

DIVERSE CITY

Magazine

May 2018



EASTER CELEBRATION

THE MONTH OF RAMADAN

FISAL ALLY'S ORIGINAL SONGS

are being stolen and broken into pieces starting back in 2011, and used in mainstream music - Edmonton, AB, Canada

SIGNS AND SYMBOLS

rule the world, not rules and law



EDMONTON'S 1st ANNUAL

Easter kite flying spring festival 2018

KITE FLYING & RODEO

Heart of the Amazon, Guyana

SMART BILLBOARDS SPYING

NEISHA'S PROVISION RECIPE

Fish stew, fish curry, plus 3 more



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World Magazine

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are being stolen and broken into pieces starting
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Diverse City Magazine First Anniversary

We're celebrating our one-year anniversary of the Diverse City Magazine, launched on March 5, 2017, just over a year. Congratulations to the others for launching their magazine, as while I was on face book in 2017, another magazine which I believe at the time was from California with a similar title was also launched. We also congratulate Calgary for launching their diversity magazine later in March 2017.



In the coming months, we look forward to learning more and writing more articles on world cultures, celebrating the world's diversity. Some of our articles are repeats with some modifications and additions as a reminder of these articles...*F. Ally*



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SMART BILLBOARDS SPYING by Fisal Ally



DIGITAL BILLBOARDS

Photos by Fisal Ally, May 2018

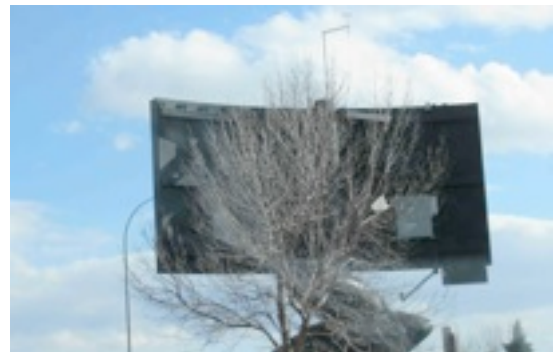
Many of us are already aware that we are being targeted by Internet websites such as yahoo, and shopping mall advertisements. For example, the other day I went to a website, and then suddenly a YouTube video popped up and started to play with relating information. Some information are good, but I find most to be very annoying and intruding on my privacy.

PRIVACY? WHAT'S THAT? IS THERE STILL SUCH A THING CALL PRIVACY?

The malls have digital billboard advertising to draw customers, through signs, symbols and messages. But there's much more to all of this. Intelligent technologies are being used to track our whereabouts in the mall, and create profiles of shoppers using facial recognition software, which are then stored and shared.



Digital billboards on the roadside



The back of a digital billboard

Digital billboards are going up everywhere, in shopping malls, on the roadside and on the highways. Many are still not aware that we are being tracked in the mall and profiles are being created of us to target us with advertisements.

Over the past year, I have been writing on how we are being spied on without our consent and that we are not even aware that we are being spied on. Many are still not aware that outsiders can gain access to the camera on their cell phones and televisions.

First we were given cell phones. Then we are given social mediums like Facebook where we post our pictures and personal information where our information are being collected and shared, as profiles are being built of everyone. Now we are being targeted with ads all and night.

Continue on p. 75

BEWARE OF HACKERS STEALING YOUR IDEAS, INVENTION, ORIGINAL SONGS, MUSIC, ORIGINAL LITERATURE, YOUR WEALTH etc...



A hacker at work, hacking systems

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

There are backdoors and ports to get in. There are cameras and technology that exists which most people are not aware of. You can be tracked, get hacked, and have your wealth, whether it's money or valuable work and items, stolen.

**WELCOME TO THE REAL WORLD!
HACKERS CAN STEAL YOUR INVENTIONS, MUSIC, LITERATURE AS YOU CREATE THEM AND CLAIM THAT THEY CREATED THE WORK AND HAVE YOU FRAMED FOR PLAGIARISM AND THEFT**

You do not have to be online or connect to any service to be tracked and you don't have to do anything wrong to be tracked, hacked and robbed by criminals.



Hackers stealing personal information

***YOU DO NOT HAVE TO BE CONNECTED TO ANYTHING
AND YOUR WHEREABOUTS IN THE WORLD
CAN EASILY BE TRACKED***

***THEY DO NOT CARRY OUT CRIMES TO GET CAUGHT
IT'S DONE SECRETLY AND BEHIND THE SCENES
AND THEY MIGHT EVEN BE IN A THREE PIECE SUIT***

*The two photos above were licensed from
www.depositphotos.com
for demonstration purposes*

EASTER 2018

by Faisal Ally



Although practices vary, in general many Christians across the lands had celebrated the rising of Jesus Christ on Easter Sunday, April 1, 2018. Prior to this celebration, many had fasted for forty days abstaining from certain foods, habits and temptations for forty days, excluding Sundays, for Lent. Lent does not have a fix date and is calculated each year based on Easter Sunday, and thus this year Lent started on February 14, 2018, which is Ash Wednesday, and which happened to be Valentines day this year. After Lent, on Good Friday, tens of millions of Christians across the globe had attended churches.



Nun praying

Continue on the next page...

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In Streets across the lands, in places such as the Philippines, Spain and Guatemala, the celebrations were grand where there were reenactments of the crucifixion with people carrying the cross, and reenactments of being whipped to show the brutally Jesus had endured.



Throughout history, many new traditions had surfaced, especially the ones with the Easter Bunny and eating and exchanging chocolate and hard-boiled colored Easter eggs. 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.

Some nations celebrated with parades, drumming, and making cakes. In Guyana, South America, although Easter is Christian celebration, the Easter Kite Flying Tradition takes place on the long Easter weekend and is celebrated by people of all faiths, races and colors, bringing people together.

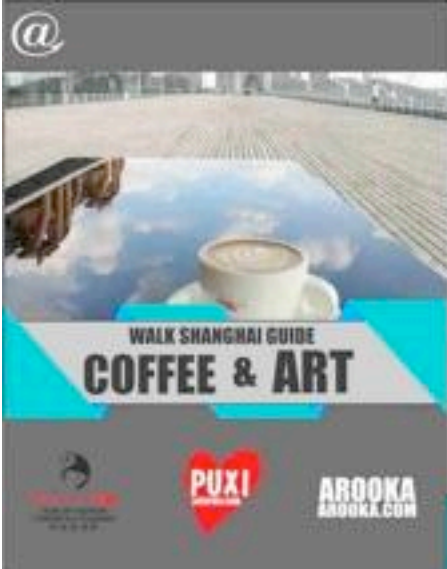


The photo on the left is Mary Magdalene, Mary and Salom on foot to the bright empty tomb of Jesus early on the Sunday morning (description from www.photodeposit.com)

Pats of the original article from its first publication in Diverse City Magazine, April 2017 Edition Article: Easter Celebration, p.6 by Faisal Ally was modified along with some new sections added for this edition.

Continue on p.93

AROOKA



The cover of the 'Walk Shanghai Guide Coffee & Art' features a photograph of a coffee cup on a saucer placed on a reflective surface that mirrors the sky and surrounding buildings. The text on the cover includes '@', 'WALK SHANGHAI GUIDE COFFEE & ART', and logos for PUXI and AROOKA.

Walk Shanghai Guide Coffee & Art

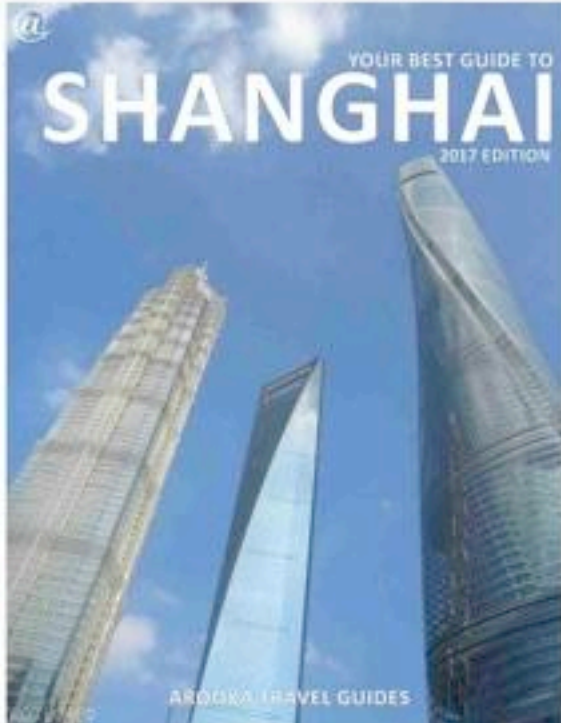
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Faisal Ally

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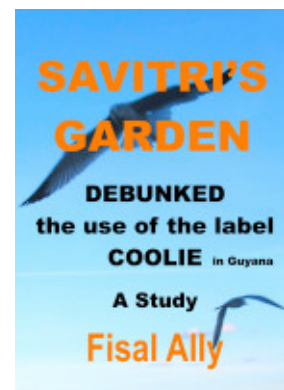
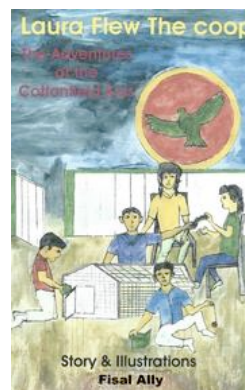
Smashwords - <https://www.smashwords.com> (also gives epub book format)

To enquire on books, please contact F. Ally at info@signaturewithlove.com

SAMPLE

Upon arriving on the South American continent in British Guiana to commence their labor producing sugar for the rest of the sweet-toothed world, Savitri saw hope in the rich soil of the colony. Her eyes shifted back to the plant. “I will plant you here,” she whispered, lifting her body from the tree stump, once used by the enslaved Africans as a tool bench. She got down on her knees, and spent half an hour clearing away the shrubs surrounding the pond, and then dug a small hole in the earth and planted the withered marigold plant. She wiped a tear from her eyes and a glow appeared on her face as she gazed at the plant. She wanted to keep her mother’s memories alive on the new land.

More books below by F. Ally



FISAL ALLY'S PROFILE IS ON P. 59

RAMADAN

This article makes references to a number of books for anyone that wants to learn about Ramadan, Islam and Muslims. The correct word 'Masjid' will be used instead of the word 'Mosque' in this article.

This article was researched and put together by Faisal Ally



What is Ramadan all about and why is Ramadan important to Muslims?

According to the book, 'The meaning of the Glorious Quran by Abdullah Yusuf Ali, Volume 1 (Text, Translation and Commentary) p. 72 - 74 (Preface to the First Edition, 1934) it states:

O ye who believe! Fasting is prescribed to you As it was prescribed, to those before you, that ye may (learn) Self-restraint - (Surah II: 182)

Fasting is a command from the Almighty. The Quran further states: (Fasting) for a fixed number of days; But if any of you is ill, or on a journey, the prescribed number (Should be made up) from days later... (Surah II: 184)

The translation of this Quran states: Ramadhan is the (month) in which was sent down the Quran, as a guide to mankind, also clear (signs) for guidance and judgment (between right and wrong)...during that month should spend it in fasting. (Surah II: 185)

Continue on the next page...

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In the comment section, Ali explains that if someone encounters difficulties or is ill or is on a journey on how to make up for that fast...and that fasting is not to “put you to difficulties.”

Why it's important not to just read a single line, but to read the lines before and after

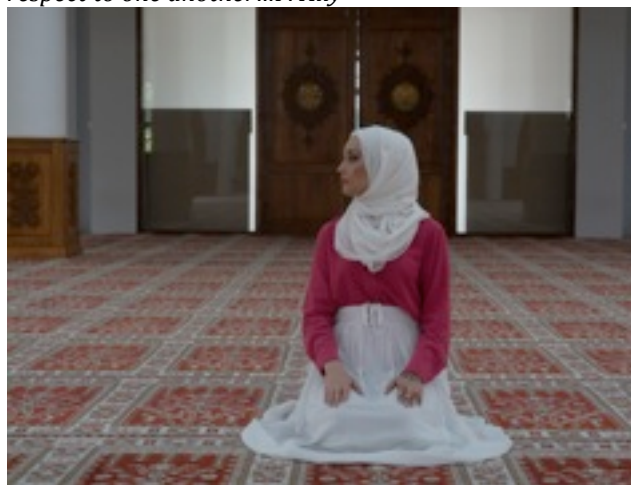
In his comments, Ali states that verse 184 must be read with verses 185 to 188 to fully understand fasting. And the same goes for other verses in the Quran, where a person should never pick one line out of the Quran and look for faults, but look at the lines that comes before and after to grasp the meanings of what is being stated during the events that were taking place in history to uplift the society, to bring rights to children, women, men and the elderly, as there were many battles to fight alcoholism, injustices, and to transcending the society. Some lines specifically refers to events at the time to change and transcend a society. Then there are lines in almost every verses in the Quran and all the way through that tells people to believe in the unseen and to always worship Allah (in other words to follow his commands leading people to a better path and life), Ali also states that ‘the Muslim fast was not meant for self-torture’)...Fisal Ally



Worshippers engaged in reading and reflecting on the verses of the Quran, which is written in classical Arabic. Both male and female dresses modest as a respect to one another...F. Ally



Worshippers praying. When the word 'Allah' is used, this word refers to the same One God which the Christians, Jews, Hindus and others refer to that has no image, cannot be seen, and has no partners...F. Ally



A worshipper making the ending salaams where she turns her face first to the right saying 'Salamu alaikum wa rahmatullah (Peace be upon you and the mercy of Allah) and then to the left repeating the same words. Such words resonates in the unseen and is heart felt...F. Ally



Dates are often used for breaking fast, although fruits and other sweets are also used or added

Continue on the next page

The word Ramadan (two definitions)

‘Ramaa is taken from the word *ramad* which means that which is intensely or vehemently heated by the sun. And the word *ramdhaa* means the intense heat of the sun.’ This quote comes from <http://muslimmatters.org/2012/07/22/the-meaning-of-the-word-ramaaan/>

‘Ramadan is derived from the Arabic root word ramida or arramad - intense scorching heat and dryness, especially the ground.’ This quote comes from http://www.thewayfarer.com/index.php?option=com_content&view=article&id=88:ramadan-what-is-it&catid=8:articles&Itemid=8



The Quran and some books on Islam

On Spirituality and the 5 daily prayers

During the month of Ramadan, many Muslims are engaged in the five daily prayers. The first prayer is the Fajr (dawn) prayer, followed by Zuhr, Asr, Maghrib, and then Isha. Aside from the five daily prayers practiced by dedicated Muslims, very often and especially during this special month, Muslims are engaged in extra sessions of prayers called Tawarih, along with reading and reflecting on the verses of the Quran, and the remembrance of Allah where this practice is known as dhikr which is the same as meditating.

Thus, in the month of Ramadan, Muslims spend a lot more time in the purification of the heart and becoming more spiritual. The practice of prayers and the other practices rid people of negative thoughts, infatuation, anger and bring many benefits. During this month, many recite the entire Quran in classical Arabic, which is the language the Quran came down in, and because the Quran is a recitation, it is memorized by millions around the world and can never be destroyed nor get damaged.

The Quran is a recitation - beware of incorrect interpretations that's floating around

It's important to remember that the Quran is a recitation only in the original classical Arabic, and that when books are created and printed, sometimes there are errors, and different versions can exist in different places around the globe due to these errors. For example if a publisher or writer deliberately or accidentally changed a word or a line in a printed Quran and the books are introduced to a remote village that's learning about Islam and that's accepting Islam, the people will have a book with some incorrect spellings and translation of words, and this is happening or will happen, and as that village grows and spread the Quran, we now have different Qurans most likely deliberately created. A book with only an English translation is not a Quran, as translation can vary considerably. A printed Quran must always have the original classical Arabic in it, else it is not a Quran, but an interpretation that can have many inconsistencies with other interpretations. However, it's important for people who do not understand classical Arabic to read the Quran in a language they understand to gain understanding and knowledge of the revelations and to seek knowledge only from Muslims with good knowledge and from the scholars of Islam, and not from just any websites and or books as there's lots of propaganda out there in the world. It's very important to look at different sources and not just one source, and ask lots of questions.

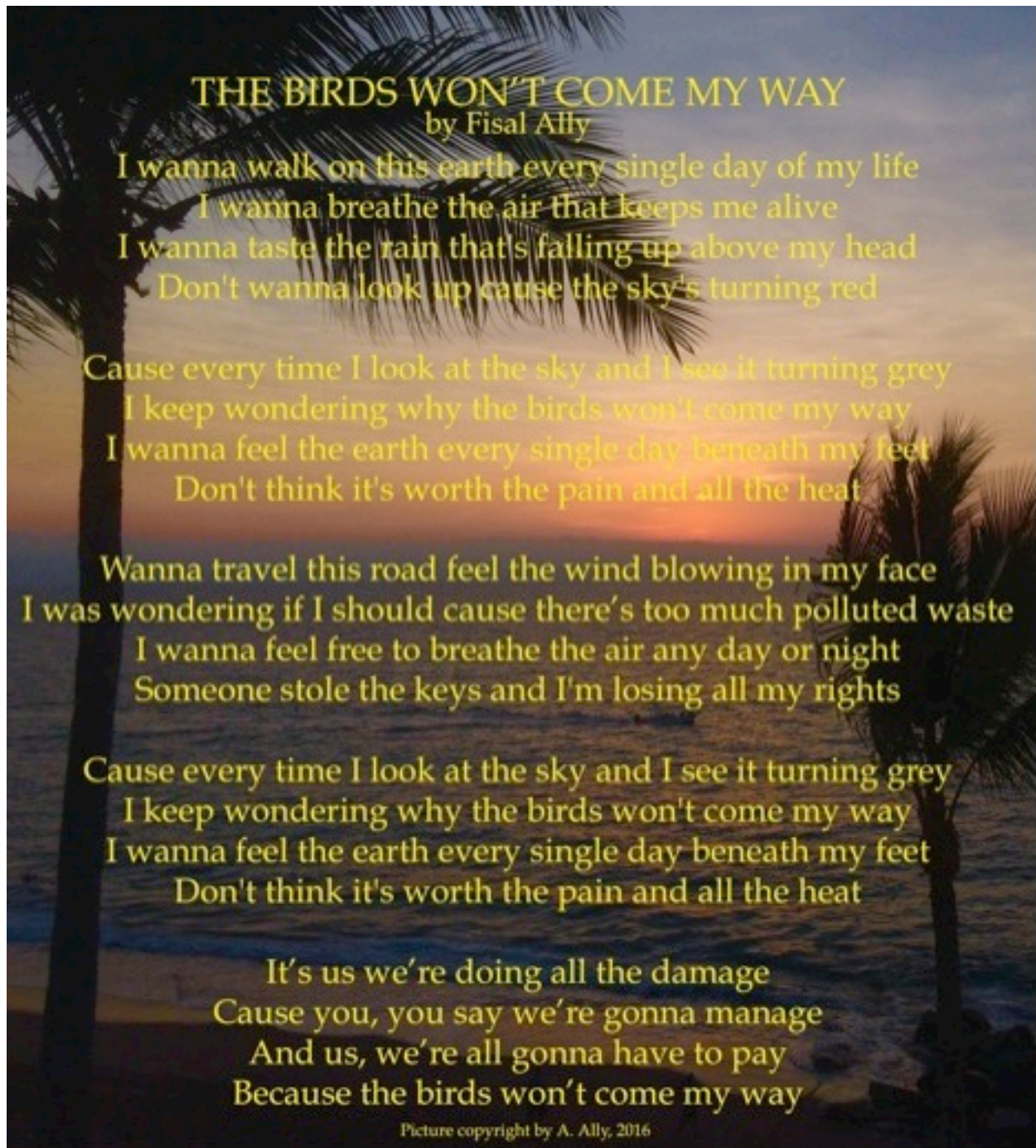
On dawn and sunset in the Quran

Ali explains in comment 197 in Surah II: Those in touch with nature know the beautiful effects of early dawn. First appear thin white indefinable streaks of light in the east; then a dark zone supervenes; followed by a beautiful pinkish white zone clearly defined from the dark. This is the true dawn; after that the fast begins. In comment 198, Ali explains when fasting for the day ends: 'Till the night appears; From the actual practice of the Holy Apostle, this is rightly interpreted to mean: "Till sunset."'

...Continue on p. 75

WARS LOOMING...

THE LYRICS FROM THE THREE SONGS BELOW BY FISAL ALLY ARE A REMINDER THAT WE NEED PEACE AND NOT THE DEATHS OF CHILDREN, THE ELDERLY AND ANY OTHER CIVILIANS, NOT TO MENTION THE POISONING OF THE EARTH, AIR, AND WATER.



NEW CLEAR SOCIETY

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

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

...Fisal Ally

New Clear Society

Music and Lyrics by Fisal Ally, Copyright 1990s to the Present

The destruction of the world was foretold
Greed and evil will lead us to Armageddon, the last battleground
The aids epidemic is plaguing the world, Nostradamus predicted worldwide disasters

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

D-day – 1944. Two atomic bombs dropped on Hiroshima and Nagasaki in 1945
On Dooms day the sky will be on fire

Is this our fate, to live in this destructive age, It's what man has create, fantasizing he's so great

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

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

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

We want a New Clear Society, New Clear Society, New Clear Society
Don't want a nuclear society

We're living in a destructive world, Do we really know what we're heading for
Some preaching, drop the nuclear bombs, The people says to get rid of the bombs

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

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

Sit relax and meditate, sip your tea and communicate
The sky is red, I'm feeling blue, smog clouding up my head
We want a New Clear Society, New Clear Society, New Clear Society
Don't want a nuclear society

KEEP THE PEACE

*Make this Earth a better home
For all lives under the sun*

*You say you're white, black, whatever color
It should never be about the color of a person's skin*

*And if you're rich, poor or in-between
You shouldn't judge anyone by what you see
...Fisal Ally*

Keep the Peace

*Music and Lyrics by Fisal Ally,
Copyright 1990s to the Present*

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

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

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

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

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

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

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

Peace, let's keep the peace
Keep the peace for everyone
Every nation across the land
Sharing life on this earth
Let's forgive and learn to compromise
Ease the pain sorrows and no more hunger
And the children will have some peace
In this land we call free

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

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

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

Peace Let's the peace
Let's Keep the peace
Keep the peace for Everyone

**BELOW IS ONE REASON WHY THE BIRDS WON'T COME OUR WAY
PEOPLE ARE DUMPING THEIR TRASH INTO THE LAKE OVER WINTER**



**LET'S GET OUR ACT TOGETHER
NOW!**

**PLEASE CLEAN UP
YOUR TRASH**

*Photos taken by Fisal Ally Production
Spring 2018*

**THE BIRDS MUST COME OUR WAY AND ENJOY NATURE
SO WE CAN ENJOY THEIR BEAUTY**



*Photos taken by Faisal Ally Production
Spring 2018*

**SET ME FREE BABY, FREE ME NOW BABY, FREE ME NOW
THE BIRDS ARE BACK!**

**GIVE PEACE A CHANCE
JOHN LENNON**

**WE WANT A NEW CLEAR SOCIETY
NOT A NUCLEAR SOCIETY
FISAL ALLY**

**PEACE IS THE ONLY BATTLE WORTH WAGING
ALBERT CAMUS**

**THE MORE WE SWEAT IN PEACE, THE LESS WE BLEED IN WAR
VIJAYA LAKSHMI PANDIT**

**EACH ONE HAS TO FIND HIS PEACE FROM WITHIN. AND PEACE TO
BE REAL MUST BE UNAFFECTED BY OUTSIDE CIRCUMSTANCES
MAHATMA GANDHI**

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

**LETS FORGIVE AND LEARN TO COMPROMISE
FISAL ALLY**

**PEACE, LET'S KEEP THE PEACE, KEEP THE PEACE FOR EVERYONE
FISAL ALLY**

Arts & Craft



Hand bag - made by Rene

PASTIME SOWING

Hand bag made by Rene

This handbag is stylish, yet simple and took only 3 hours to make



An older style sowing machine used in making clothes



An new sowing machine used for making clothes

NEEDLE & THREAD



Knitted decoration - made by Naz

The decoration on the left was knitted by Nazmon Neisha Ally over 45 years ago back in Guyana, and was brought to Canada. Looks complicated and time consuming, but not for Naz. Not only does Naz like cooking (also known as Neisha), but she has a talent for making clothes, knitting and making decorations.

Naz has always taken the time to teach her children to mend, hem and fix holes on clothes, and to use the sowing machine, and needle and thread.



Prayer jacket - design and sown by Fisal Ally

As mentioned above, Fisal's mom had always taken the time to teach her children to conserve and save money and to appreciate what you have. In Guyana, many of Fisal's grandparents were tailors and or made clothes on the old time Singer sowing machine.

Instead of throwing out clothes that can be fixed in a short time, while growing up in Canada, Fisal was taught to fix the holes on his clothes using needle and thread or a sowing machine, and once in a while he finds himself on the sowing machine.

A few years ago, Fisal had wanted a prayer jacket, and could not find what he was looking for and the person he had approached did not make it for him. He had then purchased a fabric that would not wrinkle, and then designed and sown the jacket himself on the sowing machine.

**ARTS & CRAFT
SOWING HOBBY
NEEDLE & THREAD**

EASTER SPRING FESTIVALS & ECO TOURISM HEART OF THE AMAZON, GUYANA

by F. Ally

Kite flying, Rodeo, and Speedboat racing;



Photo of the Kaieteur Falls licensed from www.depositphotos.com

While many were celebrating Easter as a religious celebration across Planet Earth, many people of all faiths, races and colors, in the small South American country were celebrating its Easter kite flying tradition, enjoying the Annual Lethem Rodeo and the boat racing in Bartica.



Kite design of Guyana flag and made by F. Ally

It is said that the Chinese indentured laborers that entered Guyana starting in 1853 had introduced kite flying to the country, as China has a long history in kite flying.

Thousands of visitors from around the world came to Guyana to enjoy the festivities while soaking in the tropical sun with the cool Atlantic Ocean breeze fanning through the land. The skies over Guyana and the Atlantic Ocean was inundated with colorful kites of many sizes and shapes, singing and dancing with long swirling tails and ears flapping, as the sun shimmered down into the ocean while the Atlantic sea breeze fanned through the land.

Location of Guyana in pink



While the kites were singing and dancing, some people were traveling through or flying over the Amazon rainforest in Guyana, heading near the Brazilian boarder to take in the Annual Lethem Rodeo. People from across the world were enjoying the action.

Guyana is a small South American country, north of Brazil and unknown to many (See pink area above Brazil). It is located in the heart of South America and is mostly Amazon Rainforest.

Guyana is also known as the Wild Coast for its rough Atlantic Ocean coast waters.

AMAZONIA

Kaieteur Falls

Guyana is known for having the world’s largest 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 steeps and water rushing over into the gorge, it is 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. Guyana is also said to have over 300 waterfalls.

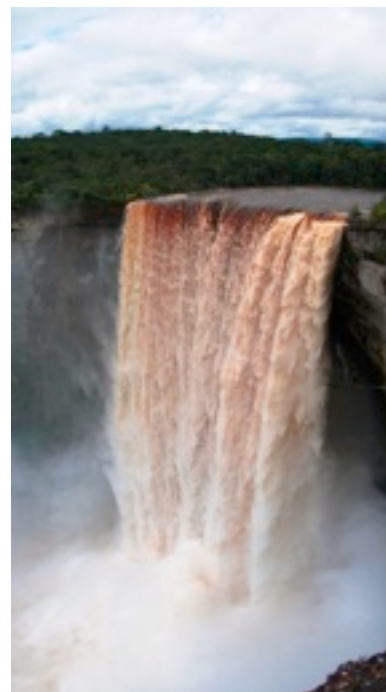


Photo of the Kaieteur falls licensed from www.depositphotos.com

Guyana is also known for having the longest floating bridge in the world, the St. Georges Cathedral which was once said to be the tallest wooden structure in the world.

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

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.

ACTION SPEAKS LOUDER THAN WORDS - LET THE RODEO BEGIN



The Annual Lethem Rodeo

This Annual Lethem Rodeo takes place on the Easter weekend every year, from Saturday, March 31 to Sunday, April 1, 2018.

Visitors to the regions can also enjoy some shopping at the big shopping plaza in Lethem where many Brazilians enter Guyana at other times during the year to do some shopping.



ACTION



A part of this article is a repeat with some updates and was first published in Diverse City Magazine, April 2017 Edition, The South American Wild West by Faisal Ally, p.3, 4

Disclaimer: The cowboy pictures are licensed from www.depositphotos not from any of these events but were used to help illustrate the events.

ACTION SPEAKS LOUD DURING THE WATER SPORTS WITH SPEED BOATS

At the Bartica Easter Regatta 2018 by F. Ally

Bartica is one of the places my father used to travel to many years ago, and the place where he had brought back a harmonica for us to play and which we had brought to Canada; only if I can find it. And while this is all taking place, the speed boat racing is taking place in a place called Bartica during the celebration of the Bartica Easter Regatta 2018 with motor bike racing, speed boat racing, and catch the Miss Bartica Regatta Pageant with this year's winner, Arian Dahlia Richmond

Lots to do in this small South American nature country - Mainstay Lake

You would not find the white sandy beach in Guyana, but you will find many beaches and lakes such as Mainstay lake in the Essequibo region of the country. Today Mainstay Lake is very commercialized and has lots of events going on. Decades ago this nature lake was undeveloped with its reddish looking water. As the rain comes down through the rainforest, the rainwater gets a reddish color from the trees.

Most of this article was first posted in Diverse City Magazine April 2017 Edition in the article 'The South American Wild West.' This article used most of the article with some new additions.

EDMONTON'S 1st ANNUAL EASTER KITE FLYING FESTIVAL by Arooka

Edmonton Multicultural Artist Group

To prepare for the 1st Annual Easter Kite Flying Festival, members of the Edmonton Multicultural Artist Group (<http://equusdraco.com/emag/>) have been busy preparing kite kits of a variety of styles.



Plane-kite make by Arooka

The whole event was inspired by the Guyanese tradition of kite-flying during Easter, and it certainly was fun getting out and flying a kite, regardless of the snow and cold.



Singing Engine Kite by F. Ally

The traditional Singing Engine Guyanese kite was shown as an example to our artists, and the creativity kicked in. We used 'plastic' on top of the frame, and not the traditional 'kite paper' normally used (*See kite gallery for sample*) and have put together and put into action...Arooka

Continue on the next page...

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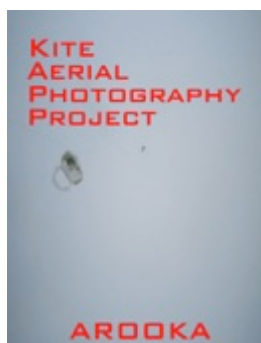
Email: ravinesh.narayan@f55f.com

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insurance, Individual health and dental
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Plane kite by Arooka

BOOKS ON KITES BY AROOKA



A great review of kites and their history. Combined with the history of aerial kite photography, a general overview of aerial photography terms and equipment. Comes all together with a DIY Aerial Kite Project, with imagery of the results. If you are interested in Kites and Aerial Photography, you need to read Kites and other Delights

Learn about Building a Camera Rig for Kite Aerial Photography. Complete with Pictures and Action Shots!

To purchase books, please visit www.arooka.com

New titles, can be purchased at <http://lovepuxi.com/artcoffee/>

THE EASTER KITE FLYING TRADITION IN GUYANA

by F. Ally

About a month leading up to Easter, I had gotten into the spirit of the Guyanese Easter kite tradition, which is celebrated by all faiths, races and colors, and is a great time for people to put aside their differences and celebrate and just have fun. With this in mind, as our Easter kite flying spring festival took wings in Edmonton, I headed down to Michaels, a store that carries arts and crafts items and bought four sets of lightwoods, twine, glue and what we call 'kite paper' in Guyana, to make two-foot Singing engine kites. The first kite I made was a 1-foot kite from the coconut tree branches. Because of the continuous snow this year in Edmonton in Canada and not the Edmonton in the UK, I had expected that there would be too much snow and freezing weather for kite flying, however, its still a good time to get into the Guyanese Easter Tradition and spread the word around Edmonton hoping to get a few others to join in the festivities. I noticed a kite on a big digital board on 170 St and Yellowhead Trail not too long after the February / March Edition as we were promoting our Kite Festival, and also the Canadian Tire catalogue that came out in spring 2018 have a kite on the cover with tools in the kite, and on April 30, a woman and two children were walking on the road with kites. This brings a nice feeling to our Kite Festival. Our kite festival will continue through the spring.

In the past, members from Alberta Friends of Guyana Association had kept up the Guyanese Kite flying tradition

Over the years, some members from the Guyana Association in Edmonton have made kites and flew them out on the acreages, keeping up the Guyanese kite flying tradition in Canada, but this was done in the summer. This year, I felt it was a good year to start building kites in parallel with the people in Guyana, as this special tradition brings everyone together regardless of race, color or faith.

In Guyana the competitions are fierce and the kites are high up in the air dancing and singing and sometimes break away over the magnificent Atlantic Ocean. I believe this kite building in Easter and kite flying during Easter and or spring can become an Easter world tradition, a 'Guyana invention.' On or around Guyana's independence day if the weather permits we will fly our kites, else we have all summer to still enjoy the sport of kite flying.

**CANADA'S
1st ANNUAL EASTER
KITE FLYING
SPRING FESTIVAL
2018**

**EDMONTON'S 1st ANNUAL
EASTER KITE FLYING SPRING FESTIVAL
OUR KITE GALLERY**



*Ally's Guyanese singing engine
designed with a Canadian flag*



*Ally's Guyanese singing engine
designed with a Guyanese flag*



*Ally's singing engine
Photos taken by Faisal Ally*



Ally's box kite



Traditional kite



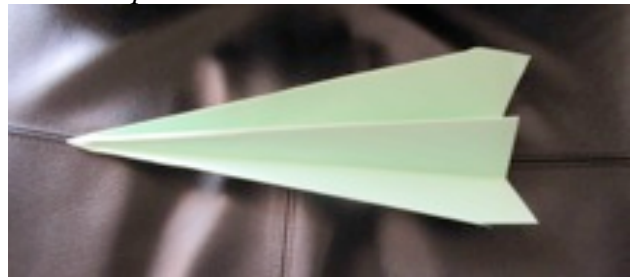
Arooka's kite



Arooka's kite with a dragon face



Arooka's plane-kite



A paper plane



Bird kite with a parrot look



Fish kite



Guyanese caddy old punch



Traditional kite - designed with a face, along with ears and frills



Indian style kite - designed with a mask

GET OUT AND FLY A KITE!



Arooka out in the snow flying a kite



This is Edmonton, Alberta, Canada
The snow and cold did not stop the Easter kite spring festival with our kite building



THE CAT, FERRARI, LOVE OUR KITES. WHAT ABOUT YOU?

CHECKING OUT OUR KITES AT THE MALL



Although it's the year of the Dog, a touch of dragon from Arooka brings a nice touch of art to the festival



The colors of this kite with red and black ears blends in nicely with the surroundings, and this is what art is all about

SIGNS & SYMBOLS RULE THE WORLD *By F. Ally*

I have embarked on a new journey of researching and writing on signs and symbols, where I had touched on this subject in the February / March 2018 Edition of the Diverse City Magazine on p.27 under the heading: The symbol of the moon and the star that's seen on the Masjids (prayer halls) flags and book. In the Easter 2018 Diverse City Magazine released on April 3, 2018, I also wrote on this topic, and in this edition I'm writing on this topic but based on some of my personal experiences. Prior to this I had taken some pictures of signs and symbols of Edmonton and its surroundings.

Today we are bombarded with online ads as advertisers cater to us without consent

Many of us are aware that advertisers are targeting us and it can get very annoying. Just to recap on the article Signs & Symbols published on Apr 3, 2018 in the Easter 2018 Diverse City Magazine, on p.4, I discussed that we're being bombarded with advertisements and that we're under constant surveillance targeted by advertisers and also for other reasons that we may not be aware of. The websites we visits are sending us ads that some or many of us consider to be intrusive, soliciting and annoying. Isn't this soliciting, something which we are not allowed to do in the outside world? Can some of this be called harassment? On p.5 of the article, I had discussed the movie, The Echelon Conspiracy, and how the main character is being targeted and tracked by an intelligent computer system. I also mentioned that secret messages are encoded in signs and symbols that only some understands.

"Signs and Symbols rule the world, not Rules and Law" - Confucius

A few weeks ago, I was watching a YouTube video and the historian in the video called 'Signs and Symbols as per ancient blood lines' referred to a saying by Confucius: Signs and symbols rule the world and not rules and laws. What was also interesting is, the host had made a gesture using his right hand as the interview was about to start. I had already heard about this hand sign. Recently, I also watched another video and a famous figure had also made the exact same gesture with his hand just before the interview began. I also noticed that politicians and entertainers are using their fingers to send out hand symbols that most likely conveys a message; these symbols are interpreted differently by different groups or classes of people, depending on their understanding of the symbols. The more I became aware of this topic, the more clarity I gained on signs and symbols. And what I found interesting is, right after I came out with this topic, a YouTube channel host started use the words 'Signs and Symbols' and 'Signs and Symbols' rule the world' very often which I thought is cool, as from all the videos I had watched with him this term was never used before by that host, but that does not mean he hasn't used it before, or because of technology, they can even go back and insert the words or redo the tracks since his voice is overdubbed on all his videos and we never see a picture of him and then they can say 'You are wrong, here is an old video with him using those terms,' not that it matters - I'm just making a point that maybe I am being tracked in certain ways as we are all being tracked by advertisers for certain reasons.

A video with many symbols showed up on my YouTube space

I entered St. Albert, a place right next to Edmonton to take some pictures of a board on the right side that have about ten symbols on that one board because I had remember seeing many symbols in the past in that same area. That same night, YouTube sent me a video clip with an image similar to the one I had taken, showing about ten symbols. I was surprised, wondering how YouTube knew to send me that image which was similar to the one I had taken, even though my camera is never connected to the Internet.

...Continue on p. 85

NEISHA'S KITCHEN

Provisions, Bora curry, baigan curry, potato curry, fish curry and fish stew

These dishes are often prepared with rice, or roti know as Indian bread. Roti can be replaced with pita bread as seen in the pictures below, and rice can be replaced with quinoa or something else.

Any or all of the following can be added to the dishes below: Garlic, onions, and tomatoes.

Provisions
Made with plantain and other root vegetables



String beans
for making bora curry



Eggplant
for making baigan curry



Talapia fish
for making fish curry and fish stew



PROVISIONS

A simple vegetarian dish, made from mainly root vegetables. Cod fish added.



Provision served



Vegetable juice from cooking provisions

Serves 6

Total cooking time approx.. 1 hr 30 minutes

Prep time approx. 20 minutes, peeling and cutting

Boiling time approx. 40 minutes

Frying time approx.. 20 minutes

Cut approximately 1/2 onion and 6 cloves garlic

The favorite vegetables for making provision are:

Ripe plantain (can use green ones if prefer), dasheen (eddo) and cassava. Other vegetables are also used. The vegetables used in Neisha's recipe are: plantain, dasheen, yam, Japanese sweet yam, Jicama and Rutabaga

Dumplings also goes nicely. Nisha will demonstrate how to make dumplings another time. This time used frozen cheese perogies and onion perogies to cut down on the preparation time, or could have had this without the dumplings and perogies...



Ripe raw plantain



Jicama



Rutabaga



Yellow yam



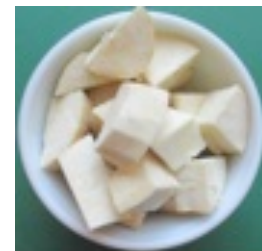
Spices: Onion and garlic, red hot pepper (Nisha used only 1/2 of a red pepper and that was hot.



Dashdeen



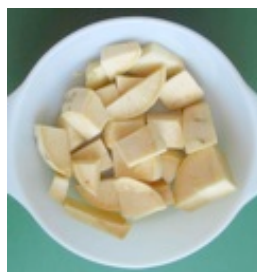
Yam peeled and cut into pieces



Yam peeled and cut into pieces



Dashdeen (eddo) peeled and cut



Rutabaga peeled and cut into pieces



Jicama peeled and cut into pieces



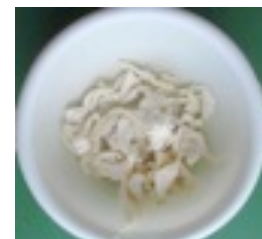
Plantain peeled and cut into pieces



Use cod fish or salt fish



Neisha used cod fish



Cod fish washed to remove some of the salt

BOILING THE PROVISIONS



Boil on hi. Let perogies boil for approx. 20 minutes, dashdeen (eddo) for approx.. 25 minutes, orange yam for approx.. 40 minutes, plantain for approx. 30 minutes. Can boil in different pots. For example, place the harder ones that takes longer in the same pot. Add some salt to taste.

Note: The cod fish or saltfish is already salty (can wash out lots of salt if prefer)

After approx. 15 minutes, lower heat a bit to avoid liquid spilling over. Test for softness. If water gets low from boiling down, add more water.



FRYING PROVISIONS

Fry perogies in a separate pot for about 3 to 5 minutes (see below)

Don't need to wash pot ...

Add more oil and then the rest of spice into the pot. Place the root vegetables, including the plantain together in the pot. If everything cannot fit in one pot, then use more than one pot. For example, place dashdeen and yam in the same pot. Add about 3/4 of the spices to the pot (will use the rest when frying the cod fish). Mix everything together. Cover and cook (fry) on hi for about 5 to 10 minutes

FRYING COD FISH AND SPICES TOGETHER



1) Add oil



Add cod fish fish and mix. Let it fry for about 5 minutes and then remove and place into a bowl (this is completed)



Add cod fish to spices



Let it fry and stir



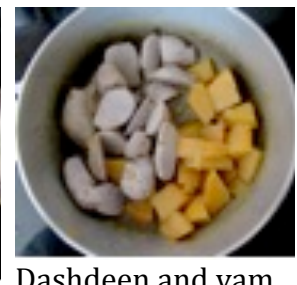
Cod fish and spices completed. Place into a bowl



Fry perogies for about 3 minutes and place in bowl (completed)



Perogies completed



Dashdeen and yam completed

NEISHA MAKES SOME CURRY DISHES

FIRST: PREPARING POTATOES TO USE IN THE CURRY AND STEW DISHES

Steps for preparing potatoes used in the three dishes



Peel 2 potatoes



Cut into pieces

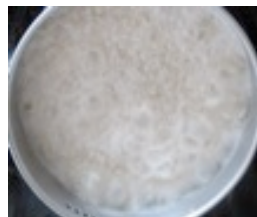


Add water to bowl

MAKING RICE

Steps for preparing rice

One cup of rice.
Boil for 20
minutes.
Serves 8

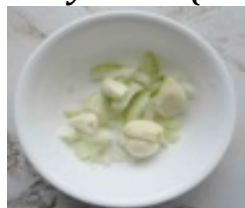


THE NEXT FOUR DISHES ARE CURRY DISHES

Neisha first demonstrates how to make the curry paste, and then cooks bora curry, baigan curry, potato curry and fish curry. She then demonstrates how to make the fish stew by preparing fried fish and then the stew fish.

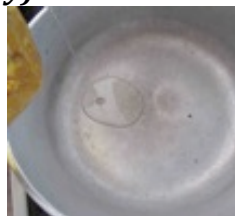
MAKING THE CURRY PASTE

Steps for preparing the curry paste (sauce) with spices that's used for cooking two curry dishes (Bora curry, and Baigan curry)



1) Cut up approx. 1/4 onion and approx.. 5 cloves of garlic

If prefer, you can add more onions and garlic



2) Add some oil to pot, stove on hi



3) This picture shows how much oil is in the pan



3) Curry powder



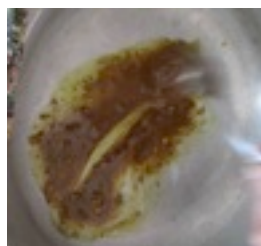
4) Add 1 table spoon to the pot with the oil



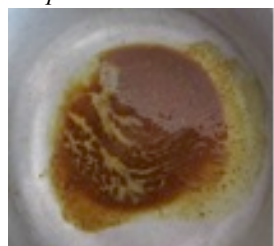
Stir in the oil



Continue stirring



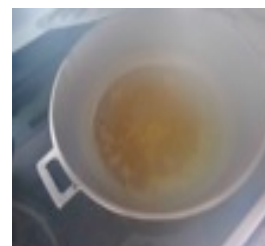
5) Continue mixing curry powder into the oil



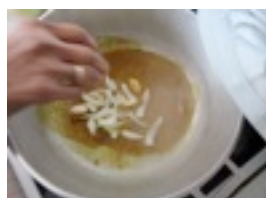
6) Continue mixing curry powder into oil - looks concentrated



8) Curry paste is boiling



9) Curry paste is completed



10) Add spices (onion and garlic) to curry paste



11) Stir, mixing everything together



13) Curry paste with spices completed

BORA CURRY



Bora curry served with rice



Bora curry served with pita bread

Bora curry is a simple vegetarian curry dish

Serves 6

Prep time 20 minutes

Cooking time 40 minutes

Peel and cut up 2 potatoes, place in bowl

Cut approximately 1/4 onions, 5 cloves garlic

NOTE: In step 4 below, the bora is added to the curry paste shown above

Steps for preparing and cooking bora curry



1) Cut bunch of bora



2) Cut into small pieces



3) wash, place in bowl



4) Add bora to pot with the curry paste and stir. Cooking on hi

Add the rest and stir



5) Stirring



6) Add salt to taste (e.g 1/2 teaspoon)



7) Continue stirring



8) Add cut up potatoes and stir



9) Cover and cook (still cooking on hi)



10) Approximately 5 minutes later, Add 1 and 1/4 cup of water and stir. Cover and let it boil cover and let it



11) Stir once in a while, as the potatoes and beans boil as it cooked



12) Approx 25 minutes later, still cooking on hi. Take spoon and crush garlic in pot or leave garlic clove as is



13) A few minutes later, water dried down and cooking is completed

BAIGAN (EGGPLANT) CURRY

Steps for preparing baigan curry



Baigan curry is a simple vegetarian curry dish

Serves 6

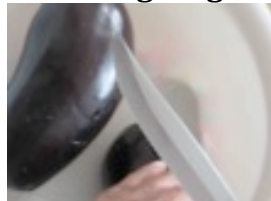
Prep time 20 minutes

Cooking time 40 minutes

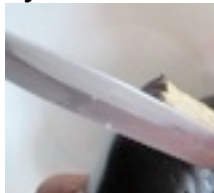
NOTE: In step 4 below, the bora is added to the curry paste shown above

Baigan curry served with pita bread

Steps for preparing and cooking baigan curry



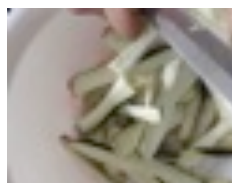
1) Cut off stem head



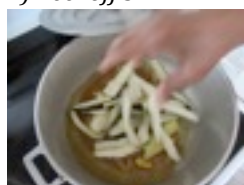
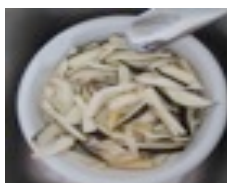
2) cut in half



3) Peel off skin



4) Cut into slices



5) Add 1/4 cup water to the curry paste and mix. See above on how to make the curry paste. Add baigan to pot and mix



6) Cover and let it cook



7) Approx 5 minutes later, add salt to taste if required - e.g 1/4 teaspoon salt



8) Stir



9) Cover and let it cook



10) Stir



11) Approx. 20 minutes later, add another 1/4 cup water



12) Add potatoes and mix. Cover and keep cooking on Hi



13) Cover and let it cook



14) Stir once in a while. 15 minutes later turn to med (knob at 2) Keep cover and let it cook drying down the liquid



15) Let it cook for another 20 minutes, drying down. Complete



16) Let it cook for another 20 minutes. Baigan curry completed.

POTATO CURRY



Potato curry served with pita bread

FISH CURRY



Fish curry served with rice

Making 2 dishes. Each serves 4 to 6

- 1) Potato curry
- 2) Fish curry
- 3) Will also explain how to make shrimp curry, hassa curry, chicken curry, beef curry, using a similar process as above.

Can be eaten with rice, roti, pita bread etc...
Each dish is cooked with potatoes.

1) COOKING POTATO CURRY

Time approx. 30 to 40 minutes

2 potatoes

Approx. 1/2 onions and 6 cloves garlic



Add potato to curry paste with spices.



Add a cup of water and continue cooking



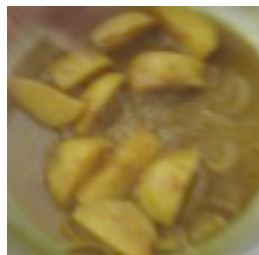
The potato will cooking (boiling) in the curry paste.



Add salt to taste



Crush garlic or leave as is



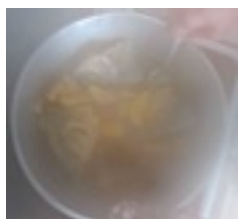
After about 40 minutes, the potato is completed cooking in the curry paste

2) MAKING FISH CURRY

Let the potatoes boil in the curry sauce as seen above, but for only approximately 20 minutes so the potatoes does not get too soft. Then add fish, and let potatoes continue cooking with the fish for about another twenty minutes.



After cooking potatoes for approx., 25 minutes, add fish to potato curry and add a cup of water, so the fish gets cooked in the curry sauce



Stir and let the potatoes and fish cook together for another twenty minutes



After approximately 1 hour, the fish curry with potato is completed

Making Shrimp curry

Let potato boil in curry paste as seen above for about 35 minutes so it's almost complete, and then add shrimp and let potatoes continue cooking with shrimp for about 7 to 10 minutes. Because the shrimp is much softer than the fish, shrimp only has to be cooked for 7 to 10 minutes.

Making Hassa curry

Hassa is a popular shellfish found in Guyana and Hassa curry is very popular in Guyana. Let potato boil in curry paste as seen above for about 30 minutes, and then add hassa to the pot and let potatoes continue cooking with the hassa for about 10 to 15 minutes. Because the hassa is not as soft as the shrimp, let the hassa cook longer.

The key is to determine when to add the fish, shrimp, hassa or anything else to the curry sauce with potatoes. You could have made curry chicken using this method. But because the chicken is thick and it make take a while to cook, you will add the chicken first for about 15 minutes to the curry paste with spices, and then add the potatoes to the pot and let the chicken continue cooking with the potatoes for about another 40 minutes.

FISH STEW

Steps for preparing fish stew



Fish stew served with pita bread



Fish stew served with rice

Fish stew
Serves 6

Prep time 20 minutes
Cooking time 40 minutes

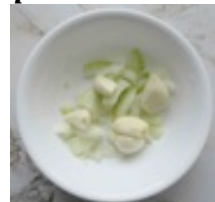
Peel and cut up 2 potatoes, place in bowl
Cut approximately 1/4 onions, 5 cloves garlic

MAKING THE STEW

Steps for preparing the stew (sauce) with spices



1) Neisha used her frozen ragu sauce - use approximately 1/2 bowl



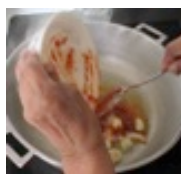
2) Add 1/4 onion and 3 or more cloves of garlic



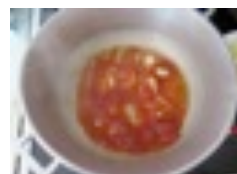
3) Add spices to ragu sauce and mix



4) Add oil from the frying of the fish to the pot



5) Putting ragu and spices in pot. Add ragu mix to pot

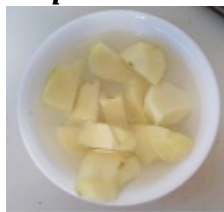


6) Sauce is ready. Will next place the fried fish in stew.

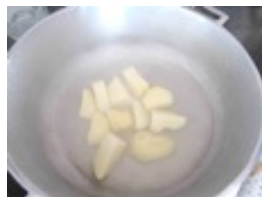
Steps for preparing the potatoes



1) Peel 2 potatoes



2) Cut up into pieces



3) Cover and let it boil for about 15 minutes



4) Remove potato from pot



5) Pour potato water into cup and keep. Will later use this same pot to make stew

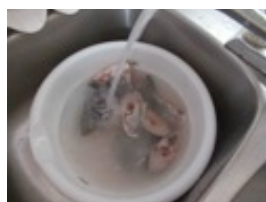
Steps for preparing the fish and making fried fish

Frying fish time: 20 minutes

Oil - e.g canola oil



1) Cut 2 tapilia fish or your fish of choice into pieces



2) Wash fish

3) Roll fish in baking powder to prevent fish sticking in pan

*4) Add oil to pan
Set stove to medium*



5) Add fish one at a time to the pan and fry on medium

6) After a few minutes, turn fish over so the other side gets cooked

7) Continue to let them cook and turn over as a side is cooked



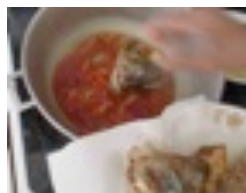
8) Removed pieces as they are cooked and placed on paper

9) Approx 15 minutes later, fried fish completed

Steps for making the stew using the fried fish

Cooking time: 30 minutes

*Place stove on hi.
Reuse the oil that was
used for frying fish
and placed it in the
pot for cooking the
stew*



1) Start adding fried fish to the pot with the stew made above using ragu sauce



2) Cook on hi and stif



*3) Add water saved from the boiling the potato.
Add pprox.. another 1/2 cup water.*



*4) Now there's a good amount of stew.
Continue cooking on hi*



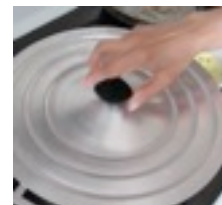
5) Ten minutes later, add potatoes to stew and stir and cook on medium



6) Stir



7) Now cook on medium



8) Cover and cook



*9) Test - taste stew.
Cover pot and continue cooking on medium. Let stew dry down and thicken to half way so the gravy becomes thick.*



10) 15 minutes later, remove cover and crush garlic in pot. Continue cooking with cover off and stir once in a while. Cook for another 10 minutes



Stew completed

HEALTH TECHNIQUES



This article is a combination of sections from older articles written by Faisal Ally with slight modifications, as a reminder that these articles contains important tools to enrich our lives.

Below, various techniques from the article 'Sharing my experiences in meditation' from the Diverse City Magazine, March 2017 Edition, p. 16 - 17, and another article listed later are presented below

Two techniques, which I have learned that brings stillness and silence into my everyday life are: 1) I had taken the three-day Primordial Sound Meditation seminar in where I had used a mantra to widen the silence gap between my thoughts, and how to remain still and in silence for a period of time. 2) I later learned to quiet my mind by focusing on my breath and breathing.

Continue on p.82

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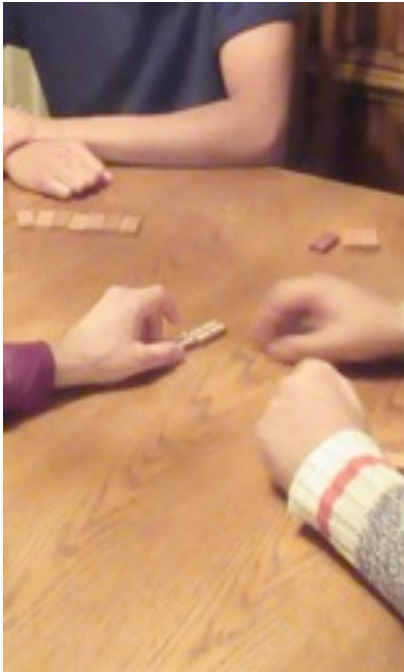
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PEPPERPOT CLUB

(LOCATION: EDMONTON, ALBERTA, CANADA)

**THE EASTER SPRING KITE BUILDING
COMPETITION HAS ALREADY COMMENCED.
UPCOMING DOMINO TOURNAMENT, COOKOUT**

On Saturday, May 26, 2018, the Pepperpot Club in Edmonton, Alberta, Canada will be having its pepperpot cookout and domino tournament. One may choose to cook something other than pepperpot during the cookout, as the Guyanese tradition is rich in tastes, flavors and cuisines. Like in Guyana, this may take place in backyards, people's homes or at a hall, keeping the Guyanese traditions alive.

The Chinese laborers of Guyana have made kite flying popular in Guyana at Easter. To enter our

KITE BUILDING COMPETITION, please forward an email to info@signaturewithlove.com

A CHINESE CHECKERS AND CARD COMPETITION may also be included.



*The Guyana Canadian Pepperpot Club,
The Pepperpot Book Club
The Pepperpot Domino Club
The Pepperpot Arts and Sowing Club*

EYES ON THE SKY PHOTOS - WINTER SKY 2018



Photo taken by Faisal Ally
on Feb 24, 2018 at 10:41 am



Photo taken by Faisal Ally
on February 24, 2018 at 10:38 am



Photo taken by Faisal Ally
on Feb 24, 2018 at 10:33am



Photo taken by Faisal Ally
on March 26, 2018 at 7:28am



Photo taken by Faisal Ally
on February 28, 2018 at 5:54pm



Photo taken by Faisal Ally
on March 8, 2018 at 1:23pm





***NOTE:** These pictures were taken in the winter starting in January 2018. The first picture shows the clouds as having colors of purple, green, pink. Green? You may magnify to a close up view to bring out the colors. Spring is on its way, and more 'Eyes on the sky' photos to come on our spring skies. These pictures are of low quality.*

FISAL ALLY'S PROFILE

About Fisal Ally

Ally's lyric book can be downloaded for free from www.allymedia.ca

Fisal Ally, hails from La Penitence, a district in Georgetown, Guyana, South America, and grew up in Canada. Over the years, Fisal has completed over 100 songs, where he had written the lyrics and composed most of the music, over 15 books, and over 50 articles. His writing days began as a teenager when he began to dabble in song writing. As a twelve year old in Toronto, he had pulled out his first red wooden guitar from a garbage bin, and although a Portuguese fellow, also from Guyana, had taught him some cords and tunes at a twelve year old, it was not until a few years later he actually began learning to play the guitar after a friend in grade 10 had shown him a tune on the guitar.

Ally has written approximately 100 original independent songs

In the 1990s, Ally had spent a lot of time in professional recording studios in Edmonton, as he wanted to learn more about professional recording, as he recorded some of his original songs as independent productions. While working, he continued writing songs. In 2008 to 2010, he had written songs such as Story of my Life, Nobody Wanna Say Goodbye, and No Perfect Man. Some of his favorite songs written in the past are: My Home (1990s), True Love (1990s), A Kiss Goodnight (1990), New Clear Society. His song writing began before the 1990s.

Ally has written over 15 books

Ally also writes books. He first attempted writing a sci-fi around age twenty, but had become too busy with work, school, and playing his guitar, but a decade later, he began to consider writing books, while writing songs. His main writing project had taken him on a fifteen to sixteen year journey, researching and editing a novel called Savitri's Garden, which was completed around 2006, which then grew into the Trilogy of Savitri's Garden, along with a study guide. The first novels come in two parts called "India to the Americas, 1838 (Part I and Part II). The second novel is called The Escape for True Love, and the third novel is called Rebellion and Reunion.

Ally has also completed some self-help motivational books. Once in a while, he becomes involved in small seminars, teaching and promoting the mind/body rejuvenating principles and looking at the inner dimension. Years ago, he had learned to meditate from Dr. Deepak Chopra during a three-day seminar which he still practices and teaches simple meditation techniques on how to focus and cultivate our practices. But on the way since he was 15 years old, he picked up other focusing techniques such as Karate, breathing techniques, Tai-chi, Tai Kwan Do, Yoga and other disciplines, while also reading books on enlightenment such as Buddhism, and later on began to focus on Islam using some of the meditation and breathing techniques during practical meditation sessions focusing on dhikr (dhikr are phrases used in Islam as the remembrances of God), and also wrote books on some in these areas.

Ally has written over 50 articles, starting back in the year 2002

Ally has founded two magazines - a 40-page printed magazine called Cariwave, The Caribbean

Magazine back in 2002, and he also started up the digital magazine, Diverse City Magazine on March 5, 2017.

More on Ally

Although many of Ally's songs and books were written around the 1990s, starting in the year 2011 and which continues today, he began to notice similar phrases such as hooks (melodies and lyrics) from his songs in the works of famous singers and mainstream TV commercials, and also similar ideas and lines from his books with slight modifications in the works of TV shows and in movie(s). Ally had not heard any similarities of concerns before 2011. As many became target of hate in recent years, strange things also began to happen in his life starting just before 2011 and continue to the present. He has no doubt that due to a lot of hate and islamophobia across Canada, America and Europe, a network of people has been trying to destroy his work and have him framed for plagiarism, where there's no doubt that Ally is the original artist of all of these work, as he's been writing for decades now and even before some of these people were even born or became teenagers or reached adulthood. It's important to note that Ally does not give others consent to use his work, and if he did then it would be done legally through his lawyer, witnesses and must also be in writing where it's approved by himself, lawyer and his witnesses.

Some of Ally's songs

A Kiss Goodnight, Action Speaks, All He Wanna Do, All You Gotta Do (this song also has different names), Baby I love you, Blue Caribbean Sea, Bright Side, Candle That Burns, Christmas (version 1), City That Never Sleeps (Manhattan), Dance Baby Dance, Estos Sentimientos (These Feelings), Friends, Gia Carangi (the super model), Heaven and Hell, Hope You Never Will, I'm Running, In A Special Way, Innocent Lies, Insensitive, Keep the Peace, Keep Mae Fire Burning, Little Magic Wand, Lisa, Love Has No Religion, Love is strong, Missing you going crazy, Modern Day Gypsy, My Home, New Clear Society, Nobody Wanna Say Goodbye, No Perfect Man, Only a fool breaks his own heart (Fool For Love), Out of Control, Party till they feel alright (We Party Till We Feel Alright), Planet Earth, Precious Holidays (version 2), Rain Go Away, Reaching Out, Reflect and Celebrate, Regga Rock, SoCrazy4u, Sometimes, Space & Time (Burning), Story of my life, Sunshine's back again, Sweet Paradise, That's Crazy Love, The Birds Won't Come My Way, True Love, The World's Online, Two can play, We're on our way (Champs/Victory), We were one, Wide Eyed Innocent (Wide Eye Innocent), Wild Wild Wild

Note: F. Ally has written many more songs that are not listed here.

Instrumental Songs

Blue Caribbean Sea (Lead saxophone played by Rob Chizek), Gia, Keep Mae Fire Burning, Moon Child, New Clear Society, Say no, Return to Kashmir Moon Child

A List of Books, music projects, and other projects by Faisal Ally

Some of the items below are novels, movie scripts, subsets of bigger books, plays, seminars, study guide, comics and magazines.

NOVELS

Signature with Love (Based on a true story) (December 2012) This novel is on cats on the

owners, Mustapha & Salima (Available as an eBook)

The Trilogy of Savitri's Garden (Book 1, Part I) : India to the Americas, 1838 May 2016
(This series available as eBooks) This is a historical fiction with a love story and based on many real events to bring about realism. The original novel was written in 2003 and with updates in 2005. A major expansion of the book was in 2010. More changes were made to reflect history a more authentic history as based on the available papers from the House of Commons and other sources.

The Trilogy of Savitri's Garden (Book 1, Part II) : India to the Americas, 1838 May 2016

The Trilogy of Savitri's Garden (Book 2) : The Escape for True Love (May 2016)

The Trilogy of Savitri's Garden (Book 3) : Rebellion & Reunion

The Trilogy of Savitri's Garden (A Study Guide) : Debunked the use of the label coolie in Guyana (This is a study guide and not a novel)

CODE (May 14, 2009) (A draft) Originally given the name after the song 'She's off Limits' in Feb 2007 A novel which is also a movie script

MYSTERIES (4 books) from the 1990s to 2002

The Cottonfield Kids Mysteries

Mystery on Cocoa Beach
The Al Scrego Horror House
No Exception to the rules
The Copyright Scam

ADVENTURES (5 books) from the 1990s to 2002

The Adventures of the Cottonfield Kids (*inspired from some real life events of Famie, Rene, Ronald, Brian, Anthony, Naz, Deen and Laura.*)

Laura Flew The Coop
The Red Jacket
The Kite Flying Competition
The Old Wooden House
The Wastebasket Hoop

Note: This series of books also had some slightly different names that were promoted in Cariwave, The Caribbean Magazine as Laura Flew The Coop; The Red Jacket, The Kite Flying Competition, The Haunted House, and School Play

Note: F. Ally has written other books that are not listed.

CARTOON COMIC STRIPS

The Cottonfieldkids Comic strips (8 drawings per comic strip)

- 1) Telling a lie will sooner or later catch up to you
- 2) Why be a bully and a loser when you could be a leader by taking the first steps to be friends
- 3) Don't let others take the blame for you or don't blame others so you can benefit
- 4) Your rewards will multiply from within

OTHER BOOKS

Life's Journey (May 2009)

Quantum Life (January 2010)

The 7 Day Practical Rejuvenation Handbook (Part I)(For the body, mind and soul) (August 2011)

The 7 Day Advanced Rejuvenation Handbook (Part II)(For the body, mind and soul) (September 2011)

The Advanced Rejuvenation Handbook (Part III)(For the body, mind and soul)

Islam (May 2009) A draft

Islam (Basic - Translation I) (July 2015) Selected Surahs, Phrases & Words, researched by F. Ally.

Islam (Basic - Translation II) Selected Surahs, Phrases & Words June 25, 2015, researched by F. Ally.

Rejuvenation Seminar March 2014

Standing up against racism (a short book on Faisal Ally' real life experiences, published on December 14, 2017, unedited)

Faisal Ally also enjoy drawing and designing book covers

SONG BOOKS

Story of My Life_Selected Songs by Faisal Ally_1990-2017_Ed2, ver 1.1 Jan 25, 2017 (Second Edition Ver 1.1), Second Edition was published on Jan 19, 2017, First Edition Published on Dec 14, 2014 Story of My Life_Selected Songs Written by Faisal Ally_1990-2015 *The song books below are a subset from this book. The books below will be later embellished with pictures, stories and more songs.*

My Home, Folk Songs (Edition 1) September 25, 2017

Precious Holidays Songs (Edition 1) September 26, 2017

True Love, It's Like Magic In The Air Love Songs (Edition 1) September 25, 2017

New Clear Society, Protest Songs (Edition 1) September 25, 2017

She's Off Limit - Rock, Country Rock & Upbeat Songs (Edition 1) September 26, 2017

Dance songs (Shake it up, Shake it up) (Edition 1) September 26, 2017

MOVIE SCRIPTS, COMEDY SCRIPTS

CODE (Technology Movie script, but is also a draft novel)

Just Moved In (Comedy Movie script) (May 7, 2008) This movie scrip was broken down into 3 the three comedy episodes below and was modified, also with new names

Customers Come First (This episode was filmed as a 1/2 hour comedy

Tech That Crashed Dinner (comedy episode) (May 2007)

Just Moved in (Comedy Episode) (October 2008)

CHILDREN'S PLAY

Run (January 2008) - A children's play with approximately 5 original children's song. One of the original songs is 'Bright Side.'

The Blending of Spice (Children's Musical Play) (January 2005)

ARTICLES

Below is a list of approximately 50 articles of various lengths written by Fisal Ally throughout the years, and were published in a number of indie magazines. Ally has written many other articles that are not listed here.

Health and Motivational articles by Fisal (Brian) Ally

Understanding cholesterol

Reversing the aging process (Part I)

Reversing the aging process (Part II)

Centenarians & Secrets to Long Life

Change your thoughts, change your life

Life's Journey (Motivation)

Life's Journey (Perception)

Life's Journey (Is death our final destination)

Life's Journey (There's a place where everything's all right)

The fountain of youth

Quantum Health - Sharing my experiences in meditation

Quantum Health - Sharing my experiences in meditation, A 'No thought period' for rejuvenation

Rejuvenate and Celebrate

History & Culture articles by Fisal Ally

Slavery Via The Atlantic Ocean

East Indian indentureship

East Indians in the Americas 1838

Paving the way through non-violence

Chinese in the Caribbean

Chinese in the Caribbean and Guyana

The story of El Dorado

Portuguese in the Caribbean

Caribbean Carnival Making Waves Across Canada

The Abolitionist Series (Part I - The final abolishment of slavery in the British Empire

The Abolitionist Series (Part II - A brief understanding of how slavery and the slave trade continued to flourish though both were abolished)

The Abolitionist Series (Part III - A glance at some abolitionists that had fought to put an end to the slave trade and slavery)

The Abolitionist Series (Part IV - Women Abolitionists)

The Abolitionist Series (Part V - William Lloyd Garrison Biography)

Science, Technology and the Cyber world articles by Faisal Ally

Cyber Word Stories (Befriended in 2012 for information)

Cyber Word Stories (Possible eBook theft and lessons learned)

Fraud, Corruption, Conspiracies and The Cyber World

Quantum Universe : A shift in view with breakthrough thinking!

Quantum Universe: A shift in view with breakthrough thinking! The Universe and Life, an accident or by design

Who is watching you right now

What you may not know about your pdf file

Music & Writing tips by Faisal Ally

Back to school writing tip

A journey of writing a book

A journey of writing (writing tips)

Artist Alive - Sampling of songs

Writer's block : The use of childhood memories and personal experiences to come up with ideas

Others articles by Faisal Ally

The Alignment of the karmas

The Sponge Cake Articles (Part 1-The Christmas feelings are here again)

The Sponge Cake Articles (Part 1-The Christmas feelings are here again)

Immigrants: America's secret weapon, the HIB

Women's Rights March in Washington

The South American Wild West

Easter Celebration

'Your fear is their desire'

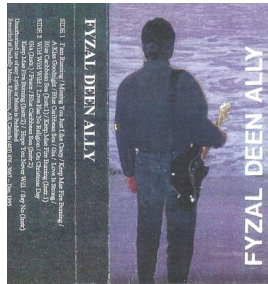
These Feelings (Estos Sentimientos) Valentines gift of the heart

Syrian Americans - Syrians arrived in America before the 1880s

The articles listed above were published in the following independent magazines (printed and eMagazines)

Cariwave, The Caribbean Magazine (40 page printed magazine), May - Aug 2002 Edition, Fall 2002 Edition, Spring/Summer 2003 Edition; Cariwave, The Caribbean Magazine, Editions from October 2016 to Spring 2017; Diverse City Magazine, Editions from March 2017 to April/May 2018

MUSIC PROJECTS



1994



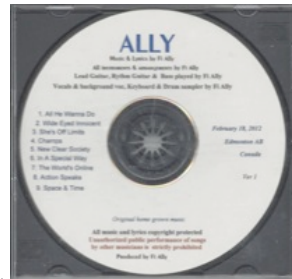
1994-1995



1999



2016



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

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

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

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

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

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

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

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

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

Fyzal Deen Ally (December 1995 - on cassette)

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

FYZAL DEEN (1990s - on cassette)

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

FYZAL DEEN, CHRISTMAS (1999)

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

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

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

ALLY'S VENTURE IN PROFESSIONAL RECORDING STUDIOS IN THE 1990s.

Ally's recordings are normally done at home, quickly and cheaply, where those recordings are the predecessors to better recordings. Most of Ally's songs were written in the 1990s. Many were also written before the 1990s. In the 1990s, Ally had spent some time in professional recording studios to learn about professional recording and production. He had recorded some songs in studios such as: Beta Studios and worked on a few songs, such as Lisa, SoCrazy4u and We Party Till We Feel Alright with Gary Koliger and his engineer; Big Records with the owner/engineer, Dennis Sheehan, and a other musicians recording songs like True Love and A Kiss Goodnight. He had also spent a half-day working with Barry Allen at Homestead Studio around 1997 doing a few tracks and mixing down to a tape. In 1998, he was in a new studio called Alberta Music Studio owned by Cam Guse who was also the engineer, where he had completed some tracks for songs such as New Clear Society, A Kiss Goodnight, and Lisa. He had spent some time in Power Sound in 1999 where his goals were to do a complete ten to twelve song CD with professional musicians, and had worked with the owner/ engineer, Phil Anderson, and some other musicians, including a children's choir on a number of songs. Four songs are on a Christmas CD, while the other tracks were not fully completed, but Ally uses the tracks for playing. At Power Sound, musicians played on the tracks are: F. D Ally, Phil Anderson, Carmine Caligiuri, Roxana Avalos-Calderon, John Cooke, Mark Puffer, Matt Robertson.

Note: After noticing what was taking place in 2011, I had no choice but to make my lyrics and song titles public for many songs, hoping to stop the destruction of my work. Other songs are kept hidden, and years later, I believe around 2016 or early 2017, I decided it was also best to stop rehearsing my songs at home. When I come across similar ideas or titles and I suspect something is wrong, I would then make that song title and or lyrics public for recording keeping.

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

**FISAL ALLY'S ORIGINAL SONGS
ARE BEING STOLEN AND BROKEN INTO PIECES
STARTING BACK IN 2011 AND ARE BEING USED BY
FAMOUS SINGERS AND IN TV COMMERCIALS**

One of my first indie *independent* songs that caught people's attention back in the 1990s is 'A Kiss Goodnight' where a number of people including producers had asked me for this song, but at the time I could not let anyone use it. I had recorded this song in a number of studios and the song is perfect as it is, and there's no need for anyone to re-engineer it or to destroy it by breaking it up into pieces to create new songs. It looks like someone or a few people were determined to take this song without my permission, knowing the copyright laws

I first noticed a song very similar in ways to my indie song 'A Kiss Goodnight' back in 2011. I had some people compared parts of the two songs and they saw the similarities; these similarities were discussed in a precious edition of this magazine. That was only the beginning of hearing hooks and or parts of my songs being played on mainstream radio. I never thought that I would be the person creating so many unique ideas that people were after. A few years later, I began hearing many more hooks from my songs on the radio. I then heard a TV commercial using my song Wide Eyed Innocent with some modification in the lyrics; for example my song starts with 'Seen her pictures in the magazine' and they modified these lyrics to something like 'You want to be on the cover of a magazine.' And from there on, it never stopped. I have been talking and writing about the deliberate destructions to my work for a few years now, and have logged such information in the previous Cariwave and Diverse City magazines, and also in some of my books. In this article I use 'Whites' and 'Caucasian' interchangeably referring to Europeans, although the Caucasian race includes Iranians, Afghans, Pakistanis, East Indians and many others.

Many of my original songs were written back in the 1990s and continued to around 2010. My recordings continued until around 2016 when I decided to stop recording due to the theft and deliberate destruction of my songs and literature. I have written songs like 'Story of my life' around the year 2008 to 2010 which have been butchered completely and the parts used by a number of famous musicians and on a show. I've written other songs such as SoCrazy4u, No Perfect Man, Keep The Peace, Insensitive, My Home and many more. My song, True Love, was recently butchered badly starting in the year 2016 to make a big hit song for a singer in New York, which I also discussed in a previous edition of this magazine.

I've included my profile again in this magazine with a list of many of my songs, but not all, and my books. I believe that 40 to 60 of my original indie songs written by myself and where I have worked very hard to create most of the original sound tracks have been stolen starting back in the year 2011, and are being assaulted and destroyed. I know a number of people that have written many songs and no one has touched their songs, and they are Caucasians.

The question is why did this suddenly start happening and I could not get any help to stop the destruction of my songs and literature? What I do know is, strange things started to happen in the last few months of 2010 after I was asked to teach a course at an institution, only three days before the commencing of the weekend course, filling in for an instructor, where I had stepped in to assist and to give back to the society since this instructor had to be away.

I believe that the destruction of my music and books were done for the following reasons: 1) A cash grab; 2) Others think that I can easily be bullied; 3) Islamophobia and racism is a part of our society; 4) My songs are broken into pieces and even re-engineered to try to hide its true origin; 5) To give opportunities to their own people to gain fame using the hardwork of others. I believe it's all five. No one will admit that they are islamophobic and or racists, but the fact is islamophobia and racism exists, and people show it in different ways. To explain why Muslims like myself have become the target of hate crimes, we must look at islamophobia and some examples of the attacks on innocent Muslims who just wants to go to work, come home and take care of their family and better to themselves in these societies. They may look different because of their race, skin color and attires, but does that mean that they should be targeted because of this? What happened to humanity, and the practice of love and peace?

With the rise of islamophobia, like many, I have also become a target of hate crimes. People are lashing out and expressing their hate and anger about what's taking place in their societies and are using Muslims as their scapegoats, whether it's burning down Masjids, beating up Muslims, murdering Muslims, there are many ways to destroy the lives of Muslims and properties that belongs to Muslims. I've been targeted to have my work destroyed by others that are stealing, destroying and capitalizing on my decades of hard work in songwriting and literature. I could not have accomplished that much if I was on drugs, lazy and hanging out at bars, wanting to spend my life texting and socializing. I had to make great sacrifices in life as it takes a lot of work to come up with original and unique ideas in songwriting and in writing books; everyone is capable of doing this but they have to also put in the time like I have done.

The year 2001 was when the Twin Trade Centers building were attacked by terrorists and also Building 7 was brought down and Muslims were blamed especially by Americans, Europeans, Canadians for this hatred, destruction, barbarism where almost 3,000 people had lost their lives. The spread of hatred towards Muslims and towards the religion Islam took wings, and many innocent Muslims that just wanted to work and take care of their families in America, Europe, Canada etc....were beaten and murdered. Many masjids were also attacked and burned down. Islamophobia continued to spread over the past seventeen.

Alberta is reported as having the highest increase in racism in all of Canada in 2015

A new report that came out on April 23, 2018: Anti-Muslim hate crime on the rise in

Donald Trump's US-report

Report in 2017: Attacks on German Muslims 'becoming more violent'

A Canadian family was beaten with a baseball bat by

a lawyer who thought the family were Muslims

A man was trying to sexually assault a Canadian Muslim teenage

girl on the bus in Vancouver, but a brave Canadian (a hero) quickly stepped in

The list is endless on the different types of attacks perpetrated on Muslims!

Alberta, the province I live in in Canada is reported to have the highest increase in racism around 2015 in all of Canada, where most of the racisms are geared towards Muslims. I grew up in Edmonton and I can tell you about racism going all the way back to the 1970s; racism is nothing new to Alberta and the city of Edmonton where I live.

Racism is a world wide disease and Canada is no exception when it comes to racism, although the jobs, medical system and living conditions of Canada has drawn and continues to draw many people to this country. It's important to remember that people from Canada, America, Europe and many other countries are also drawn to countries such as Saudi Arabia, Dubai, Qatar and many other places around the world to also benefit from the wealth of those nations. I do not believe that too many people wants to leave their native land and all of their relatives behind, but they make a sacrifice and do it for a better life, whether that's better education for their children, job opportunities, good medical benefits, and for many different reasons, and thus immigration will continue world wide, as it has for the past 400 years changing the demographics of many countries. For example, in Guyana, South America, where I was born, the demographics of this land had completely changed with the coming of the Europeans (British, Germans, Dutch, Portuguese), Africans, East Indians, Chinese, and others over the past 300 years. This has happened in many places such as Martinique, Guadeloupe, Trinidad, Cuba and all of the countries in the Caribbean and the Americas. This has also happened in many other countries across the globe such as New Zealand, Australia and South Africa.

The demographics, customs, traditions and cultures of Europe are also changing. In the 1970s a lot of hatred in places like England was geared towards visible minorities in general that were quickly beginning to change the face of the country. Today Muslims and Islam are one of the main targets although minorities in general are also targets, and these minorities can also be Europeans such as the Polish people and others.

There are many YouTube videos that discusses the changes in England such as:

'White Flight: Diversity extremes push Londoners' exodus'

'Britons are fleeing London in mass'

'That will be England gone'

Sharia banks in England

Mass migration

Mass migration brings fear, hatred, racisms and resentments especially when people feel that their land is changing with new cultures, customs and traditions taking over the face of their native land, and that their cultures, customs and traditions are being pushed out and lost.

Discrimination and racism against Caucasians are also taking place in the work place

There's also racism and discrimination against many Caucasians in the workplace because they are not getting the jobs like the used to, and where others are given preferences. It's the government's duty to ensure that its people are taken care of and that they have jobs and is given preferences before others entering the country to take those jobs away from them. For example in one of the YouTube videos it shows that in England, many Pakistanis, and Polish arrives in England through the European Union, and there are complaints from native Britons that their jobs are being taken away, and the new groups entering are hiring people from their own countries and not people from England that are desperate for jobs.

I knew some Caucasians whom I were good friends with and they spoke about their encounters with racism in the work place and how they were treated in a negative way. So

we know racism is real in places like Edmonton and racism also affects Caucasians, and I'm not about to deny their rights of how they feel about the faces of their land changing in traditions, cultures and religions. It's also very hard on them and what they experienced, so also nobody should deny my rights of what I feel and what I have experienced, as we are all humans. Caucasians going to places like the Middle East, India, China and other places will also tell you about the racisms they have encountered in those places and all of the double standards they have to put with.

That's the same complaint I hear from some in Edmonton and across Canada. I have no doubt that Caucasians who are qualified for jobs are also being treated unfairly by employers and they have a reason to be upset at what is taking place

Everyone's pointing a finger. Even some Aboriginals in places like Canada want Caucasians of their land, and they also want Muslims and others of their land, as they claim that the land we are living on belongs to them, in the same way Caucasians claim that Europe is their native land. Then on a YouTube video, I heard a Caucasian man in Europe said that he supports the Syrian refugees because they are humans and they also have a right to live on this earth in peace since their homeland is being shattered and they are in starvation and living in horrible conditions, and he says the earth has no borders that there is only one earth and we're one people. I like his smart humanitarian way of thinking.

With the recent Syrian refugee crisis, many countries were told to take in thousands of Syrian refugees and this has angered many with hate towards Muslims, even though many of the Syrians are not Muslims. Muslims continue to worship God and the Masjids are packed whereas many others are now atheists and the churches are emptied, however there are also Muslims that stopped worshipping God and are Atheists. People of all backgrounds in any population are involved in violence, rapes, murder, pedophilia, violence against children etc...and not just Muslims.

There are hundreds and thousands of YouTube videos that cover racism. The video, White Flight: Diversity extremes push Londoners' exodus that was published Jun 2, 2013 on YouTube looked at how Britons are fleeing London in mass. It discusses the shift in demographics and states that 'London is not as integrated as some people may think' and that many people continue to leave London because of the change in demographics.

What will Europe be like in 50 years? The real problem is not Muslims but the fear that the demographics of these countries are changing with minorities from many cultures, replacing the Caucasian population and together as visible minorities they are outgrowing the native population.

In a YouTube video, an English person said that in 50 years, the place he lives in would be Islamabad. Some areas in England have high ethnic populations in the same way **Toronto, New York, California, Vancouver** have very high minority populations and where the 'Whites' are less than 50% where as back in the 1970s the Whites were the majority. The faces of these lands have changed considerably starting back around in the 1970s. Many people of European background in Canada and America fear what is taking place in Europe and even in Canada and America. Resentments against Muslims continue to rise, and this is shown in videos such as, 'Come to Malmö, Sweden, and see what the New World will look like' 'Austria Says "NO MORE!" To Islamisation.' There are videos that show swastikas painted on masjids. There are lots of anti-Muslim slogans and the burning down of Masjids in Europe. This is happening

because Islam is becoming the dominant religion in all of these countries, as the masjids are packed and the churches are emptied and on the decrease.

I have never had a problem before 2011, and prior to 2011, I was always in recording studios and handing out copies of my songs, but no one was that evil to touch any of my work. They had values and respect for others. Something have terribly gone wrong with the rise of islamophobia and the islamophobes plotting and scheming to destroy the lives of Muslims.

Promoting my business, Ally, and my songs and books in 2010/2011

Before 2010, I was spending a lot of time in a café in St. Alberta, just a few minutes outside of Edmonton where I was editing and writing my books. I met some very interesting people at the café. I met an artist that was always drawing. I met an author that spent hours in the café. I met a retired lady that spent hours upon hours in that café and who always spoke about her husband's band, along with some other interesting people. In the year 2010 / 2011, while I was promoting my business (Ally) with my books and music, I was also giving out CDs of my original songs, In the year 2010, I was also promoting my novel 'Savitri's Garden' and let others read this huge novel which was then broken down into three parts. I was also sending out samples of Savitri's Garden to publishers.

'Standing up against racism'

Racism exists and is a fact in places like Edmonton. I've written about this in my short unedited book called '**Standing up against racism**' where I also spoke about some of my experiences and how my music and books are being stolen and destroyed as I became a target of hate. Many of us growing up in Edmonton in the 1970s / 1980s have experienced some racism. As adult in the workplace I did not experience much even though I have worked with hundreds of people. But I did feel that I had experienced some form of discrimination, for example once in around 1999, and I had also felt the chill or racism in the workplace from two new individuals that joined the company in the last few months of the year 2010. Bullying is a different story.

Alberta has the highest increase of racism in all of Canada

I already mentioned that around the year 2015 that Alberta has had the highest increase of racism in all of Canada. For example, a few years ago, there were three incidents of racism that happened around that same time against 'Blacks' where the 'N' word was used in one or more than one occasion, which was shown on the news.

As a matter of fact in 2010, I had witnessed a person in public in the classroom while getting someone's attention through a conversation had used a derogatory term, which affected this person as can be seen by this person's facial expression, and where it looked like others in the classroom were surprised that this derogatory term was still being used in Canada. The fact is, the term was used and it had offended that professional that was sent by his work company to attend a course, and it probably affected others in the classroom also. I later asked someone about the use of this exact term, and the person told me that that exact term was also used on him and he was not happy about it. So we have lots of proof that racism is well alive in Edmonton, even if we don't hear about it.

Plots orchestrated to frame and imprisoned Muslims in Canada

Innocent Muslims are being set up to be framed and imprisoned in Canada. For example two 'Whites' in British Columbia who were leading very bad life styles and were on drugs had become Muslims by converting to Islam and progressed in life by stopping the use of drugs. According to reports events were orchestrated to entrap these two gullible Muslims, and to have them framed and imprisoned. This cost Canadian taxpayers approximately one million dollars where over 200 professionals had worked on this plot to have them entrapped and framed. This was big news across Canada a few years back. According to the news, a few years later, the two Muslims were freed and it backfired on the ones that had orchestrated the events to have the two gullible Muslims be taken advantage of, framed and imprisoned. I have no doubt that with the theft and destruction of my music and literature that plots are carefully being orchestrated to have me framed for plagiarism and theft even though I have created all of these original works. The perpetrators will do everything possible to cover their tracks and have others blamed for their crimes.

Relatives, Friends, and People looking for fame and riches, can be pulled into these schemes not knowing that they are using stolen songs. When I became more aware in 2017 as to what is taking place with my music, I had sent out an email to everyone on my email list, warning them of the scams that are taking place

I believe that from the actions of some of my friends and maybe even some of my relatives who are not educated in this area are being bribed and pulled into these orchestrated schemes and scams, where some are given a tune to sing that includes stolen ideas from my songs so the blame is deflected from the schemers and onto innocent people. I believe some are even promised a good sum of money, not being aware that they would have to take the blame for these evil scams. I believe some are even turned into handlers where they eavesdrop and try to say things to discourage me or to even carry information, and such people could even be planted in my family. These are my feelings and opinions based on the behavior and actions of others and what I have been experiencing starting the last few months of 2010.

Anyone can make up a song, even a baby. What makes a song catchy are catchy hooks, such as lyrics with unique melodies, and guitar riffs, and the hooks are being torn out of all of my songs, so I would never be known as a songwriter and author because I'm a Muslim, and their narrative for the public would be written stating that I'm thief and a plagiarist, when they are the ones who are the thieves and plagiarists, as their goal is to have Muslims look bad in every way, since they want Muslims off these lands before Islam become the dominant religion, as many are also converting to Islam. Steps are taken by some to make Muslims look like the bad evil ones in this day and age, in the way the Nazi were the evil ones, or the Indians were the bad guys amongst the cowboys.

I believe that some are told that if they make a song that they will get airplay if they use these ideas from my songs, because I have heard many songs that have hooks and ideas that came directly from my songs or that are similar to my songs. There's no way that so many songs can get airplay on Edmonton's radio station unless there's some kind of scheming and plotting being orchestrated, and I hear those songs as soon as I turn on the radio for a few minutes. I had to abandon listening to the radio and TV because of this.

Similar ideas

Even though I have stopped watching TV and stopped listening to the radio because I'm tired of hearing these similarities, when the radio alarm when off a few times, the radio station would be playing a song that I've heard before and have no similarities to my songs, but when the song was finished playing, a commercial or another song would come on and I would hear lines line 'Put up a tree' or 'Yesterday is far away' which are similar to lines in my songs. I do not create phrases as such nor do I create words, I just make songs using words and phrases and I know when I'm hearing samples of my songs. I do not care about these phrases, it's just the timing of when I hear them and when I put out certain lyrics in the magazines.

It's important to note that I have never given anyone permission to use any of my songs or books or parts of my work commercially to make money or to tear out lines and have others use them. I have no doubt that this is all being done to show hatred towards me and in general to show hatred towards all Muslims and to the religion of Islam.

Due to my experiences, I have embarked on a journey of writing on racism and other topics. Below are some videos and quotes on how Muslims and Islam have become the new scapegoats in Europe, Canada and America.

YouTube videos:

Sweden Becomes the First European Islamic State."Peace Be upon You."

<https://www.youtube.com/watch?v=4NiYcLgcSo4>

<https://www.youtube.com/watch?v=Htxxhz0rvtE>

Come to Malmoe, Sweden, and see what the New World will look like

Austria Says "NO MORE!" To Islamisation

<https://www.youtube.com/watch?v=nclo6B8DH4Y>

spray painting messages of hate against Muslims and Islam...swastika painted on mosques...anti-muslim slogans...

England, Going, going - published Jan 3, 2018

A diverse and divided Britain, The people of Oldham's views - published Dec 5, 2016

White Flight: Diversity extremes push Londoners' exodus

SMART BILLBOARDS SPYING

Continued from p. 5

IS THERE A BIGGER PICTURE TO ALL OF THIS? OF COURSE THERE IS

The only reason I wrote this article is because I thought that some strange things were happening as I drive by the billboards. I stopped watching television and also stopped listening to the radio, except once in a while when the clock radio alarm comes on. I felt that some of the billboards are targeting me, in the way the billboards are supposed to be targeting people. So I did a search on the Internet with using related terms and came up with some articles on digital billboards. From what I learned, like our televisions and outdoors equipment, there are built-in cameras in these billboards that track drivers and also build a profile on them. The billboards are equipped with computerized equipment that possesses intelligence. As you drive, don't be surprised if a billboard flashes you a sign, symbol or message that triggers you to go shopping, or even triggers off some familiarity within your head and thoughts that nags you, and then you start thinking that you are being targeted and tracked, and others think you are paranoid. The digital billboards are there for a reason, aside with giving out some news, they are there to draw you into the malls to spend your money. The way the technology is set up, you can instantaneously receive a message on your smart phone about a product you have shown interesting, and before you know it, you'll be thinking that's a good price and suddenly as if mind control you are turning into the parking lot of the shopping plaza or mall to go shopping.

According to the article 'Smart Billboards Target Individual Motorists and Spy on License Plates and Cellphones by Mass Privatel' it says, 'An article in *McClatchy*, warns that a new generation of "smart digital billboards will detect the make, model and year of oncoming vehicles and project ads tailored to the motorist." This article states that these billboards can even figure out the driver's personal information, race and conclude the salary of the driver based on the vehicle being driven. Today, our life is now an open book, so guard it as much as you can.

IS THERE MORE TO ALL OF THIS THE NAME 'MASS PRIVATEL' SAYS IT ALL

Privatel? I am reading a little more into this name 'Mass Privatel.' I see the words 'mass', 'privacy' and 'tell.' In other words, the message to the mass is tell us your privacy. And they are clearly sending the message that they know what goes on in your privacy.' Do they really. Of course THEY do. They know what the Mass is doing and they know what goes on in our homes and backyards and where we are on the road. The deception took place little by little feeding the mass with 'everything nice like sugar and spice' getting everyone addicted and hooked, in the people becomes addicted to drugs and its hard to get off.

SIGNS AND SYMBOLS RULE THE WORLD NOT RULES AND LAW...Confucius

I may sound paranoid, but a person does not have to be connected to the internet to be targeted. I've just written on these digital billboards spying on us. Thus we can be targeted in many ways,

even when we are writing on a piece of paper on our desks or we can be monitored even when we are in our own yards. Trust me. This is happening. And you don't have to do anything wrong or bad. You could be the person inventing something, whether it's a new invention, music, writing songs and literature, or having a discussion with someone about a top, and all of that can all be stolen in a flash and you will never even know it. Unfortunately, because of our addiction to making life easy and comfortable, we have created a Digital Prison for us, and much worse for our future generation. You just have to read a little more into the labels like 'Mass Privatel.' These are the signs and symbols that's telling us what's taking place. Are these cameras, and spying, not about rounding up the mass? It's obvious, isn't it, that we're now under constant surveillance, and privacy is completely out the window?

As a recap, in the article 'Signs and Symbols' I wrote on some of my experiences as to how we are being spied on. Within this article I post an interesting experience in real life and with the digital board under the heading 'The two women that spoke a foreign language singing a hook from one of my songs and the digital billboard.' I then asked the question, are these digital billboards being used for other reasons that just advertisers sending us ads? In that same article I mentioned that as I was driving, and a digital sign board read out something like 'You, focus on the road...' as if it was telling me to focus on the road. I thought that that was ironic because the digital signs are there for us to read the signs taking our eyes off the road.

References:

- 1)How shopping centres are spying on you by Reid Butler3 months ago
<https://honey.nine.com.au/2018/02/08/19/53/how-shopping-centres-are-spying-on-you>
News Royals Style Celebrity Homes Kitchen Travel Coach Mums Horoscopes MAFS react-empty: 96react-empty: 98
- 2) Smart Billboards Target Individual Motorists and Spy on License Plates and Cellphones by Mass Privatel
<https://www.activistpost.com/2017/09/smart-billboards-target-individual-motorists-spy-license-plates-cellphones.html>
- 3)Smart billboards are checking you out – and making judgments by Tim Johnson
<http://www.mcclatchydc.com/news/nation-world/national/economy/article174196456.html>

RAMADAN

Continued from p. 13

The length of period for Fasting (Sawm)

The book 'Being Muslim by Haroon Siddiqui', on p.67 states that 'Muslims fast from sunrise to sunset during the month of Ramadan, which may be 29 days or 30, depending on the sighting of the moon.' This author discusses fasting on p. 68 and then went on to say that fasting is 'also designed to inculcate self-discipline, self-control, self evaluation and patience.' On p. 68, the author says, "The last ten days are considered to be the most blessed, and Muslims make an extra effort to stay awake and pray."

The book Teach yourself Islam by Ruqaiyyah Waris Maqsood on p.77 states, 'Ramadan is seen as the most significant of months, a time of spiritual and physical discipline, and a time for making extra effort to spread love, peace and reconciliation.' This author states that Muslims are involved in cultivating 'a peaceful and prayerful attitude of mind' by fasting for the month with self restraint and giving up food, liquids and other habits during the fasting hours for this month.

I'tikaf

On page 80, Maqsood explains that during the last ten days of fasting, some Muslims 'withdraw altogether from ordinary life and go into retreat' where they devote time during the day and night to their practice of prayers, Quranic reading, dhikr. During this time some men, including older teenagers will also remain inside the Masjid and also sleep there for the last ten days.

Specifics on eating and fasting during the day

Aside from the book Teach yourself Islam by Ruqaiyyah Waris Maqsood, another good source on fasting is the article from <https://www.islamicfinder.org/special-islamic-days/ramadan-2018/> that describes what goes on before, during and after fasting each day. Information from these two books are mentioned below.

Suhur and the fajr (dawn) prayer

Muslims get up before dawn and have a small or light meal. Shortly after, Muslims say the first prayer to begin the day known as the Fajr prayer, and fasting commences for the day.

Note, in places like Saudi Arabia and around on the equator, the night and dawn are completely distinct and separated, but in the year 2017 and 2018 in the northern hemisphere in places like Edmonton, the night and dawn are not distinct and thus the time for making fast and saying the Fajr prayer is calculated since an actual time cannot be determined due to Mother Nature. Therefore due to the tremendously long daylight hours in the northern regions in the summer months, there are man made rules on when to begin fast and when to break fast. Because the long fasting hours can drain a person in many ways, some scholars say to follow the Mecca time in Saudi Arabia, but this is all debatable and people just do not want to change because of fear and the harassments they will get from others.

Zuhr and Asr prayer

During the day as Muslims go about their work and chores, the Zuhr and later the Asr prayers are carried out.

Iftar and the maghrib (evening) prayer

After a day of fasting, and where Muslims can be tired and weak, as soon the sun sets, it's time to break their fast with something to eat, known as iftar, such as dates, fruits, tea, sweet drink, but often dates are used, as Prophet Mohammed often broke his fast with dates. After eating something small just to break the fast, the maghrib or evening prayer is said, and after this prayer practitioners will eat; there are many that have a small meal, many that also have a big meal which in a way defeats the purpose of the fast especially if a person over eats then goes to bed after. One must consider the health benefits that comes with fasting. It's important to consider what Prophet Mohammed taught about eating: 1/3 of the stomach is for solids, 1/3 for water, and 1/3 should be empty.

Tarawih (Quran Reading)

After breaking fast, the last prayer is the Isha prayer. Tarawih is an extra prayer session that takes place after the Isha prayers where many Muslims recite the Quran as a part of the prayers, and where they can be at the Masjid for an extra one and a half to two or more hours praying, as the goal is to recite the entire Quran during the month of Ramadan.

Laylat ul Qadr

Laylat ul Qadr is the night when the revelations of the first verses of the Quran first began to Prophet Mohammad. Laylat ul Qadr is translated to the 'Night of Power.' It is not certain which

night this is, but this night often takes place on the 27th Ramadan. However, scholars say that this night could be any one of the odd nights during the last ten days of Ramadan. Because Muslims take the time to plan and make an extra effort in their practice during the last ten days the blessings are tremendous.

Eid celebration

It's been a month of reflections and now it's time to celebrate - reflect and celebrate - as the month of fasting concludes with the Eid ul fitr celebration.

THE SPIRITUAL SIDE OF ISLAM

by Faisal Ally... This article was modified and updated for the May 7, 2018 update edition of this magazine. In this article and the other articles Allah and God are used interchangeably.

Based on the practice of Prophet Muhammad and the Sahabas *companions*, Islam brings a very spiritual way of life, but it depends on the practitioners, as in every discipline, the practitioners practice to varying degree, whether its Buddhism, Sanata Dharma, Christianity, Judaism, Islam, meditating, tai-chi etc... The first generation Muslims were the best at the spiritual practice of Islam, then the second generation and then the third generation, and by the third generation and after, spirituality as being practiced at different degree different degree, where today Islam can be very strange to some, as some Muslims do not even practice but still calls themselves a Muslims, and some of the principles have been taken out of context. But the fact is, Islam shows the path towards enlightenment only if the practitioners put in the time and devotion.

During the month of Ramadan, millions of Muslims spend a lot more time reading the Quran, praying, reflecting, and practicing of dhikr, becoming more spiritual during this month than they were during the year. *Dhikr is similar to meditating where a phrase using an attribute of God such as Subhanalah is repeated over and over with great focus so the mind is in the present moment.* During the year, often worshippers become busy with their lives and the duniya world and do not practice and reflect the way they do during the month of Ramadan.

PROPHET MOHAMMED IS THE ENLIGHTENED ONE

It's been over 1400 years since Prophet Muhammad (570 to 632) had departed from this earth. There are many questions as to how he practiced Islam. As I've stated above by the third generation of Islam, the practice was becoming strange or lost to many. The life of the prophet and sayings and how he preached were collected 200 years after his death and these books are called the Hadith. Was Prophet Mohammed a very spiritual person? What we know today is Islam is the biggest or will be the biggest religion on the planet and millions go on the Hajj pilgrimage, prays 5 times a day, fasts, gives to charity etc... And we know that through Prophet Mohammed the society he lived in was completely transformed due to his devotion to Allah *God* and the people. My answer is, Prophet Mohammed was the enlightened one, in the way the Buddha is called the enlightened one, but very often people for hundreds of years now do not focus on the teachings of Islam in the way the Prophet and the sahabas did. Not only did Prophet Mohammed brought about a great transformation to the evil and corrupt society he was born in, but he had transformed the lives of the people in that society, and his teachings continues to do so for billions and billions of people over the centuries and across the entire planet, and as more people learn the truth about Islam, the more people are accepting this way of life as Islam continues to be the fastest growing way of life on the planet.

About 10 years ago, at one of the Masjids, I met a person from Morocco by the name of Kareem for the first time, and he gave me the two books he had with him that was worth a lot of money, and he refused to take any money from he. He is a very generous person with a truly a good heart and is not doubt an enlighten person engaged in his practice. I still have the books. I will refer to The Book of Assistance by Imam Abdallah Ibn Alawi Al-Haddad, who is a direct descendant of Prophet Mohammed, and had lived in the twelfth Islamic Century.

Continue on the next page...



The Book of Assistance by Imam 'Abdallah Ibn 'Alawi Al-Haddad Of the Twelfth Islamic Century (1101 - 1200)

On meditation and Prophet Mohammed

I had taken a three-day seminar in primordial sound meditation back in 1994 from Dr. Deepak Chopra and his team (Dr. Chopra was the head of the Mind/Body Clinic in America), and I'm still a devote practitioner in the tools they had given me, which I apply to my everyday life and my spiritual practice of Islam. I fully understand the benefits of meditation, as I have been writing on my meditation experiences since the year 2003 in the 40 page printed magazine called Cariwave, The Caribbean Magazine. We must keep in mind that before Prophet Mohammed became a Prophet, he had devoted a lot of his time meditating. The Book of Assistance discusses many practices of Prophet Mohammed. I will briefly look at a few lines from this book and explain why Prophet Mohammed is the enlightened one.

There are different forms of meditation, but the main benefit in all meditation practices is being in the present moment, having present moment awareness, bringing silence to the mind and ridding the mind of negative thoughts, which relieves stress, anger, along with many more benefits. I have stated in my writings that an Islamic prayer is very similar to meditating once a person takes his/her time, focus and when drifts off or when distracted that they would quickly catch themselves and return to their practice, so to keep improving, and to become more focus so every moment in their practice counts as part of a rejuvenation or one can say blessings or being rewarded right at the very moment. During any prayer session for the best rewards, the mind 'must be emptied of all distractions and unwanted thoughts, quieting the over active mind.' It's a matter of being mindful and cultivating his/her practice to the fullest, and this is way of Prophet Mohammed, a practice of the inner and outer dimension leading to the path of enlightenment, and he was the enlightened one to have accomplished so much in his lifetime.

The Inner Dimension of Islam is what Prophet Mohammed practiced. What does The Book of Assistance say about Prophet Mohammed practice?

The Book of Assistance states on p.31 that a person 'should set aside one or more hours' (within a 24 hour day) for reflection. In other words this book is telling us that Prophet Mohammed had spent hours in his practice. It states that 'the best time for reflection (reading and studying the Quran and seek knowledge) is the one in which are the least preoccupation, worries, and most potential for the heart to be present, such as the depths of the night.' This reassures us how important silence in during our practice whether it's external or from within us, and that the practice removes negative things such as worries and expands the heart, and this was no doubt a big part of Prophet Mohammed's practice. Imaam Abdallah Ibn 'Alawi Al-Haddad is a direct descendant of Prophet Mohammed and lived about 500 years and not 1600 years after the Prophet had departed, and thus would have more accurate information on the practice of Islam through his book, The Book of Assistance. On p.33 it states, 'This kind of reflection results in losing all desires of the world...' The book states 'you must reflect and comprehend while you recite; slow melodious recitation will assist you...' On p.47 of the book, it discusses 'Inward cleanliness' and the purification of the soul from 'pride, envy, love of the world etc....' In my life I often try to rid myself of worries, stress, anger etc. and I do this through my meditation practice. On p. 41 of the book, it states '...polish the mirror of the heart by continuous remembrance (often through dhikr) and reflection (fikr) and shunning everything that might distract you from devoting yourself entirely...' P.43 speaks of obligations (such as fasting, charity etc...), prohibitions (such as alcohol, adultery etc....) and the increase of 'supererogatory (extra) devotion. In other words, Prophet Mohammed had spent a lot of extra time in prayers aside from the 5 daily prayers. Thus the more time I spend in my meditation the greater the benefits are for expanding the heart and ridding myself of stress and anger. On p.10 it states

‘And know that drawing nearer to him can only be done through the obligation and supererogatory (extra) devotion.’ Thus God is the focus of the practice in Islam, and by focusing on God a person’s mind have to be silence, even when there’s a pause that pause must be filled with silence. I practice silence through my meditation practice. From the above mentioned passages of this book, we see the kind of practice the Prophet was engaged in, and the benefits are immediate as meditation brings benefits in the present moment, and you do not have to wait for the afterlife for these blessings. These blessings are immediate - a rejuvenation of the body, mind and soul, and with knowledge this all leads towards the path of enlightenment.

**Worship him as if you can see him,
and if you can’t see him, he can see you**

Benefits of these practices

God commands us to worship him as if you can see him. The Prophet and his companions did not only pray 5 times a day, but they prayed extra at nights when it was quiet, and that could go on for hours, so their minds are in a state of calmness, quietness, and at peace, and this is how a person wants to feel during the day by focusing and carrying their daily prayers. The more the practice, the more the opening and purification of the heart. On p. 24 of the book, it states, ‘The Messenger of God said....The best of my nations’ devotion is the recitation of the Quran.’ Every night before going to sleep it’s important to read verses from the Quran and or even to be engaged in dhikr *the remembrance of God*. This keeps the mind away from being too active with unwanted thoughts that can keep a person up all night.

Remember Me and I shall remember you

In the Quran God says ‘Remember Me and I shall remember you.’ This is done through prayers, worshipping, and the remembrance of God (dhikr).

Striving to perfect your character

We strive to perfect our character through good deeds such as speaking nice to others, giving charity, taking care of our parents and the elderly etc...and taking on our responsibilities and being held accountable for our actions so we can learn and grow from our mistakes. This all leads to the opening of the heart and towards the path of enlightenment as we continue to strive everyday to improve our character. The teachings of Prophet Mohammed through Islam brings great spiritual benefits, transformation and leads towards enlightenment depending on how you practice and how much you practice.

Prophet Mohammed, the enlightened one showed us the way to the inner and outer path

Today we often hear about Sufis and Sufism as being the spiritual side of Islam, but that’s incorrect because, the Prophet was a Muslim and Islam was his practice, he was not a Sufi, nor did he practice Sufism. Not only did Prophet Mohammed transformed his society and the lives of his companions and the people of his time, he taught them how to purify their hearts, body, soul and minds through the teachings of Islam.

TASAWWUF, SUFISM - INNER DIMENSION OF ISLAM

The word tasawwuf may not have been used during the days of Prophet Muhammad, but today and for centuries now, both the words tasawwuf and Sufism is used when speaking of the inner dimension of Islam, even though Islam already teaches these principles, and does not need a new word such as sufism. My understanding is, like the word Hinduism, the word ‘Sufism’ is a western term to identify practitioners that are deeply spiritual in their practice - the ‘inner dimension of Islam.’ The Prophet was not a Sufi nor was his companions. They were Muslims *a person that submits* to Allah and they practiced Islam *submission to God*. During the time of

Prophet Mohammed the words Sufi and Sufism did not exist, as in those days Prophet Mohammed and his companions were already very spiritual beings based on the information presented in The Book of Assistance. In the days of the Prophet there were also no names such as Sunni, Shia, Ismailia, Ahmadiyya etc... Thus today Islam can be very strange to some due to all of these divisions and sects and all the bickering that goes on.

Sufis are Muslims where many pray five times a day. They are not from a different sect. They carry out extra sessions during the week where groups are formed to carry out their practice, and they can become very focus and very spiritual in their practice. There are many Muslims that also get together to do extra sessions carrying out Quranic reading and teachings and can become very focus and very spiritual, so in reality we really do not need new words like Sufi and Sufism to express the spiritual and inner dimension of Islam. These Sufi groups often have a Sheik or a learned person to guide them. For example, during the year, a group may meet on Thursdays each week to do dhikr *the remembrance of Allah* by repeating phrases over and over and also read and reflect on verses in the Quran to increase their spiritual practice. Dhikr brings them closer to Allah. A phrase would be an attribute of Allah, such as Subhanallah *Glory to Allah*, Alhamdulillah *The (my) praise be to Allah*, Allahu Akbar *Allah is greatest*, etc... This is exactly many most Muslims do anyway. What may seem strange to many Muslims is the practice of some Sufis goes into deeper focus and meditation by using music and dancing in their practice such as the Whirling Dervishes of Turkey. I believe it's okay to have hobbies as I play a guitar but my playing has nothing to do with Islam - it's just a hobby in the way some people spend a lot of their day texting each others or playing a game of chess or soccer. My take on these extra activities that include whirling, dancing and music should be seen as a hobby, something that's completely outside of the obligatory practice of Islam.

I learned to meditate many years ago and since then I have been an avid practitioner of meditation where I had taken a three day primordial sound meditation course from Dr. Deepak Chopra and his team back around 1994, and I brought this practice into my way of life and into my prayers so I can have more silence and focus in my prayers, reflection and remembrance of God. And because of this inner practice I was told that I'm a Sufi, although I know that I'm not a Sufi, but an average Muslim that's trying to focus more on my inner dimension. **In the health article in this Edition, I listed some of my meditation practices I'm engaged in where I expand on silence and say my prayers slowly to reflect.** I also want to make each of my prayer session count by reflecting, focusing and understanding the classical Arabic words I'm using in my prayers so I connect better to the Almighty, and I get better by practicing and spending more time practicing. Sometimes, I spend extra sessions during the week engaged in dhikr with a few people I know, carrying out my dhikr similar to the way I used to meditate with a Sanskrit mantra, but I use one of the attributes of Allah, such as Subhanallah, where I focus and bring silence and widening the gaps of silence as I repeat my phrase, and then trying to remain in silence for a period of time with no thoughts rambling through my head. And when I become distracted I continue my dhikr to remove the distractions to bring my focus and silence. This is a part of my everyday life where I do some dhikr daily and keep reminding myself that I have to strive to perfect my character. I am certain that the Prophet had some of the greatest practice and focus that led him towards enlightenment and he is no doubt the enlightened one.

**Your practice must be as if you can see Allah,
and if you cannot see Allah, he certainly can see you.**

In one of the Hadith it states that Prophet Mohammed said your practice must be as if you can see Allah, and if you cannot see Allah, he certainly can see you. During the months of Ramadan, millions of Muslims will become more serious about practicing the way Prophet Mohammed and the sahabas used to practice, opening their hearts, looking at their inner and outer dimensions,

and becoming more spiritual, so it's important to keep reminding ourselves to detach from our thoughts, worldly things and bring silence into our everyday practice.

I am not an expert in Islam or the practice, but from my learning and knowing how important focusing and silence is, I personally find some of the Masjids to be very noisy before the obligatory prayers begin when people are trying to focus. I encourage each person, as they enter the Masjid, the place of worship, to enter quietly and upon entering to remain quiet so others can focus and it's best to begin your practice immediately and focus to get the full benefits for the time you spend in the prayer area. It's best to greet each other before entering the prayer area, else leave it for later outside of the prayer area...Fisal Ally.

HEALTH TECHNIQUES

Continued from p. 52

I had learned to meditate - many years ago from the seminar by Dr. Chopra, and I used to practice my meditation religiously with the mantra that was given to me based on my birthday and my vibrations in the universe. I later replaced the mantra with a phrase used in Islam.

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*)

Using the first method

I commence my meditation by sitting comfortably with my palms on my lap. I close my eyes for a few minutes? What happens? All kinds of thoughts kept coming and going? Of course.

Now, sit, relax and close my eyes again and begin saying my phrase over and over for a few minutes, trying to let go of the thoughts in my head. By saying the phrase over and over, this phrase should replace the stories and blaming that goes on in my head. How does it feel to have such a simple phrase now swirling through my head instead of my rambling thoughts? Good of course. As a beginner, a person's thoughts and rambling stories will surface over and over. When this happens, the goal is to catch yourself and start repeating the phrase over and over again. 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.

As I continue to repeat my phrase, I slow it down. Now there will be gaps of silence in between the phrase. I continue to slow down my phrase. Let the silence gaps between my phrase get bigger so I have more silence between my phrase. Let the mantra become slow and fade, so I remain in silence as long as I possibly can. The thoughts will come back. Repeat the process. Over time a person gets better at it. I used to do this for 20 minutes to 45 minutes every morning for a year.

Using the second method

I inhale slowly feeling the air flow through my nostrils, down my throat and into my lungs as my lungs expand. I remain focusing as I exhale slowly feeling the air moving through my lungs,

throat and out my mouth. Repeat a few times, keeping my focus on my breath. If my thoughts are on my breath, this means that a person's thoughts are not on the stories and blaming that goes on in the person's head.

The next section below are parts from the Diverse City Magazine, Christmas 2017 Edition, p.11

Focus

While meditating, your thoughts will come and go. It's important to catch yourself, when this happens and start focusing back on your breath or mantra (phrase).

Hard to let go and things keeps popping up in your head

Keep a notepad and pen next to you and write it down and now let go of them, now that you know it's on paper and that you won't forget about them.

Becoming engaged in a 'No Thought' period of silence

1) 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...

2) As my thoughts come and go, I let go of my thoughts, As I let go, more thoughts...will pop back into a person's head because people are so conditioned to be thinking and planning all day.

For anyone interested in meditation, it's import to seek professional training. For professional training visit 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: This article does not offer advice. The writer is only sharing his experience 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.

This article is a combination of the following articles written by myself back in 2017 with some minor modifications....Fisal Ally

REFERENCES:

1) Diverse City Magazine, March 2017 Edition, Sharing my experiences in meditation by Fisal Ally; p.9, 15, 16, 17 that discusses two techniques

2) Diverse City Magazine, Christmas 2017 Edition, Rejuvenate and celebrate by Fisal Ally; p.10, 11, that looks at how I use my breath while I'm meditating to silence my thoughts...Fisal Ally

FURTHER READING MATERIAL ON THIS TOPIC:

Because the topic on meditating is so important to our health, I added the following new article written in April 2018 by Emily Holland that came to my email from the Chopra news letter to my email in April 2018. In articles I wrote back in 2017, which covers a few similar topics to Emily

Holland article as readers and can lots from reading both articles. I also listed some of my other articles from the past that can be very beneficial in this area...Fisal Ally

1) The Side Effects of Worrying—and What to Do Instead

By Emily Holland

<https://chopra.com/articles/the-side-effects-of-worrying-and-what-to-do-instead>

This article was published in April 2018 and came to my email i

This article is also a good read on worries and anxiety which was also recently written by Doctor Chopra around April 2018 and I recommend these readings to anyone that have problems concentrating and are pre occupied with their problems, worries and thoughts...Fisal Ally

<https://chopra.com/articles/how-to-get-over-your-anxiety>

2) How to Get Over Your Anxiety

By Deepak Chopra, M.D.

3) Cariwave, Spring 2017 Edition, Change your thoughts, change your life by Fisal Ally, p. 16, 22, 23.

4) Cariwave, The Caribbean Magazine Summer/Fall 2003 Edition; Life's Journey, There's a place where everything's all right by F. B. Ally, p.25

SIGNS & SYMBOLS RULE THE WORLD

Continue from p. 33

I watched the video and that's when I began to learn about the different meanings that are conveyed by the same exact symbols by different groups of people. It's similar to when you go shopping at a store and you give them your email or you go to a website and they start targeting you with ads, but I had only taken some pictures on that board in St. Albert. We now know that if we are searching for something, the system is now set up to spy on you, and send you related information. Let's hope that the system is not being setup to gossip about you and cause you grief and headaches.

Logos and triggered words

Stores signs often have a logo that catches people's attention, and to draw them into the store and do some shopping, as there's lots of competition between stores. Even certain words on signs draw people to those places, as if the words are triggered words. Some words trigger a good feeling, while other words can trigger anger. Hopefully all messages, words and symbols out in the public are their to trigger good feelings and not anger. When it comes to signs and symbols, imagine flashing someone the middle finger and see what the reaction would be just from seeing that symbol. What I do know if you flash that symbol to someone driving that can trigger anger and a road rage.

What about when we are not on line, nor connected to the Internet, nor have a cell phone, as I have already mentioned while I was taking the pictures in St. Albert, can we still be targeted in some ways by advertisers or others? We now know that if we are searching for something, the system is now set up to spy on you, and send you related information. Let's hope that the system is not being setup to gossip about you and cause you grief and headaches.

The image of a cat with the number 4 appeared on my internet page

On Wednesday, April 18, 2018, I went to my website provider and created a new password for my email info@signaturewithlove.com. Around 7:34pm, I went on to the Internet and there was an image from my website provider on creating an email account. That's understandable if advertisers are targeting us and we are already aware of this. At 11:34 pm, I went back to the same page and now there was another image with the article title: Why Chinese Speakers Cut Their Hair Before New Year's. On the image, the first thing I saw was a cat and the number 4 right after the cat, and that immediately triggered off something in me because earlier I had changed my password to SneezeRaouf4, where Sneeze and Raouf are cats and the 4 meant that there were 4 cats in the novel Signature with love which I wrote. I did not do any search for anything to with China or anything to do with this article that was sent, so why did that article come to me, and why did the symbol of the cat and the number 4 reminded me so much of my password. Because of the combination of the cat and the number 4, I was drawn to the article - those were the trigger image and number, else I would not have even read it.

I clicked on the link and open the article because I wanted to see what was inside the article. The article said it was created April 12, 2018. I read through the article and did some searches on the word 'cat.' The article spoke of fish, the number 4 and other things, but nowhere in the article was the word cat mentioned. So why did the image even have a cat on it. I did a search for that same article on the web at around 11:28pm that same night and that same article was posted on January 5, 2017. The following day, I did a search and only found the article that

was posted with the date April 12, 2018. Also with the Internet it's easy to change dates and time, and add pictures to an existing article.

Above the image with the cat and the number 4, there was another article with no image and it said, '20 great lake and mountain holidays in Europe.' Earlier during the day, while off line and not connected to the internet, I was fixing up an article about a lake in Guyana. I did not do any searches for lake or lakes, so why did that article even come to my page.

The fish on the ad

I complete a fish kite and a bird kite for the Easter Kite Festival. And that same evening, on Sunday, April 15, 2018, I turned on my computer at around 7:40pm and my computer brought up the Yahoo home page, and the first thing I saw was a BMO ad on the right side with a fish, more like a side view and I thought that my fish kite does have a resemblance to that fish. I laughed and in my diary I wrote a couple of lines on this and I wrote down, "I laughed." The ad disappears, and it would not return for me to analyze the fish. I refreshed a few times and it still would not come up. After having seen that image with the fish, I thought that my fish kite was just fine as I was just using my imagination to make the fish kite. I waited for a minute for the ad to come back, but it didn't. I refreshed my screen to see if the ad would pop up again and it wouldn't.

The chicken on the ad

Then about a minute or two later, a sign with one chicken kicking another chicken showed up on the left side that have the latest news with images of people and politicians. It was odd for that chicken image to show up, and since I was also making a bird kite, something triggered in my head, so I clicked on the yellow chicken image to see what it was all about and it was a slide show from 2017. I opened the file and the heading stated '...you'll laugh anyway...' I had just written down in my diary 'I laughed' and now that I clicked on the image it said '...you'll laugh anyway...' I thought that was interesting. I looked through the slide and each and every slide had cats and dogs, but no birds. The following day, that image came back and now the slide show was long, and it looked like many new images were now added which I did not see the previous day, and this time there were some birds. Interesting again. Based on the image having a yellow color, I decided to put on yellow paper on the kite instead of green. In the end I was not happy about the yellow color.

Creating a Box Kite

After I had completed the box kite, I had taken the box kite and two other kites outside and placed them on a tree and took some pictures. I stuck the box kite through a stem on the tree. That same evening I went on the computer, and an image appeared saying, 'How to pick a Career.' The image had boxes that resembled the length and width of the box kite and not like a regular box. The long boxes on the image each had a cable attached to them like the tree stem attached to my box kite. I clicked on the article and there were no images of any box or anything that looked like a box kite, although it did talk about box and I did do any search for any related article, so why did this image appeared.

An image showed up that said 'Take off the mask'

Prior to making the Box kite, I had completed an Indian style kite that looks similar to a traditional kite, which I learned to build from a YouTube video. It was plain, so I added a face to it. I wanted another kite and I quickly built a traditional kite that's made of a cross within about half hour and because it was also plain I added a mask. Right around that time another ad showed up saying: Drop the Mask: The Freedom of Living an Authentic Life ; the image shows

a female with a mask over her eyes. I did do any search for any related article so why did this image show up?

Snoring image

Around this same time, I went and took a short nap on the couch. I got up and turned on the computer, and an ad on yahoo appeared with an image of a man on a couch snoring and also provided information on what to do about snoring. This image would not go away and it kept returning.

Sowing

Around April 10, 2018, a new sign about 20 yards from where I live (if you draw a straight line) replaced another sign which I will discuss below. The new sign message was on the institution NAIT where I had spent 4 years in the past and had even taught a Quality Management course. The sign says similar to **“Sowing seeds for the future.”** As I drove around there were no other sign like this around. The word ‘sowing’ had caught my attention because in the Feb / March 2018 Edition magazine, I mentioned the Pepperpot sowing club. In the Easter Edition of the Diverse City Magazine released on Apr 3, 2018, I talked about sowing and I had provided pictures of two images of sowing machines, a prayer jacket that I had sown, and a handbag that was sown by someone else. I thought that it was interesting seeing the poster from NAIT not far from where I live. In a previous magazine a few months back, I wrote an article on ‘needle and thread’ under a new section called Arts and Craft, where anything to do with arts will fall under, such as paintings, drawings, home made items etc... Also in my short unedited book called ‘Standing up against racism’ released on December 14, 2017, I had discussed a few situations at a few places although I did not list the names of those places. Two of these places had ads going up on bulletin boards in the path I take all the time. For me this is all interesting because I’m researching on signs and symbols and how and why they are used or posted.

In the Apr 3, 2018 Easter magazine edition, I had mentioned that the company name of a person I knew from decades ago whom someone had met up with and we were discussing where this person works. Prior to the NAIT ad on sowing, that same company name showed up on board which is about 20 yards from where I live a few days after our discussion, and I know for sure that this person has no idea where I live. Days later that same ad began to appear in more places a long the route I drive and on one street there were many ads by that same company. It’s interesting that the ad was removed from this particular board and the ad about sowing was placed there. Note, in the article ‘Digital billboards are spying on us’ I wrote about how we are being targeted using different methods.

Under Highlights - Chinese Workers and the sowing machine

On the Internet, while I was getting the other digital images as mentioned above, an image showed up with the name of the article, The Chinese Workers Who Assemble Designer Bags in Tuscany. The image shows a person on a sowing machine sowing bags. I did not do any searches on any of these topics, nor for sowing, so I just find it interesting that the word ‘sowing’ is showing up.

Reflect and celebrate

There are many sign boards that are clustered together by shopping areas, but all of the signs boards I’m referring to are in the clear and by stop lights and are not clustered around shopping areas, so I notice them.

Going back about 6 months, just before Christmas as people were getting ready to celebrate the holidays, as I was driving down the path I take regularly, a vehicle commercial was on a bulletin

board and the first word in the line caught my eyes was the word 'Reflect.' It's hard to read the whole line, but I caught the first word 'Reflect.' Then a few days later, on the sign that's about 20 yards from where I live, there was a new ad that spells out loudly 'Schelebrate' or something close to that, and immediately the words 'Reflect and Celebrate' was in my head, and I started to sing my song called 'Reflect and Celebrate', which I was promoting in the magazines, so after seeing the word schelebrate, I started to say 'Reflect and Schelebrate.' Signs and symbols do affect us inside.

The sign with New Amsterdam - about 20 yards from where I live

In the same area with the sign 20 yards from where I live, about a year ago, in front of the liquor store in the small shopping plaza, in big letters was written 'NEW AMSTERDAM' on the sign near the road, referring to a liquor. That was when I learned that a liquor is called New Amsterdam, and New Amsterdam is a place in Guyana where I lived at when I was a boy, and I have been writing a lot about New Amsterdam around that that time. I knew of Demerara and El Dorado rum from Guyana, but it was interesting to learn that a liquor is actually called New Amsterdam.

Talking about a tax credit with the neighbor while shoveling the snow

This is an interesting one. My neighbor and I were talking about a credit while shoveling the snow. I was not aware that this credit existed. That same evening, I went to Yahoo and there was an ad about this same credit. This ad then disappeared and I never saw it again. I went into my email and there was a relating email, but not on the credit. I went to my account relating to this ad and I got into my account. A day later I tried to get into my account twice and I could not get in. I called the help desk and they reset the account, but they did not reset the password because I knew my password. Once the account was reset, I got into my account using my same password. I just thought that it was a bit odd about talking about the credit outside, and then receiving an ad about that same credit, and then a related email and then I started to have problems entering my account. I sure hope that my account was not hacked and all of my personal information such as social insurance number etc...was stolen. I hope that I don't find out one day that my system was hacked and someone has stolen all of my personal information and is using them.

Guyana flag at the United Nations Building

As a part of the Easter Kite Festival, I built a kite with the Guyana flag design and added it to the magazine cover, and a day or two later, a video came to my space, and it was about the war that's taking place, so I opened the video and immediately and surprisingly I noticed the Guyana flag was the first flag shown amongst a few flags at the United Nation Building. I thought that was cool because Guyana is unknown to many and I've never seen a Guyana flag as being the first. I sent out the link to about 10 people. Someone replied saying he watched the video. A day later, another person replied saying the link is gone. I believe that there were already at least 600,000 views on that links. But what I don't understand is why that link had suddenly vanished after I viewed it and sent it out. I even did a search to see if I could find the link and I couldn't find it anywhere.

The two women that spoke a foreign language singing a hook from one of my songs and the digital billboard

About a month ago, I was in a café I go to a few times a week, but not every week, and one of the female workers kept playing a video on her cell phone, but I could not hear it. I just know that she was taken up with her cell phone and showing some other people. Then about 10 minutes later, two women - probably in their 30s or 40s - whom I have never seen before entered and sat down. The two women and the worker were speaking a foreign language, and the worker

started to play them a video with a small phrase of a song with the lyrics “I’ll die for you.” About half an hour later, as the two women got up to leave, one of them sang the hook in a nice voice. For me that was very interesting because that hook sounded very familiar. When it comes to songwriting we do not often create words and phrases, but that phrase and the melody was the same hook from my song called “Our Way (Champs).” A few days later, as I drove down 170 St just past Stony Plain heading west, the digital sign flashed the words ‘...I’ll die for you...’ That’s even more interesting because I believe that there can be coincidences, but I do not believe that this is a coincidence. Signs and symbols are very interesting. See the article on ‘Digital billboards spying on us.’ My question is, are these digital billboards are being used for other reasons that just advertisers sending us ads?

Handshake

A year ago, on about four occasions the same individual had shook my hand and then did something different by giving me a second shake, like squeezing my hand between the knuckles of my index and middle finger. I researched on that handshake and found out that people from a secret society uses that hand shake or something similar to show dominance over a person, but in this case it may have nothing to do with that. I just thought that the handshake was strange. Some people do give one handshake and then another at the same time.

My latest signs and symbols

I went to a birthday celebration on April 21, 2018 and I was having some discussions. There was an avid bodybuilder who said that when a person hits age thirty it gets harder to put on muscle mass and even get ripple abs. I then mentioned an elderly gentleman who at the time was probably age 75 or even 80 with rippled abs, whom I had seen a picture of many years ago.

The following day yahoo posted an ad of the most rippled grandpa, and it happened to be the same person I was referring to from years ago. From my recollection, prior to this, yahoo was always posting ads with young boys with rippled abs but not the grandpa. I’m just surprised that this grandpa I was talking about showed up as an ad. At this same celebration, I was talking to someone else about plumbing and the following day an ad showed up with not only toilet bowls but also the plumbing parts. At this same celebration, a twelve-year-old girl entered with two smiley yellow faces on her t-shirt and I asked her about the smiley faces, and the following day, the two same smiley faces showed up as a yahoo ad. I don’t spend much time on yahoo, but these last three ads were all posted at the same time.

The oil filter

Around this time, I used an oil funnel to pour some oil into my car engine. Often I don’t use the oil funnel - I just pour the oil from the container into the car. The following day, an image with an oil funnel showed up on my page.

At the birthday celebration, the sound died on the amplifier so I could not play my guitar as planned

I had tested out my guitar and amp before heading to the celebration and it all worked fine. At the celebration, as I began to play the birthday song the volume of the amplifier decreased and then died, but there was still power to the amplifier. I then got my fender electric guitar that has no problems. I plugged it in and turned the volume knob and there was still no sound. I could not play as planned, so I joined the conversations. When I got home, the amp worked fine and so did my fender electric guitar.

Books recommend

On Monday, April 23, 2018, three new books recommended on my page are: 1) Seven thought experiments that will make you question...” that’s interesting because I was writing about mind

control experiments. 2) The changing face of the country - that's also interesting because and I've been writing on this same topic 3) Is Science Hitting a Wall? Part I; the night before I was watching a flat earth video and it was talking about hitting the dome ceiling.

Does any of what I have written answers the question about even if we're not logged onto the internet that our whereabouts are being tracked?

Digital sign boards distractions can cause major accidents

Around this time, the digital sign just off the Yellowhead trail and around 142 St began flashing symbols made by a person's hand, which are interpreted differently by different people. Digital signs do convey messages. On a digital board, the ad shows a check mark next to Edmonton, Alberta, and Canada. I wondered why, since we are already here in Edmonton and knows where Edmonton is. But my articles in the editions of this magazine, I always mention 'Edmonton, Alberta, Canada' because not too many people have heard of Edmonton in Alberta, Canada, unless it's Edmonton in the UK, whereas if you mention Bombay, New Delhi, Toronto, New York, Paris, Hong Kong, London, Florida etc...most people have heard of these places, and if you are mailing a letter from the US to Canada, make sure you put the postal code and Edmonton, Alberta, Canada, else your letter may travel around the world, going to Edmonton in the UK and then back to Canada.

As I was driving, another digital sign board read out something like 'You, focus on the road...' as if it was telling me to focus on the road. That's ironic because the digital signs are there for us to read the signs taking our eyes off the road. In a previous edition, about a month or two ago, I had written about how the digital signs were distracting me, and then not long after, I began seeing related messages from these signs on driving.

NEW ADDITION TO THE ABOVE

The section below was added on May 9, 2018 as a continuation to the above in my writing on Signs and Symbols, and also on Similarities which I spoke about in the past as I have been gathering data in these areas for the books and many of the data are based on real life experiences. All of the magazines are uploaded to the archives, and on May 7th, I could not bring up the archives website to upload the changes for the May 7th updates, but the new updates were uploaded to www.allymedia.ca. Some of the incidents may just be coincidences, but I believe most are real occurrences.

1) **I had PIZZA for lunch** then left home around 12:30 pm for a meeting at 1:30 pm

As I leave, from what I recall the sign with the word "**Sowing seeds for the future**" (See p. 87) was still on the big wooden billboard about 20 yards from where I live or it may have already been changed.

2) I reached the shopping mall area around 12:50pm and in the area there is a big digital bulletin board that flashed **WRITING HISTORY, ONE YARD AT A TIME**. I wasn't going to stop in the middle of the road to see what the digital billboard would flash next or what comes before that message. So, I thought to myself, 'Yes, I am writing history one yard at a time, and everyone knows that.' I have told others that over the past two years, I have been logging a lot of my historical experiences in the Cariwave and the Diverse City Magazines and in my books concerning the theft of my music and books which began in 2011 - the line that flashed at me on the digital bulletin board as I arrived at my destination yesterday sounds right about my history.

3) After the meeting I headed home and reached home around 5pm. I then turned on the computer and on my Internet page one of the highlights were “FROM PLANKING TO PIZZAS...” The word ‘pizzas’ reminded me of the pizza I had earlier, as if the word ‘pizzas’ was a trigger word to trigger of certain kinds of emotions from within me - maybe that’s what the messages from the digital billboards are suppose to do.

4) Around 5:55pm while having dinner, I went on the Internet to listen to a song, and a Pro Mix commercial came on with the words “**You strive for nothing less than perfection**” Pro Mix - **it’s beautiful...**” Nice hook, nice words. It was the first time I was hearing this commercial. I heard this commercial again on May 9th in the morning but now with a much longer version. Those words rang a bell as the day before on March 7, 2018, I added a new heading to the article ‘The Spiritual side of Islam’ written by myself in the Diverse City Magazine May 7, 2018 update on p. 78 with the heading ‘**Striving to perfect your character**’ on p. 80. Muslim lecturers often use words such as striving and perfecting when it comes to our deeds and character. I remember one lecture by a person named Kareem where he spoke about striving to perfect our character, and the article on The Spiritual side of Islam was the perfect time for me to mention these words. As mentioned over and over I do not create words and such phrases but I decide when to use them. I thought that this similarity with the Pro Mix ad and the timing of the commercial was interesting, and it’s easy to spot that heading in my writing. In the past I have been encountering a lot of these similarities with mainstream commercials and music with my original work and ideas, where as soon as I put out something original, a commercial will come out with something similar (a hook) as if I am being tracked by someone who is stealing my work and idea, and that would be classified as harassment. In the way I do my own research, people should also do his/her own research and come up with unique ideas. Later during the day, another image came in that says ‘The **Character**-Building School of Parenthood, even though I didn’t do any searches to do with character.

5) **As I was leaving to Victoria Park to do some walking**, the big billboard about 20 yards from where I live now showed a different sign on 96.3 FM advertising with ‘COMMERCIAL FREE’ and immediately I remember that in this same issue of the Diverse City Magazine that I spoke about a radio station and what was going on in the commercials that I didn’t like; see p. 72. I thought that this would be a good coincidence and similarities for my book on similarities.

WALKING LANES AND BEING CONSIDERATE TOWARDS OTHERS

6) **I arrived at Victoria Park in the River Valley, and was walking.** People like myself go walking on these walking path or in the mall for exercising. I consider this walking path to be one of the most dangerous walking path in the city around 6 to 7 pm because of the bicycles and skaters speeding by on the paved walk way. The sceneries draw a lot of people to this area. People walking just have to be careful and walk on their side of the walk path and in the corner. As I was walking back towards my car on the right side (**see Diagram A below**, blue arrows below represents me), a person walking in the near distance but towards me switched sides and came onto my side. I refer to him as Trevor because he reminded me of someone named Trevor with dark complexion similar to mine. I would say Trevor was in his 20s or 30s and about 5’ 9” and is of dark complexion. Trevor was now walking on my side (**see Diagram A**, black arrows below represents Trevor). He should be walking on the side with the red arrows to avoid collisions. As I walk, there are always bicycles speeding by from behind and if I walk out from the corner I can get hit and the biker would go flying off his bike. Trevor continued to walk towards me on my side. He did not have on his thinking cap and if a bike came zooming by and I swerved towards the outside we can all end up seriously damaged. But I had no choice but to swerve out into the area where the bikers and skaters would be zooming by. I was lucky that at the moment the bikers and skaters were not passing by. The lesson to learn is to be considerate of

others when walking down these dangerous paths and stay on your side. **In the Diagram B**, I explained another situation on walking, but this was in the mall. I gave this person the name Lar, Jr. because to me he has a strong resemblance to one of my past managers as if they are related or even father and son - that's how close the resemblance seems to me. It was around the year 2014 when Lar Jr. began to show up early in the morning at the café I was going to at the time and he would sit where I sat or in that area. I then started to spend more time in another coffee shop on the other side of the mall. Not long after, Lar Jr. would start walking through the mall and passed by the coffee shop I was now in, and he would continue walking pass the coffee shop going for a good walk. Around April 2018, around 10 am, I entered a washroom, as I was leaving Lar Jr. entered. I then headed into the hallway and stopped to observe a game for a few minutes. (See diagram B below and see the name Ally being me) walking on the other side. Lar Jr. was now on one side walking ahead. As he headed towards the café, he then turned at the rails and then headed around the railings and then towards me, which is odd, as I continued walking towards the café. It wasn't busy, but there were other people walking next to me. Lar Jr and I would have collided if he had continued walking towards me like Trevor did, but Lar Jr had on his thinking cap, whereas Trevor didn't, and Lar Jr. then crossed towards the other side, avoiding a collision. The lesson to learn is even in the mall, which does not have a right side and left side for walking, people still have to be courteous.

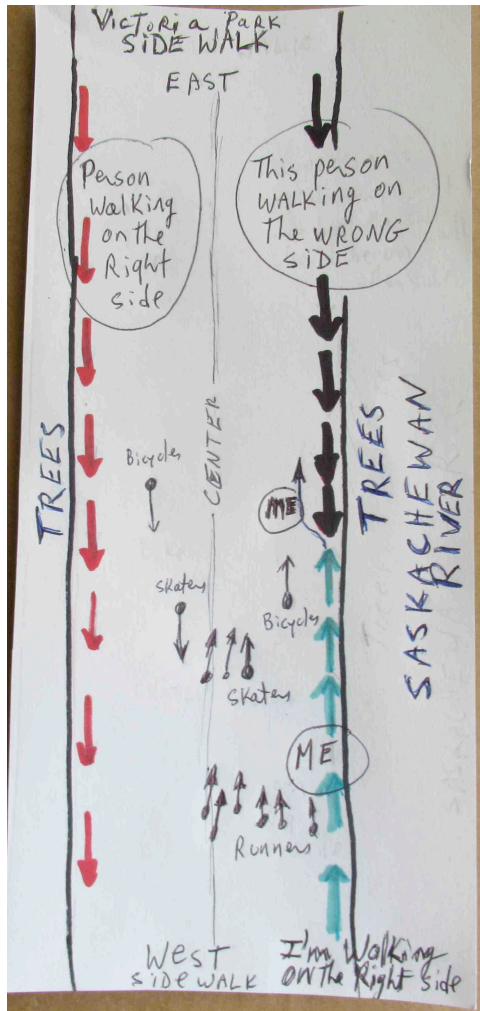


Diagram A.

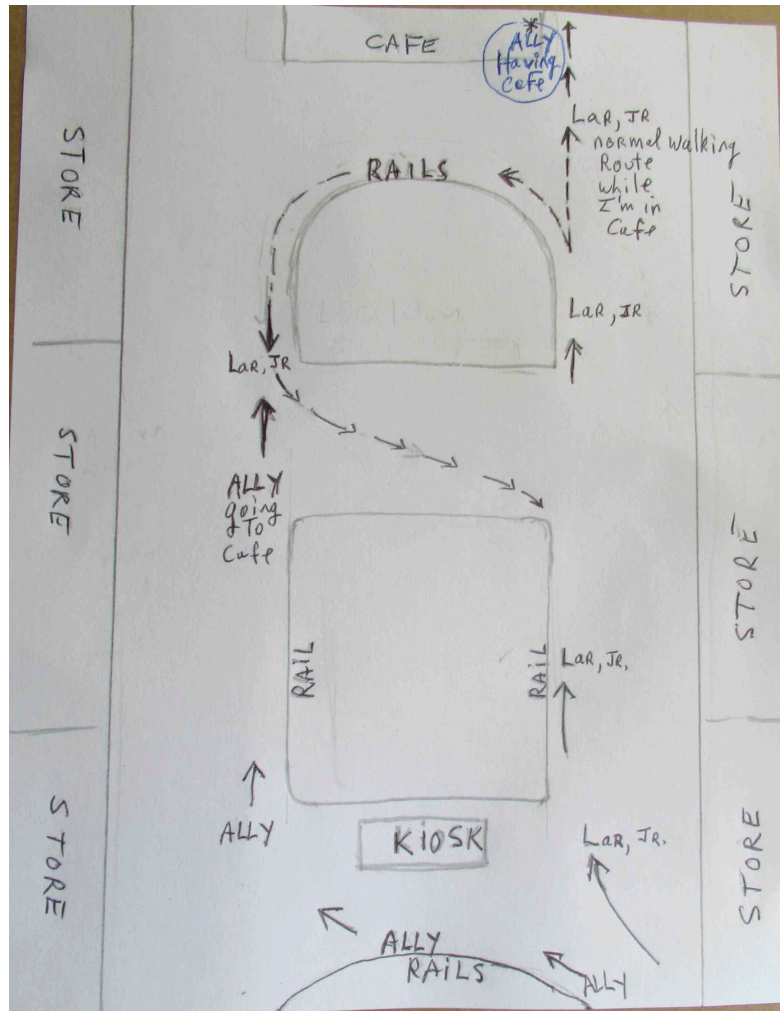


Diagram B.

EASTER 2018

Continue from p. 7

Easter 2018

Part of this article is a repeat with some updates

Reference:

- 1) Diverse City Magazine April 2017 Edition, Easter Celebration by Fisal Ally, p.6, 19
- 2) Diverse City Magazine, Easter 2018 (Diverse-city-magazine-apr3-2018-edition-PDF), Published on April 3, 2018 at www.allymedia.ca, Easter Celebration *by F. Ally on p.6*

Further reading material for people looking for quick information on Easter:

<https://www.liverpoolecho.co>.

<https://www.telegraph.co.uk/news/0/easter-dates-meaning-behind-good-friday-easter-sunday-easter/>; article - Easter 2018: Forbidden eggs, Eostre and how the date is decided

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DIVERSE CITY MAGAZINE

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Photos taken by F. Ally - April 2018

THE BIRDS ARE BACK!