

CARIWAVE

Magazine

Spring 2017



MOTHER'S DAY REFLECTION

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TRAVEL STORIES

Shanghai - Not What I Expected by Arooka

Women's Retreat by Natasha Chand-Mohammed

TRAVEL BOOKS SALE

Travel books by Arooka

Your Best Guide to Shanghai: 2017 Edition

CARNIVAL

Travel Tips

Carnival across the globe



THE ARRIVAL OF SPRING

Holi celebration

EAST INDIANS IN THE AMERICAS 1838

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CYBER WORLD STORIES

Befriended in 2012 for information

Possible eBooks stolen and lessons learned



CARIWAVE Magazine



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HAND OF LOVE

By Solomon Singh

SHARING OUR STORIES

WE CARE

WE'RE HERE FOR YOU

HAND OF LOVE

Poem by Solomon Singh



MOTHER'S DAY REFLECTION

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



*More poems by Solomon Singh
See p. 15*

TRAVEL STORIES



Shanghai - Not What I Expected by Arooka

The other day, I met a couple from Scarborough, Ontario – they just got off a cruise ship and had no idea what to do in Shanghai. They were shocked by the wealth of the city, as they previously believed Shanghai to be a city more like those found in a third world. With the overwhelming number of luxury shops and luxury cars – they pleaded with me to aide them finding affordable shopping for trinkets and souvenirs to bring back to Canada. Where they should go, what can they see? Is the city Safe?

Trying to sum up the city of Shanghai in a couple minutes is a bit of a struggle, considering the city has a population of over 34 million and a footprint over 6,340 km². However I did my best to give them some suggestions, which met their requirements.

I tried to explain the misunderstanding that 'we' from the west (technically, the east) have about Shanghai – such as the backwardness in terms of modern technology. It would be fair to say that Edmonton is actually more technology backwards than Shanghai. For example, in Shanghai, a public bus with less than two televisions is essentially unheard of, however in Edmonton, there is no public bus with a single television in it.

I recalled a couple years back at a 3D printing affair in Edmonton where the most advance technology 'experts', from a famous local university, cited the impossibility of using of Carbon Fibre as a printing material, which was odd considering children in Shanghai were already experimenting with the material.

Continue on the next page



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I suggested they wander down Nanjing Road (Established as Park Lane in 1845), which covers a lot of the historical aspects of Shanghai, spanning through different eras, right to the early days of the British colony. It is also considered the world's longest shopping district with a length of about 5.5km (another road, called Huaihai Road is also a shopping street of equal length but has varied variety).



Photos by Arooka



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WOMEN'S RETREAT - BLUE MOUNTAIN

by Natasha Chand-Mohammed



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

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

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

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

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



Natasha Chand-Mohammed

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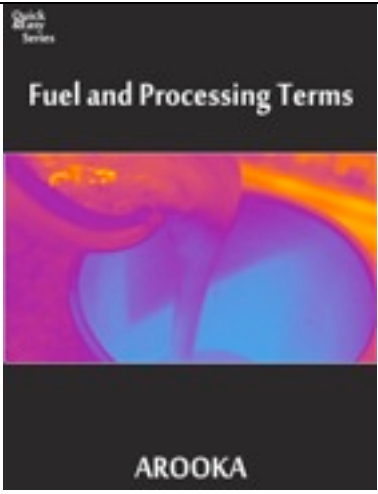

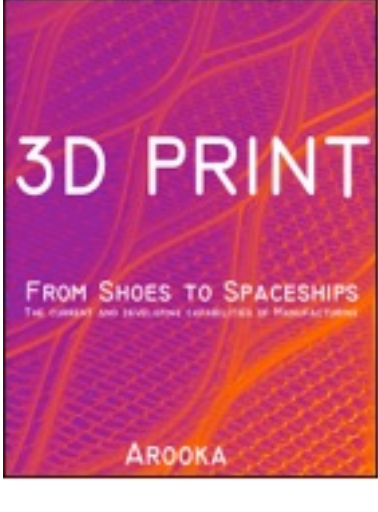
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CARNIVAL TRAVEL TIPS

When packing don't forget the following

Passport and picture identifications, and emergency numbers and contacts of where you are going address, sun lotion, clothes for the beach, sandals for the beach, evening clothes, a cap or umbrella for rain or to shade from the sun. Don't over pack.

Safety

While in the water pay attention to the colored flags. Normally the red flag signifies unsafe areas. The yellow and white flags signify safer areas.

Be prepared

Get information on hurricanes, storms, water currents and the hours lifeguards are on duty. It's always best to be in the company of others and not venturing off on your own.

CARNIVAL Across the Globe

When we hear the word Carnival, we often think of the wildest and most dynamic and widespread carnivals in the world such as the Rio de Janeiro carnival and also the carnival in Trinidad and Tobago, where the people puts on their colorful and exotic costumes and parading in the streets. Over the decades, carnivals had made an impact in Toronto with Caribana, which is one of the largest, if not the largest carnival in North America. Carnival in Edmonton with Cariwest and in Calgary with Carifest are also well known.

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THE ARRIVAL OF SPRING

With the Holy Celebration
by Don Silva

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



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

In May 2017 Holi Hai and other Holi celebrations are scheduled to take place in New York, where many will participate, spraying and blasting each other with the colored powder and water.



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

*This article is an extract from Diverse City Magazine,
April 2017 edition*

EAST INDIANS IN THE AMERICAS 1838

On May 5, 1838 the first group of 419 Indians arrived in the New World to aid a declining sugar industry in British Guiana, South America, celebrating 179 years.

The East India Company master pilot in India, John Dyer, was busy collecting Indians in the Whitby ship for South America

In January 1838, the East India Company master pilot, John Dyer, had piloted the Whitby twice up and down the Hugli River in Kolkata *Calcutta* collecting batches of laborers from the bouys, Coolie bazaar, Fultah, Mud Point Budge Budge and other stops along the river. As the ship sits in the murky Hugli River, already twenty-two Indians were sick and the numbers kept rising. The Hesperus ship had also arrived, collecting laborers; 437 laborers boarded the two ships.

‘A total of 419 Indian laborers had entered the colony of British Guiana on May 5, 1838 on the Whitby and Hesperus. The Indians were distributed on six plantations: 128 on Plantation Highbury in East Berbice and 47 on Plantation Waterloo in West Berbice, from the Whitby; 82 on Plantation Bellevue from the Whitby; 70 on Plantation Vreed-en-Hoop and 31 on Plantation Vriedestein in West Demerara, from the Hesperus; 49 on Plantation Anna Regina in Essequibo from the Hesperus. There were four deaths on the Whitby and fourteen deaths on the Hesperus. Some of the Indians also died upon arriving in the colony, or shortly after arriving, due to illnesses.’

Reference: The Trilogy of Savitri's Garden, Book I by Faisal Ally

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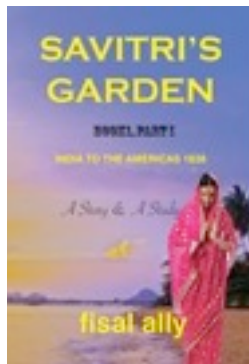
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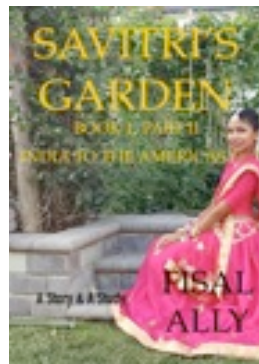
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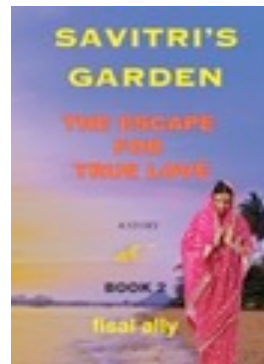
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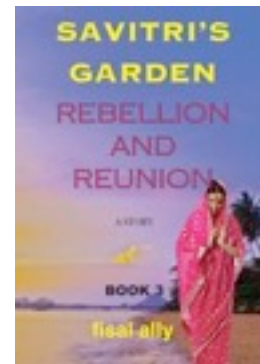
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Book 2

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Book 3

\$5.99

Category: Historical Fiction based on many real events, with many real people

Book 1, Part I - India to the Americas 1838 is on sale for \$ 2.99 during May 2017

Book 1, Part II - India to the Americas 1838 will go on sale in June 2017

Book 2, The Escape for True Love (will go on sale in the middle of June 2017 or before)

Book 3, Rebellion and Reunion (will go on sale in the middle of June 2017 or before)

A Study Guide, Debunked The Use Of The Label Coolie In Guyana - \$1.99

Signature with Love, based on a true story about cats and their owners - \$1.99

New covers are being designed for the books mentioned above

eBooks can be purchased from the following links

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MORE POEMS BY SOLOMON SINGH

Solitary

by Solomon Singh

I will take caution as my guide
Let alone reason rule my head
My body be a vessel of confidence
My soul to drown in its splendor

I have taken all I can
Just as I gave to full measure
Now I must wend this road
Without any thought of looking
back

I have made many friends
Sometimes, even more enemies
For joy seldom befriends me
And sorrow, my lifelong
companion

I know words of love
And compassion is all I need
just stand by my side
Let this burden fall only once

Oh this loneliness is unbearable
Yet your companionship
make these shadows endearing
But no let me walk again alone

Today Has Become Tomorrow

by Solomon Singh

Today Has Become Tomorrow
This house is dark for there is no
lamp
There is no fire, nor food to cook
I am hungry, cold and lonely

I hear a voice calling
Yet, I can see not a soul
For who will come here
Who will want to come here

I am forgotten, lost maybe
That voice that called could never
be
Who will remember me
For I am cast away

I see the morning light
For yet I dream on
Hoping and praying for something
For today has become tomorrow

HEALTH



Change your thoughts and rejuvenate

***Change your thoughts,
change your life***

by Faisal Ally

Wise men have said, “You are your thoughts” and today people say, ‘change your thoughts, change your life.’ But its not easily accomplished as the words uttered from people’s mouths. If it were that simple, many people would be leading a much calmer, happier and fulfilling life, and the world would be a much better place to live in.

Often, our minds ramble on during the day or even all day with stories, judging, blaming, events from the past, trying to correct the past and fantasizing about the future and being a superhero. Should a person just start thinking positive? For one, to even start having positive thoughts, a person would have to stop the chattering that goes on in the mind; the person would have to catch himself or herself in that moment to stop the babbling and to replace it with positive thoughts. But it’s not that easy to break habits and to change our thoughts. But it is true what wise men have said about the thoughts swirling through our heads.

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CYBER WORLD STORIES



Our Stories, Our Journey

Sharing our stories is important as someone may find it interesting and even learn from it. In this edition, we'll now look at stories that involve the cyber world and technology. The journey of writing is interesting, but it can also become terrifying due to easy access of our computers and memory sticks. Once in a while I'm asked about my experiences during my writing journey. In this article, I will share two stories, which I believe writers and others can learn from...Fisal Ally

Befriended in 2012 for information by Fisal Ally

From my recollections, after my aunt in New York had passed away after a car struck her on Atlantic Avenue in 2007, my Uncle was left alone with two cats to take care of. I wanted to bring their story with their cats to life, where the profits from any book sales would go to my uncle, Mustapha. He was happy to share the stories of their lives, and a few months later, after I had returned to New York to spend some time with him, I taped some interviews with him as he told the stories of their lives. After returning to Edmonton, I had spoken to him over the phone a number of times, verifying and gathering more information on their story.

In Edmonton, although within a year I had a draft of the novel, very often I was busy at work and also busy working on other books such as updating Savitri's Garden. Unfortunately, my uncle had passed away on Christmas Day 2011. At the time I had a good draft of the book named Signature with Love.

At the coffee shop in Sturgeon, in St. Albert, located next to Edmonton, another author, also writing in the coffee shop, had instructed me on how to upload my book to an eBook website. Also one of her friends had read through Signature with Love, checking for errors. And around December 14, 2012, I had uploaded my book to the eBook website.

Around December 23rd, 2012, I was having a beverage at Tim Hortons on 137 Avenue and around 130 Street in Edmonton, and located across from Michaels, about ten minutes from Sturgeon, as I made some final updates to Signature with Love. I do not remember if I was having a green tea latte or an ice cap. Let's assume it was an ice cap. A man about five feet five inches tall, medium built, shaved head, around age forty to fifty, of Canadian European background had entered Tim Hortons, and he came and sat next to me. I was sitting at a two-seat table, and he plucked himself down at the four-seat table right next to me. There was no one else in this sitting area, and I thought that it was odd for him to sit right next to me occupying a four-seat table when there were many other vacant tables. As I did my work, a minute went by and he said, "Wrong drink." I had no choice but to acknowledge him since he was the only person in the area and he was sitting right next to me. I believe he then said, "They gave me a green tea, but I ordered an ice cap." I remembered the drink he had ordered was the same as mine, which was also odd. He then went up and got his drink changed, and he came back and sat next to me and he started to form a conversation. The conversation went similar to the dialogues below.

"Busy working?" he asked.

“Just editing.”

“Editing what?”

“Some work?”

He continued, so I explained that I was editing a book.

“On what?”

“On cats,” I replied.

He pulled out his cell phone and brought up lots of cat pictures. It was odd that he had those pictures, but I was amazed at the countless cat pictures he had. It’s as though he had read my mind because I had wanted a cat picture for the cover of the book. He continued talking.

“So where are you printing? At Central Web?” he asked.

“No, I’m only creating the digital eBook - no prints.”

“Where are you uploading it to, so I can purchase it?”

I gave him the website address.

We continued talking, and then he started to talk about Tai Kwan Do and I believe he said he was a four times American Champion in Tai Kwan Do. He said that he had worked in the area stocking. As we talked about Tai Kwan Do, it seemed as though he knew everything about me. He knew about the Tai Kwan Do school and teachers I had in the past. It’s a bit strange because at the Sturgeon coffee shop, I was engaged in a conversation with a few people where we talked about Tai Kwan Do. Then he told me to look at his eyes, and asked me if I see the scars from some cuts. “No,” I replied. I didn’t know what he was getting at.

He then told me to pick a cat picture from his cell phone and I did, and he told me he would send it to me right away since I needed a picture of a cat for my book cover. We exchanged email addresses. He then departed. Upon reaching home, I checked my email and he didn’t follow up on his promise. I sent him an email, and he didn’t respond. The following day when I tried to upload my changes of Signature with Love, I kept getting an error, and I was blocked from uploading my book, which was very odd. This happened immediately after I was befriended for information on my book and the eBook site.

A day later, when I returned to the cafe in Sturgeon, I explained to the other author what had happened. She tried to upload my work for me and she also failed, yet she had no problems uploading her book. She was also puzzled as to why I could not upload my book.

At least I was happy that I had already uploaded a copy in the middle of December 2012; it was not the best copy, so I had not promoted the book. No doubt I was befriended for important information that had to do with my book, and the person had obviously gotten me blocked from uploading my book. Obviously something was brewing, which I was not aware of.

The next story is on a possible eBook (s) theft, which had taken place soon after that individual had befriended me.

Possible ebook theft and lessons learned by Fisal Ally

This story may have some links to the first story, Befriended in 2012 for information. I believe it was a Monday morning, while sitting in the coffee shop in Sturgeon, editing a book or I may have had two books opened: Signature with Love and also Savitri’s Garden. The café had just opened at 7am, and I was sitting at the back closer to the washroom, where it was more quite with less traffic and less distraction.

There was only one man sitting at the back on the nice comfortable cushy leather chair; there was another cushy chair next to the one he was sitting on. He had a crew cut and greyish hair and looked around age 55 to 60, but I remembered him calling out his age in the past to be in his early 50s. He had a relative working at the coffee shop for the past year. Most of the time I saw him sitting there alone, and a few people entering for coffee would greet him and once in a while a person would join him, and they were very loud. He had been coming to the café steadily

for the past year and he was always busy texting. He had never acknowledged me, nor cared to speak to me, as if I didn't exist. In this café there was very little diversity and very little multiculturalism; it was more like what Edmonton had looked like back in the 1970s.

On this morning, a lady who was a regular customer for a few years and had spent many hours in this café, came to the back to collect her coffee and then began talking to me. It must have been about her cats or about the Cabala. I've been going to this café for about five years. I was working on my eBook(s) on my computer and I had left my computer with my memory stick and my eBooks opened, thinking the guy with the greyish crew cut had had my back covered. I went to the front area to ask the lady a question. While I was at the front, the lady kept talking, and although I was worried about my computer being left unattended, I had placed my trust in the guy with the greyish crew cut that he would make sure no one touched my computer.

While talking to the lady, she began texting as a few people entered the café, one at a time. I wanted to return to my table, but she kept talking away while also texting away. As we talked, more people entered at different times. Ten to fifteen minutes went by and I returned to my computer.

I sat down and tried to access my eBook (s) and it was gone. I checked my memory stick and my memory stick was blank. My books were gone. How was that possible? I was stunned. I looked up and I was surprised to see about eight to ten people sitting around a small table next to the guy with greyish crew cut who was still in the cushy chair. I do not believe anyone else was in the area. They all had the same kind of haircut, as if they were security guards, policemen, fire fighters etc...But they were silent, which was odd; normally a group that size would be very loud.

I kept looking at them, wondering what happened to my books. One of the men, around the center of the group, slowly shifted his head towards me, as if to see what I was doing; our eyes met, and he quickly shifted his head away. Still they were all very quiet. Something wasn't right and I was worried about my eBook, but I remained calm. My first thought was that someone had switched my memory stick and took all of my books. I had been working with this same green memory stick for months now and anyone could have noticed that, and could have even replaced it with another one that looked the same, while I was at the front talking to the lady. Because I didn't see what had taken place, I cannot make a conclusion on what had taken place. I didn't want to create a fuss. I didn't know what to do, but I remembered thinking that if I made a fuss and started to accuse someone of theft or mischief that these men would have had me arrested.

I packed up my belongings and I got up - the men were still quiet. And as I walked through the front area, the lady I was talking to earlier at the front had stopped me and said something similar to, "Your face looks flushed." I told her that I had a headache and left. I went home and got another copy of my books and within half an hour I had returned to the same table and continued to edit my book(s). The men from the table were all gone. This would forever haunt me, as to what had really happened to my books on that day. Did someone steal all of my books? I had reported "a possible eBook theft / harassment" to the police, but nothing was ever done, nor had anyone contacted me.

Lessons learned

There are lessons to be learned from these experiences. Never leave your computer unattended. Never leave your memory stick unattended. Be careful who you trust and who you share your ideas and information with. Beware of strangers approaching you and befriending you, as they may be up to something bad. If something seems too good to be true, it could be that someone can be plotting and scheming against you.

TRAVEL STORIES

Shanghai - Not what I expected

Continued from p. 5

Most tourists go to markets around Yuyuan Garden

I also recommended they check out the markets around Yuyuan Garden – which is the place that most tourists go to when they come to Shanghai. While I was not able to give them a guided tour at the time of our meeting, I did stress to them to bargain for prices, to not pay the first price offered, but counter for better deals. In these markets, it is expected there is some negotiations, as there is stiff competition with many shops offering similar trinkets and souvenirs. Just north of the Garden of the tourist markets are several multi-story warehouses, which also have mall-like storefronts, which are typically cheaper, is the place where street vendors buy their stocks. Yuyuan Garden is not just a shopping experience, it also houses the Garden of Happiness, which was built as a private garden in 1559, but over time was eventually opened to the public in 1780. It witnessed many historical events and by 1982 became a national monument.



Photos by Arooka

Shanghai is very safe as compared to Edmonton, Alberta, Canada

Shanghai is a very safe city. Edmonton is actually much more dangerous than Shanghai. Typically people approaching you will offer you the opportunity to purchase some goods such as a wallet, watch or luggage. However they tend to be polite, even when you refuse them after a hard sale. Issues in tourist areas, such as pick pocketing and confidence scams exist, however with common sense these can be avoided. For the most part there is no threat of physical danger.

Metro is a massive public train system spanning 588 km with over 364 stations

Just days before, I met a Bernie/Trump Supporter on the Metro, the Shanghai equivalent of the LRT. The Metro is a massive public train system spanning 588 km with over 364 stations. There are 14 lines which offer train service at about 60km/hr, a 160 km/hr high speed train and also a magnetically levitating (MagLev) train with a top speed of 430 km/hr. A cash card with a contact-less RFID chip can be used throughout the city on the metro, buses, ferries, taxis and even services. The man loudly explained why he was a Trump supporter. He made a jab at the backwards of Canadian politics, with the installation of unqualified people, simply for tricking the voting public. The irony of the situation was that in Canada or the USA he would have been

arrested for his open alcohol, public consumption and possibly even violent reprisal for his views, by eavesdroppers – while in Shanghai, people just laughed at his comments and he was free to consume the beverage of his choice.

Tipping is uncommon and not expected in Shanghai

To the couple, I explained the different consumer protection services offered by the local government in the event that they are not treated fairly, such as taxis not providing the proper route or being overcharged at a store til, these things can result in refunds plus compensation for losses. Tipping is uncommon and not expected – perfect for Canadians, who are different from Canoes (if you know that old joke).



I recommended they just wander around by foot to see what they can find – as you never know what you will come across, as the city is very dynamic, with a blend of old and new and old trying to be new and new trying to reclaim the old.

Shanghai has over 60,000 restaurants

Earlier that day, I stumbled upon an antique shop which was packed with western items from the past. From reclaimed wood and Elvis mannequins to Philco Pedestal Television Sets and 1950 copies of the Kamloops Sentinel, this store was packed like an old consignment vintage shop, complete with that mild musk smell of 'old' things. Across a pathway of white gravel stone and hanging strings of led lights which under a darkened ambience gave the feeling of starlights. Past a small patio and through a small door surrounded by tree branches, is their own European style bistro. They made efforts to mimic an old french house, with little nooks filled with relics. Laid back waiters dressed in a mythical french style promptly took care of orders, while delivering adventurous takes upon Italian style food, such as affogato served with a double espresso inside a metallic martini glass. I would be hard-pressed to say this is the most unique food establishment in shanghai, as with over 60,000 restaurants, there is actually plenty of unique food tastes and themes which come from around the world, real or imagined.

I recommend they book a longer stay the next time, citing even with all my travels, I still have plenty to explore in this massive metropolis. They thanked me for my assistance and we parted company, each venturing out onto their great Shanghai adventure.

HEALTH

Change your thoughts, change your life

...Continue from p. 16

Habits are easily formed, but hard to break

Having read many motivational books, taking a three-day motivational seminar and having practiced meditation, I have no doubts that our thoughts affect the way we live our lives, but we are so conditioned to thinking and acting in a certain way that we have no idea how our thoughts affects us. Habits are easily formed, but hard to break. With awareness, knowledge and tools we can work towards changing our ways, habits and our thoughts.

Tip 1 - Meditate to rid yourself of negative thoughts

I first learned to meditate, as described in a previous edition. It's very important to be GUINUINE and AUTHENTIC; to become this way, it does not happen overnight - one must work towards it, as there can be layers and layers of buried pain, hurt, anger and other problems deep within a person. Instead of faking it and putting on a positive act with positive thoughts and then after awhile the old habits take over again, taking the time to practice meditation on a regular basis (similar to prayers) is one way to transcend these negative thoughts and habits.

Our thoughts can often be negative because of past hurts, blaming, judging, wanting revenge etc...and it's not easy to switch these thoughts off; many times these thoughts are automatic, and they trigger all kinds of biological processes, and we have no clue why we are behaving the way we do. Meditation is used as a tool to quiet the mind, by letting the silent gaps in between our thoughts become bigger, so we are in a state of silence for longer periods of time, instead of being engaged in countless unwanted, harmful and or negative thoughts. Once we are in a state of silence, we are not indulging in those negative thoughts, simply because we are taking a break from those negative thoughts. At first, while meditating, all kinds of things will surface such as hurts, blaming, judging, interrupting your meditation and you can become very restless during your meditation. But from what I had learned and from my experiences, instead of trying to bury these problems, while meditating you can let them surface so you can deal with them and then letting them go, instead of hanging onto them day after day, months after months and for a life time. Over time, these negative thoughts will become lesser and lesser, freeing us from that bondage.

Meditating allows us to transform, becoming more enlightened individuals with more inspiring thoughts. You will not only change your thoughts and your life, but you can also change your environment and inspire others.

Tip 2 - Write some motivational sayings on stickies and cards and use them

Even though meditating can transform a person, there are times when we are under pressure and have to deal with situations where we become angry or wants to curse someone and our thoughts quickly becomes negative, or we are feeling depressed, but we do not have the time or opportunity to start a meditation session. Switching our thoughts from negative to positive can be challenging at times. A method, which I have used in the past is, I would post inspirational quotes on stickies, cards and papers at my work desk and also on my walls at home, where every now and then I would read one of the quotes. And if I feel restless, right at that moment I will read the quote. As soon as I read one of the inspirational quotes, my mood would start to change and I would feel more inspired, instead of feeling depressed or angry. It worked for me. I called it 'my little natural pill.' I also used to have a motivational book in my drawer or at home, and every now and then I would open it to a page and read a line or two and let those inspirational words swirl though my head, and suddenly my thoughts would change and I would become more

inspired and positive. I also used to carry around a card with some motivational quotes and while I'm in the bus or walking around the lake, I would pull it out and read a line or two, and again I would become more enlightened, inspired, uplifted, and more positive.

So sometimes all we need is a little boost, or as I stated before "my little natural pill" that makes me feel good. These are only a few tools, which a person can use to uplift himself or herself throughout their entire lives; it works for me.

You are your thoughts! Am I really my thoughts?

Like wise men have said, you are your thoughts. If you have depressing thoughts swirling through your head you will feel depressed and even become depressed. Our thoughts trigger off responses in our bodies, therefore negative thoughts would trigger negative actions, and positive thoughts would trigger more positive actions. Like anything, regular practice is important. Taking a course and then putting it down thinking that you have changed is a false belief. Practice makes, perfect. By changing our thoughts, we can change our life, but it's important to continue our practice and training throughout our entire lives, until the day we die, until our last breath.

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

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