyana have learned from what had taken place in Venezuela oil boom collapse and with the Venezuelan crisis where many had to flee Venezuela, so the people of Guyana can finally have a decent life lifting many out of poverty, not only for the next 10 years, but for generations to come.

<https://oilprice.com/Latest-Energy-News/World-News/Guyana-Reports-35600-Bpd-In-Oil-Production-For-December.html>

*Guyana Reports 35,600 Bpd In Oil Production For December By Irina Slav - Feb 19, 2020, 9:30 AM CST*

## **GUYANA'S PROBLEMS WITH NEIGHBORING COUNTRIES**

### ***Issues with Venezuela***

*Guyana is know for its boundary issues with neighboring Venezuela that claims that most of Guyana is Venezuela's territory, meaning the Essequibo region which is most of Guyana. This is not a new problem. This has been a historical problem.*

*In the past year, there has been issues in the waters while Exxon was carry out their exploration and was stopped by Venezuela's security.*

### ***Issues with Surinam (Dutch Guiana)***

The CGX message board states: 'In June 2000, while setting up to drill on Eagle, the rig CGX had contracted was forced off location by Surinamese gunboats, even though Guyana and Suriname are full signatories to the Law of the Sea Convention...'

## **OTHER COMPANIES IN GUYANA'S OIL EXPLORATION**

Canadian Companies, CGX and Frontera, are also exploring the Guyana oil fields. They have been exploring the Corentyne and Demerara blocks. Their plan is to begin drilling in the Demerara block in 2020, which was originally planned for February 2021. See below for information where CGX stopped drilling at the Jaguar-1 well.

Frontera Energy Corporation was previously called Pacific Exploration & Production, and also has projects in Colombia, Ecuador and Peru.

## **ORINDUIK BLOCK OFFSHORE GUYANA**

Tullow and Total are partnered with AIM's Eco Atlantic Oil & Gas Ltd (LON:ECO) in the Orinduik project, offshore. Two successful discoveries were made last year by this team. Total expects that two or three new wells will be drilled this year.

## **STOCK INFORMATION AND NEWS**

*Disclaimer: Information on stocks is presented for your information. No advice and no recommendation is being given in any of these editions nor from anyone that represents this magazine. Stocks are volatile and a person can lose everything in seconds. Anybody investing must do their research and seek professional advice in this area.*

### ***CGX AND FRONTERA STOCK PRICE PLUMMETED ON BAD NEWS***

While Oil giant Exxon ramps up oil production, Canadian company, CGX, had encountered drilling problems. On Monday, February 14, 2020 there were negative news where CGX halt drilling at Jaguar-1 due to safety concerns during drilling down at 4,876 meters. This news had caused shares to drop by over 40%. CGX is looking into a re-drill with a new well design.

*Disclaimer: The writer of this article has done his best to write on this topic based on public available information, which may be inconsistent, incorrect or even change over time. If errors are found and the writer is informed then the writer will investigate and provide updates.*

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# FESTIVALS & CELEBRATIONS

## *ASH WEDNESDAY*



## *HINDU HOLI: FESTIVAL OF COLORS*





## **ASH WEDNESDAY**

This year Ash Wednesday was on February 26, 2020, also known as the Day of Ashes. On Ash Wednesday, after the congregation, some of the worshippers have a cross on their foreheads with ash placed by the priest or pastor.

Lent and Ash Wednesday falls on the same day where many Christians focus on prayers and commence the fasting known as Lent for 40 days not counting Sundays. Many Christians will give up some habits during this period. For example some will give up eating chocolate bars and other items that they have wanted to let go of. The date for Lent is not a fixed date and is calculated to be 46 days before Easter Sunday. This year Easter Sunday falls on April 12 and thus counting backwards Lent and Ash Wednesday was on February 26, 2020.

Upcoming is Palm Sunday, which is on April 5, 2020, and Holy Week is the week leading up to Easter and is between April 5 and April 11, 2020. Good Friday is on April 10, 2020 and Easter Sunday takes place on April 12, 2020.

*Ref: What Is Ash Wednesday? & Why Christians Celebrate It  
Kelly Givens Contributing Editor to Crosswalk.com*

*<https://www.christianity.com/church/church-life/what-is-ash-wednesday-why-do-christians-celebrate-it.html>*

*Ref: Easter celebration by F. Ally Diverse City Magazine, Easter 2018 edition, p. 7*



## ***HOLI 2020 - FESTIVAL OF COLORS***

As spring arrives in India, the Hindu celebration, Holi, also known as the Festival of Colors and also as the Spring Festival commences on March 10, 2020. The celebration begins with Holika Dahan or Chhoti Holi on the evening of March 9 where Hindus across the land and many places around the world lit bonfires which is said to rid evil spirits. Rituals will be carried and the ashes will be kept for protection. The following day on March 10, the festival begins where Hindus will be dressed in white traditional clothing and also in other colors celebrating by spraying color liquid on each other and throwing of gulal which is a color powder on each other. Even people who are not Hindus take place in this event chasing each other and spaying each other with the liquid and gulal.

### **Diverse celebration**

Not only is this celebration celebrated in India, but this celebration arrived in the Americas in the 1800s in places like Guyana (British Guiana) in South America back in 1838, and in 1845 in places like Jamaica and Trinidad in the Caribbean, as the laborers from the Indian subcontinent embarked on a long three to four month journey across the Indian and Atlantic oceans to labor in the sugarcane fields, bringing sugar, rum and molasses to the world. Some of the Indians were not laborers but were translators for the Indians. Indian laborers also arrived in other places in South America such as Suriname (Dutch Guiana) and French Guiana, and also in places in the Caribbean such as Guadeloupe and Martinique. In the 1800s, a shipload of Indians from French Guiana in South America were taken by ship to Rio in Brazil to labor on a plantation, and thus the Hindus many have celebrated Holi even in Brazil back in the 1800s. Ships from India also arrived in places like Cuba.

Later, in the 1900s, as diversity grew, like many celebrations, Holi also spread to places like England, America and Canada and in many other places in the world.

### **Origin of Holi**

This celebration surrounds many myths and have different explanations as to how it came about. A common belief is the burning of Holika brings victory of good over evil. According Hindu mythology, Holika's brother who was King Hiranya Kashipu had made her take part in a hostile event where Holika was killed in a fire which was meant to murder Prahlad who was the king's son and who was devoted to Lord Vishnu. Other legends state that Prahlad was faithful to Lord Narayana. This celebration is also said to have its beginnings in the love story Radha and Krishna.

*Ref: Diverse City Magazine, February / March 2018*

*Holi 2018 - Festival of colors*

*Ref: <https://www.fnp.com/article/when-is-holi>*

*When is Holi?*

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# TASTES & CUISINES



# **NEISHA'S KITCHEN**

**SOUTH AMERICAN**

**GUYANESE STYLE**

**DIVERSE CUISINES**



# NEISHA'S KITCHEN

## PROVISION SOUP





**Preparation time:** 15 minutes, Serves 5

**Cooking time:** 1 hour

**Ingredients:** 5 to 7 ripe plantains, 3 sweet potatoes, 4 or 5 carrots, 3 potatoes, 3 cloves, thyme leaves, 1/2 tps. salt or salt to taste

Stove knob (Low 1 2 3 4 5 Hi)

Peel provisions and cut into smaller pieces and wash



Plantain



Sweet Potatoes



Carrots



Potatoes

Fill half of the pot with water and boil on Hi

Add carrots and yam first to the pot because these are harder



Add salt to taste. Neisha added 1/2 teaspoon salt



Add 4 Tbspn coconut cream to pot and mix. 15 minutes later taste. Add more salt if required  
Add 2 more Tbspn coconut cream



Approx. 2 minutes later, test carrot and yam for softness.  
Approx. 3 minutes later, carrot and yam should be soft, similar to the softness of the plantain.



Add plantain and potatoes to pot  
Add 3 cloves of garlic and stir  
Set stove to 5 and continuing cooking



25 minutes later, set stove to 3  
Wash 2 thyme leaves and cut up, and add to pot and stir.  
5 minutes later, turn off stove.  
Soup complete.





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# NEISHA'S KITCHEN

## COOKUP RICE





*Cookup rice served with channa*



*Cookup rice served with spinach*

**Preparation time:** 20 minutes

**Cooking time:** 1.5 hrs.

Serves 4 to 6

**Ingredients:** 3 cups black eye peas, 2 cups parboil rice, 5 cloves of garlic sliced up, 1/4 onion thinly sliced, 1/2 tps. salt or salt to taste, 1 can coconut milk

Serves 10

Cookup rice can be served as it is and can also be served with meat, or vegetables such as spinach or akra.

**Cooking instructions**

Soak 3 cups of black eye peas overnight. Peas will expand

**Stove knob** (Low 1 2 3 4 5 Hi)



1) Soak 3 cups of black eye peas overnight. Peas will expand



2) Add black eye peas to a pot and add approximately 4 cups of water. Set stove to Hi



3) Add 2 cups rice to a bowl



4) Wash rice and then add rice to another pot with 4 cups water and set stove to Hi



5) Black eye peas boiling



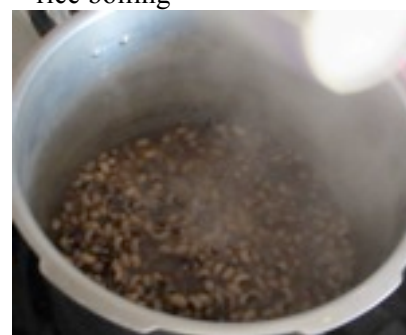
6) Pot on your left is the peas boiling. Pot on your right is the rice boiling



7) 15 minutes later add onions to rice and stir



8) A few minutes later check peas for softness. Not soft. Continue boiling



9) 10 minutes later add another cup water to peas



10) add another cup water to rice and add garlic to rice



11) 10 minutes later. Turn off stove with peas, and add peas to the pot with rice and mix and continue cooking



12) Add 3/4 can of coconut milk to pot and stir, and then add the rest and stir.



13) 15 minutes later set stove to low and stir



14) Stir and test



15) 5 minutes later set stove to Hi and add 1/2 cup water  
-15 minutes later set stove to 1  
-Ten minutes later turn off stove

By adding the coconut milk and continuing cooking in the coconut milk, the rice and peas becomes softer and the rice becomes a bit sticky, so when the cookup rice is eaten it's soft.

Instead of coconut milk, you can use coconut cream. Coconut milk is a liquid and coconut cream is creamy. Very often Neisha uses carnation milk instead of coconut milk or coconut cream.

Cookup rice can be served as it is. You can serve with meat or vegetables such as spinach or akra.

Cookup rice can be made without the coconut milk, but it will be dry and harder, which would be the same as plain peas and rice.

# NEISHA'S KITCHEN

## PEAS AND RICE





Peas and rice served with channa



Peas and rice served with string bean

Peas and rice can also be served with meat or vegetables such as spinach or akra.

### **Instructions for making Peas and Rice**

Follow the recipe for making cookup rice. Leave out the coconut milk. At step 11 above you will add the peas to the rice and continue cooking so the peas gets softer and blending the rice and peas together. By leaving out the coconut milk, the cooking time should cut down by about 20 minutes.

# NEISHA'S KITCHEN

## BYGANI SNACK







*Bygani served with akra*

**Preparation time:** 10 minutes  
**Cooking time:** 30 to 45 minutes  
Serves 4 to 6

**Ingredients:** 1 eggplant, 1/2 Tbspn chickpea flour, canola oil, 1 Tbspn white flour  
Frying pan - Neisha used a pan that shapes like a bowl...

**Stove knob setting** (Low 1 2 3 4 5 Hi)

**Cooking Instructions**

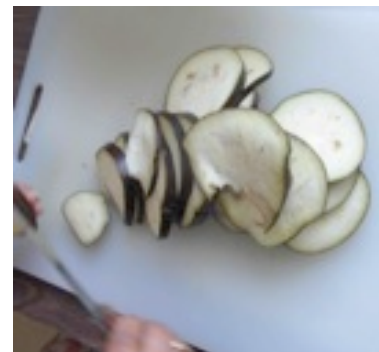
Wash eggplant and cut into slices



- Chick pea flour
- 1 Eggplant



1) Cut eggplant into slices and place in a bowl



2) Add salt to taste e.g Neisha adds 1/4 to 1/2 teaspn salt... Shake up and mix...



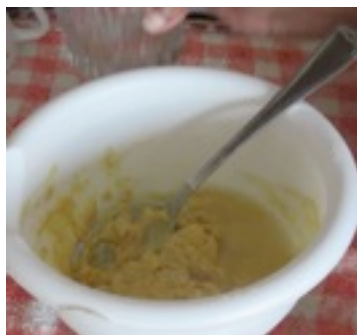
3) - Make flour paste with white flour and chick pea



4) Add 1/2 Tbspn chick peas to a bowl. Then add 1 Tbspn white flour to the bowl



5) Add 1 Tbspn curry powder to bowl. Fill a cup with 1/2 water and slowly add 1/4 cup water and mix



6) Then slowly add another 1/4 cup water and mix into a paste. Add salt to taste; Neish adds approx. 1/8 teaspoon salt. Mix contents in the bowl.



7) Add approx. 5 Tbs oil to the frying pan. Set stove on Hi.



8) Dip a slice into the paste.



9) Put into the oil.



10) Cook on one side and then the other. It only takes about 7 to 10 seconds to cook one side. Set stove to 5.



11) Do not burn. Should turn a golden yellow color or just slightly brown...



Repeat process. Cook two at a time so they do not stick together...

Continue cooking the rest...

Continued from p.8  
Coronavirus A New World: Order out of chaos

## **FOOD SHORTAGES**

If there's a shortage on goods then there will be inflation, scams and frauds. Very often when there are shortages there are breakings and looting, and this is another reason why the elites will place cameras everywhere.

### **Some had already stacked up a few years ago expecting the unexpected**

There are people out there that are in tuned with world politics, the elites and banking system that runs the world, and their secret societies under them carrying out their instructions, so the elites are always in control and will own everything in the world from all the land to all the businesses in the world. Above I mentioned that on a blog written on March 3, 2020, that I had stacked up 2 years ago when one of my cousins and I had some discussions on an oncoming food shortage. We discussed how important it is to stack up for a few months. If what's taking place with COVID-19 continues, this may result in many deaths and looting. For example when sardines, salmon and chickpeas were on sale, and seeing that the expiration date was about 2 years later, I slowly stacked up and as I use them I would replenish my stack to ensure I still have about 3 months supply. If the power goes off for 3 days, everything in your fridge and freezer can go bad so can foods better than having 3 months of frozen supplies. I stacked up on other items also. For example a box of crackers has the expiration date for a few month, so you can easily stack up a few boxes.

As I fine-tuned this edition, on Friday, March 6, 2020, the News broadcast how many shelves in the food markets in Australia are bare, and also showed a person that has also stacked up, expecting a shortage sometime. The fact is many people across the world have been preparing for thing chaotic and have stacked up for a few years now. This may just be the beginning or just a taste of what's to come in the future. Perhaps the goal is to clear out all the goods and bring is all GMO's and lab created foods such as meat created in labs.

## **ME TOO MOVEMENT**

The Me Too Movement continues to grow accusing many famous men of sexual harassment, sexual assault and sexual misconduct. Like never before case after case keeps popping up. There's an article called #MeToo Brought Down 201 Powerful Men. Nearly Half of Their Replacements Are Women.

Is this the turning point for roll reversal. Many powerful men are falling and women are rising, and humanity will fall and start taking orders from robots, along with many oncoming changes.

According to The Canadian Press March 6, 2020, as Woody Allen memoir is about to be released, his publisher cancelled the release. Although Allen there has been allegations in the 1990s with two investigations that Allen had sexually abused his daughter Dylan Farrow, he was never charged. As a part of the growing Me Too Movement, these allegations surfaced again and

due to this his book release was cancelled.

*Ref: #MeToo Brought Down 201 Powerful Men. Nearly Half of Their Replacements Are Women. Oct. 29, 2018*

*<https://www.nytimes.com/interactive/2018/10/23/us/metoo-replacements.html>*

The Me Too Movement is supported by Movies such as The movie *Bombshell* which tells how former Fox CEO Roger Ailes was accused of sexual harassment by ‘former Fox News anchors Gretchen Carlson and Megyn Kelly’ which led to him being fired.

A line in the movie:

CHARLIZE THERON: (As Megyn Kelly) It's like we're telling women, go on, speak up for yourself. Just know the entire network is with Roger. No one will believe you. They'll call you a liar.

*Ref: <https://www.npr.org/2019/12/20/790319838/bombshell-tells-the-story-of-sexual-harassment-allegations-at-fox-news>*

*'Bombshell' Tells The Story Of Sexual Harassment Allegations At Fox News  
December 20, 2019 4:48 PM ET*

And it's true that when you are being harassed and you try to get the word out that you are completely ignored and made to look like you are only paranoid.

The article, **The media men who have been accused of sexual misconduct**, provides a list of men in the media that were accused of sexual misconduct. Millions of people looked up to many of these men. Men in suits, rich and have good positions. Many look at these titles and their suits and things that they can do no harm, and that they are always right about everything. Good role models for your children? Maybe not all the time. Below is a list of some of the men listed in this report that were accused of sexual harassment and sexual assault.

Megyn Kelly, a former Fox News host is already mentioned above, have accused Roger Ailes who was the chairman and CEO of Fox News for 20 years. He denied all allegations.

On July 6, 2016 Ailes was hit with a sexual harassment lawsuit by another former Fox News host, Gretchen Carlson, accusing him of sexual harassment. Ailes denied the accusations. Carlson had settled for \$20 million with 21st Century Fox.

Five women accused Bill O'Reilly, who was a top Fox News anchor of sexual harassment or verbal abuse. The women settled with fox for \$13 million with.

The list is long. Below mentions a few names that were accused.

Harvey Weinstein, who was a powerful, Hollywood producer and denied any claims of nonconsensual sex. He was later fired from his own film company and his also wife left him.

Roy Price, the head of Amazon Studios and global content at Amazon Video.

James Toback, the Hollywood screenwriter and director where hundreds of women accused him of sexual harassment.

*The media men who have been accused of sexual misconduct*

by Jill Disis @jdisis November 30, 2017: 10:21 AM ET

<https://money.cnn.com/2017/11/29/media/media-men-accused-of-sexual-misconduct/index.html>

## **SECRET SOCIETY CULT**

The secret society cult called NXIVM is alleged to have a 'secret society of sex slaves.' Dozens of Canadians were also in this secret society. In such secret societies the deceptions are being covered up, until exposed. What's the secret? Obviously members are involved in deceptions, and have declared a code of silence, yet they were exposed.

Ref: (<https://nypost.com/2018/03/27/inside-the-cult-authorities-allege-was-a-secret-society-of-sex-slaves/>). Frauds and sexual assaults have ruined the lives of many people.

Recently, a fashion executive was alleged to be involved in a sex trafficking ring in the Caribbean.

## **FRAUDS AND MANUFACTURED PLOTS**

Recently many frauds and scams have been exposed, even though many have gotten away with these crimes for years.

### **The recent college entrance fraud that gripped America**

The recent college entrance fraud exposed a fraudulent system of how many children of the rich gets into some of the most prestige colleges in the US, by paying large sums of money to the fraudsters involved. Some Canadians were also named in this.

### **CIA mind control experiments**

People are also being abused through manufactured schemes and experiments. For example, The Fifth Estate had aired an episode on the MK Ultra: 'CIA mind control program in Canada (1980)' where experiments were carried out on people. Another name for this is: 'Brainwashed: The Secret CIA Experiments in Canada - The Fifth Estate'.

The corruption goes deep. There's an article called 'My double life as a KGB Agent that looks at the deception carried out by this person leading a double life. This man certainly did deceive his own family. Why would he do that? This is barely touching the surface on the deceptions, fraud and corruption that are taking place.

### **Scammed out of thousands of dollars**

As mentioned above, some business couldn't wait to scam people like selling 20 masks for \$5000. Many have been scammed out of their life savings. Recently, there's an article called Shark Tank's Barbara Corcoran Loses Almost \$400K in Phishing Scam: 'I Won't Be Getting the Money Back' by Robyn Merrett, People, Feb27, 2020

I personally know of someone that was tracked and swindled out of \$5,000. For that person that's a lot of money, which had taken him years to save, through honesty and hard word.

### **Manufactured plots to entrap, frame and imprison citizens**

In the past Canada was know as the best or one of the best country on the planet to live in, but in recent years countless sexual assaults and abuses began to surface that had taken placed in churches against children, sexual assault in the army, police force and many other areas. These exposures have put Canada under a different light. What if the authorities you should be trusting in the country you live in is actually manufacturing a plot to imprison you or to harm you such as an evil experiment? This sounds ridiculous but it happens.

Back to the year 2013, when the world learned that over 1 million dollars were spent in Canada and where 200 people had worked on a manufactured plot to 'entrap' two Canadian Muslims, John Nuttall and Amanda Korody in British Columbia.

John and Amanda were charged of terrorism, but during the court hearings everything had backfired when the judge overturned the original verdict and state that John and Amanda were not capable of masterminding such a plot to harm anyone. If this did not backfire, John and Amanda would have gone down in history as terrorists.

According to the article The Defence Toolkit – December 25, 2018

<http://www.sitarmilezarek.com/the-defence-toolkit-2018-12-25/>

“On Canada Day, July 1, 2013, John Nuttall and Amanda Korody placed pressure cooker bombs outside the Parliament Buildings in Victoria, B.C. The bombs were timed to explode 15 minutes apart to ensure that maximum damage would be done to first responders who attended the scene to aid those harmed by the first explosion. Had the bombs been real, many people would have died or been injured.” (Para 1)

"The police did everything necessary to facilitate the plan" according to

<https://www.cbc.ca/news/canada/british-columbia/john-nuttall-amanda-korody-2018-1.4952431>

Jason Proctor · CBC News · Posted: Dec 19, 2018 9:44 AM PT | Last Updated: December 19, 201

“But this ostensibly explosive case was, in reality, a police-engineered dud” the article by Azeezah Kanji Aug 11, 2016, Why do police need to manufacture terror? stated.

The pair was entrapped by the police. This article also discussed how other plots are manufactured and innocent people are being framed.

Ref:<https://www.thestar.com/opinion/commentary/2016/08/11/why-do-police-need-to-manufacture-terror.html>

### **These deceptions and betrayal goes very deep**

As a person that writes and reflects on what's taking place, I must also share some of my experiences. It was around 2010 when I was promoting some of my books and music, which I have written. I have written over 100 songs with lyrics, music and many recordings in professional studios, and have written over 15 books. I soon became a target through what looks like manufactured schemes and plots by a network of people. This was during the time when there was a lot of islamophobia spreading and would only get worse. I believe that after some people heard about all of my hard work and accomplishments I was targeted by them to destroy all of my work, where they would break my work into pieces and re-engineered my work and take credit for my work, as a lot strange things began happening in my life. I have been writing on this for years now. I may have been set up by a someone that hates me, or just hate Muslims.

Just recently, as I was writing in an open café in one of the biggest malls in the world, it was Thursday, Feb 27, 2020 around 3:10 pm while working on this edition, I glanced away from the screen, as I often have to do to protect my eyes from being strained by staring at the computer, in my peripheral as I raised my head and slightly to my right, at the rail was a person standing in the hallway at the rail whom I have crossed path with many times in the mall, starting about 3 or 4 years ago. He used to be of tan complexion, but now he looks very pale. I have been going to a café for many years and had never seen him in the café before, but first cross path with him in the café a few years back, and immediately I had a bad feeling about this person for various reasons. While this person stood at the rail, after a short while his eyes and mine met. Whenever I see this person, it's not a good feeling. I took out my small camera, and shortly after he began walking away towards the café passing the TV screen and he continued walking down the hallway. In the past, a few times he stopped right in front of me when I'm sitting near the TV and he would stop to watch sports for a few minutes, but he would never look at me and then he would leave. I go to the mall at different times and this is the one person who I would cross path with many times and at different times. For various reasons, I believe that this is one of the people that are using my music and or books to profit from. I had reported him to the mall security for what I believe is stalking, but they said they couldn't do anything about it. I had a similar experience with another person who, after what I believe was following me for months, had entered the café and began talking to me, but I did not carry on a conversation because I already had a bad feeling about this person.

About two weeks prior to this, as I worked on my computer, another person who I have not seen in about 6 months to a year began passing by where I'm sitting. About a week ago, he passed by and stopped at the rail at the escalator - a short distance from the café - and he turned in my direction. It just seemed a little freaky because I was looking straight ahead where he stopped and it seemed as if he looked directly at me. About a year ago, this person had introduced himself to me in the café. At the time I was promoting some books, and he asked me to assist him on his project and I began assisting, but something was not right. It seemed like I was being pulled into a scheme. I discussed this work with others and they agreed that I should not be a part of it. I had no option but to stop assisting. I was also volunteering my time. I'm always happy to assist someone, but there has to be 100% honesty and no deception. I know when I'm being deceived. Back then about the following day, he had entered the café raising his voice at me because of my approach in not assisting any more, and he threatened me. Why would anybody in this day and age risk being caught in such behaviors knowing that the mall is filled with cameras? He probably though because I am quiet and minding my own business that I can be persuaded to do anything, as seen by the two Muslims, John and Amanda, how they

became entrapped by the police to commit a crime, according to the News. This person would then pass by and stop at the same rail the other person I mentioned above and would look at me. Am I supposed to well up in fear? This is one of the biggest malls in the world and probably have a few hundred entrances. They can easily avoid me. I think that some people see me as this 'brown' guy sitting minding his own business, working hard, while most are socializing, and that they believe that I can be bullied and be taken advantage of and that I would remain silent, scared and live in fear, and under their thumb. They do not really know me, my background, and my understanding of this corrupt and deceptive world with all of its secret societies, networking and deceptions that they are involved in. I fully understand it and thus I do not deal with people that are involved in deceptions and fraud, and I will stand up for my rights. Deceiving anybody at anytime is bad, not only for the heart but for humanity. I have no doubt in the way someone had most likely set up John and Amanda, that a wicked individual(s) had set me up for harassment because of my background.

### **Fraud and theft in the music entertainment business**

As the Me Too Movement came to life, many singers in the mainstream entertaining industry were also accused of using (or stealing) music that belongs to others and there were many lawsuits against many big name musicians, as never seen before.

But as an independent songwriter / musician like myself, when I tried to get the word out and file reports and complaints about what looks like others are using parts of my songs such as sampling or even re-engineering parts of my songs, I was blocked from having anything reported and written down. Like the case with the two Muslims, John and Amanda, who were entrapped and set up by the authorities to be framed and imprisoned, I hope justice will be served where my songs and books are concerned. I have put in decades of honest, hard work and dedication to create music and books. The world we live in is filled with deceptions and fraud and a lot of it are being exposed today. I believe that all of these deceptions will bring in New World laws where the elites will take control of everything. Lets hope that the innocent are not blamed and framed, and that the ones involved and are creating the crimes are caught.

### **Is this a New World Order with worldwide surveillance and where many changes and new laws will be implemented for the mass?**

It's 2020 and most people are now aware that the mass have been placed under massive worldwide surveillance - by the elites that controls the world - while the mass have been wrapped up in texting, the internet, entertainment and latest and greatest technologies.

In many of writings, I wrote on situations that at the time may have seem strange to many where some may even think that I'm paranoid, but today people are waking up to a world where everyone is being tracked by technology and messages are being sent to them by technology, intruding on their privacy, which is what I have been writing on for a few years now. I saw it all happening, and I began keeping track of what was taking place. The data I have collected helps me to analyze the changes, what's talking place, and where we're heading with technology and all of the surveillance we're now under. I have no doubt that in years to come robots will be in control of humanity. Below are examples of the kind of data I have been collecting.



On Sat Feb 8, 2020 - Around 10 am as soon as I walked into the café and passed the TV that shows sports (usually on TSN), a line of writing from the TV flashed at me saying: 'Don't wait for that someday'. I'm not concerned about if that line relates to a billion people. I'm gathering data about me. Just recently I began playing the recording of a song I wrote and recorded back in the 1990s where the lyrics are: 'That someday will come' meaning that in the song the person is waiting for that someday to come, which will never come because it's just a song, and that's how songs are written, and it's not written about me, it's just knowing how to write lyrics and a song to tell a story. I tell stories the songs I write. Surveillance and spying goes beyond the cell phone.

I'm hearing more and more people complaining about how phrases are now being flashing on their cell phones, sending them information that are annoying to them, and this is what I have been writing about for a few years now, where the digital billboards are also sending out similar messages.

I believe with everything that's being exposed and with all of the shut downs and quarantine taking place that out of chaos a New World Order is coming in, one step at a time, with new laws for the mass.

# STANDING UP SERIES

## Medical complaint

You feel that something isn't right with the way you, your loved ones, or someone you know is being treated?

Do something about it and immediately

Don't let it slip

Let others know / keep a log and records of names

### **Who to contact**

Floor manager

Family doctor

Patient Relations

College of Physicians (Normally you only have a year to file your complaint)

Make notes, get names, log new medications provided, and old ones removed and or replaced.

**In Emergency** - enquire about medications. Are any being removed and why? What are the replacements, if any? If no replacement, find out why? If something does not seem right it's important to keep a record of medications, doctor name(s), people you spoke to. Having witnesses are very important for future references.

**OUR 24 HOUR A DAY  
DEPENDENCY OF BEING ONLINE  
IS DESTROYING OUR TRUE NATURE**



Photo from [www.depositphotos.com](http://www.depositphotos.com)

***HEADS DOWN!  
BUSY TEXTING?***

‘We don’t talk anymore,  
we just text, we say hi and go, no we  
don’t talk...’

***TRY THIS!***

**Pick up the phone and talk. When  
you are having a family get together  
or with friends, turn off your cell  
phone and engage in face-to-face  
conversations.**



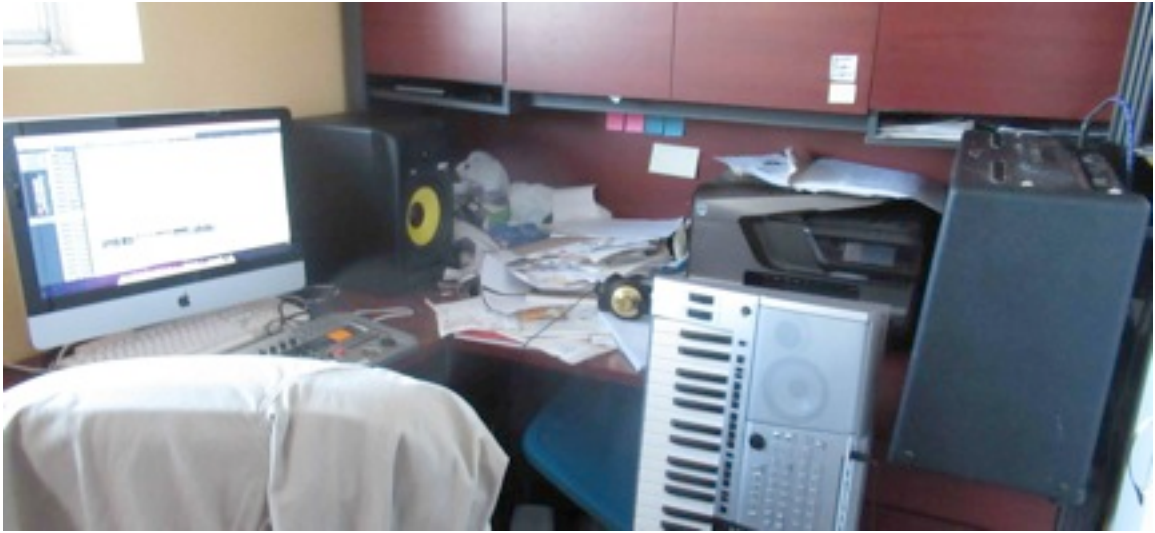
*China*

# *ARTISTS*



Ally Studios





***FYZAL DEEN (FISAL ALLY aka Brian Ally)***  
***The 1990s Indy (Independent) Music Scene***



A good to place to get away at is the café, plug in the earphones and hear how it sounds on ear phones; very different from the speakers...

## **F. ALLY'S 2020 INSTRUMENTAL PROJECT**

Rehearsing instrumental cover tunes, and songs from the 4 CDs below  
CD1, CD2 and CD3 have songs from the 1990s  
CD3 have some overdubs and is presently being mixed

### **1) FYZAL DEEN, A KISS GOODNIGHT (ballads and soft tunes)**

#### **Songs:**

Lisa, True Love, SoCrazy4u, A kiss goodnight, Gia Carangi, Candle that burns, Reaching out, Christmas, Estos Sentimentos (These Feelings), Blue Caribbean Sea (instr), Keep the peace, Lisa

### **2) FYZAL DEEN, OUT OF CONTROL (Rock & Roll)**

Lisa, True Love, SoCrazy4u, Part Till We Feel Alright, New Clear Society, Wide Eye Innocent, Missing you Going Crazy, Out of control, We party till We Feel Alright, Wide Eye Innocent, Say No

### **3) FYZAL DEEN, SOMETIMES**

Sometimes, The Birds Won't Come My Way, True Love (fast version), New Clear Society, Keep Mae Fire Burning, Rain Go Away, only a fool breaks his heart

### **4) INSTRUMENTAL MUSIC CD REFLECT AND CELEBRATE (2015)**

Reflect and Celebrate (2012), Sometimes, A Kiss Goodnight, True Love, No Perfect Man (2010), That's Crazy Love, Precious Holidays (2010), The Birds Won't Come My Way, Nobody Wanna Say Goodbye (2010), Sometimes (ver2), Story of my life (2010)

# HEALTH - MEDITATION

by F. Ally (*Repeat from the February Edition*)



## **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.*

## **HOW TO QUIET THE RAMBLING MIND**

You must first catch yourself in these moments, else it can go on for hours. Once you catch yourself, you can apply tools such as meditation, focusing on a mantra and or the breath, focus on prayers, and other relaxation techniques.

## **FOCUS**

Billions of people around the world are engaged in prayers, meditating, tai chi, chi-gong and other practices that are beneficial and can calm down a person. Even during prayers and or meditating thoughts can easily pop into our heads and will come and go, thoughts that are bothersome and can even stress us out while praying or meditating. Again, it's important to catch yourself, and start focusing on the mantra (phrase), breath, and phrases during prayers. For the time you are focused on the mantra, breath etc... changes are your mind it not on those unwanted thoughts.

## **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.

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 on paper you won't forget about them and you can deal with them after.

## **SOME BENEFITS FROM PRAYERS AND OR MEDITATING**

1) Relieving stress and anxiousness 2) Allows us to let go and wind down 3) Achieving stillness and silencing of the mind 4) Lowering blood pressure 5) Stop judging and blaming



## BELOW ARE SOME TECHNIQUES

I will refer to the mantra as a phrase. Here are four phrases; there are many which you will find on the Internet.

1) Om shanti shanti (*Mantra in Sanskrit*)!2) Om Namah Shivaya (*Mantra in Sanskrit*)!3) Maranatha (*phrase used in Christian meditation*)!4) Subhannalah (*phrase used in Islam during zikr and prayers. Zikr is similar to meditation or some say it is a meditation, which is a part of the prayer*)

## MEDITATION STEPS

Sit comfortably with palms on lap. Close your eyes for a few minutes? What happens? All kinds of thoughts come and goes.

Close your eyes, sit and relax and begin saying your phrase over and over for a few minutes. Focus more on the phrase. By saying the phrase over and over, the phrase should replace the stories and blaming that goes on in your head. You now have a simple phrase now swirling through your head instead of rambling thoughts or blame? As a beginner, your thoughts and rambling stories will surface over and over. When this happens, the goal is to catch yourself and start repeating and focus on the phrase saying it over and over. Buried thoughts, hurts and anger will surface. Let them surface, deal with them and let them go, and then start repeating your phrase over and over. If you let them go, then write them down and deal with them later.

As you repeat your phrase, a method I learned is to slow down the phrase, so there will be gaps of silence in between the phrase. Continue to slow down the phrase and let the silence gaps between your phrase get bigger so you have more silence between your phrase. Let the phrase become slower and fade, and when the phrase fade remain in silence as long as you possibly can. As they say, silence is golden. The thoughts will come back. Repeat the process. Over time a person gets better at it. Trying doing this for 15 to 45 minutes every morning for a year and you will become a much calmer person. You can also apply silence during prayers. For example after saying a few lines during your prayer, remain in silence for a few seconds and then continue.

*Reference: see the Diverse City Magazines for meditation*

*For anyone interested in meditation, it's import to seek professional training. For professional training visit [www.chopra.com](http://www.chopra.com) (or go to another reputable website) and sign up for a meditation seminar, where the classes can be done online or in a group, and where you will receive the guidance and expertise of a trained and experienced practitioner so you benefit the most.*

*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.*

**HACKING, SPYING, FRAUD, CORRUPTION**



**WE'RE LIVING IN A WORLD OF DECEPTION, SPYING, CORRUPTION AND FRAUD**

You do not have to be online or be connected to any service to be tracked. And you don't have to do anything wrong to be tracked, hacked and robbed by deceitful, conniving, two-faced criminals.

*Hackers can switch on the camera on your TV and cell phones and watch you. Connecting your TV to your home network allows hackers into your home.*

**WICKED, TWO-FACED, DECEITFUL AND GOOD AT GANG STALKING AND THEFT**

*A hacker at work, hacking you - he is wicked, deceitful and two-face. He resonates with wickedness. He is a deceiver, thinking that he will never be held accountable for his wickedness, but he's the one that has been deceived...*

*BELOW: Hackers stealing personal information Photos are licensed from [www.depositphotos.com](http://www.depositphotos.com) For demonstration purposes only*

**YOU DO NOT HAVE TO BE CONNECTED TO ANYTHING AND YOUR WHEREABOUTS OUT IN THE WORLD CAN EASILY BE TRACKED THIS TECHNOLOGY EXISTS ALTHOUGH MANY ARE NOT AWARE**

**THEY DO NOT CARRY OUT THEIR CRIMINAL ACTIVITIES TO GET CAUGHT**



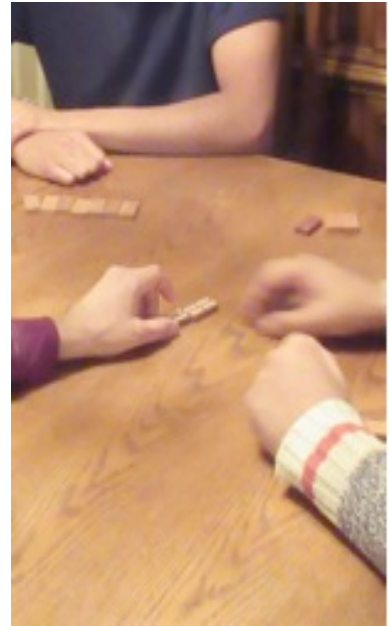
*They secretly scheme and plot against you. They carry out their wickedness and they will shift the blame on you and have you framed. But they've been deceived all of their lives, even though they are afraid to admit it. Illegal activities like conning the elderly out of their life savings, stealing people's invention, literature, songs, music and ideas*



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***FUN! FUN! FUN!***  
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- Mary Browns, Mayfield Common, 358 Mayfield Common Northwest, Edmonton AB; Ph: (780) 489-7667
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- Multi Culture Travel, 5519 137 Ave NW, Edmonton, AB; T5A 3L4. Ph. (780) 456-1192
- Psychic Tarot Card reader, Shamanic Practitioner - Contact Usheda. Email [ushanks@shaw.ca](mailto:ushanks@shaw.ca), Cell. 780.221.0602
- Ray Bacchus (Financial Advisor), 68082-162 Bonnie Doon Mall Edmonton, Alberta T6C 4E3, (780) 429-1243; Email [ray\\_cweg@telus.net](mailto:ray_cweg@telus.net) / [raybaach@ecn.ab.ca](mailto:raybaach@ecn.ab.ca); Fax: (780) 425-3168 / (780) 433-7717
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### Toronto

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# DIVERSE CITY MAGAZINE

ALLY MEDIA

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# Diverse City Magazine

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