



Optima Foundation - Poverty Relief

25 Oxford Avenue, ST. ALBANS
Herts, AL1 5NS, United Kingdom

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News Letter – Issue 8

April / August 2002

Better late than never!

After our December 2001 issue (issue 7) we were unable to produce a Spring issue in April this year. So the Issue 8 is intended to cover both Spring and Summer.

This year, we have seen many happy and not so happy events. To the British Commonwealth, the loss HM Queen Elisabeth, the Queen Mother was one of them.

At Optima Foundation, we also experienced the loss of one of our spiritual mentors this spring, Mrs. Selvam Kalyanasunderam. Late Mrs. Kalyanasunderam, both as a Barrister at law and as a journalist was both the source and inspiration of pragmatic spiritual work. She functioned as a conduit to link the orphanages in Sri Lanka and Optima Foundation in the UK. Her association with London goes back to the 1950's as a student reading Law and Journalism. From this

association, her social and humanitarian work blossomed. Her tireless work, dedicated to the underprivileged will be sadly missed.

2002 has also shown us that violence and bad behaviour need not accompany success or failure in games. Let us hope that the experience of the Korea / Japan Football World Cup events and the Commonwealth Games in Manchester will emulate peace and harmony in all future sporting events.

Our activities in 2002

Currently we are making arrangements to feed the children in 7 orphanages and children's homes on the 9th December as part of our **Spirituality in Action –2002** Program. On this day, around thousand children will take part in the spiritual contemplation. Following this, all the children will receive a hearty meal to celebrate the **Unity of Mankind**.

Love All! Serve All!

Appeal for 2002

It is often the case where social disharmony and alienation persists children grow up into adults without any self-esteem.

In a small way, we attempt to show the children in orphanages, Children's Homes or underprivileged circumstances that we care. So we organize a party for them with spiritual dimension and a hearty meal.

On average we spend 50 Pence per child per meal and every penny we collect (100%) is used for the "Feeding program".

In this venture every Penny counts. So please support our **Spirituality in Action Program for 2002**.

Thank you and God bless you all.

Tom Jeyendran
Hon. Secretary

*For further information - **Please write to:***
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At Optima Foundation

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A letter from late Mrs. S Kalyanasunderam

Exerpts from the letter written by Mrs. S Kalyanasunderam in 1993 giving support and blessing for the setting up of a charity foundation to serve the underprivileged children around the world regardless of creed, country of origin and capabilities (both physical and mental). Optima Foundation is the outcome of many letters of support such as this.

"The world is suffering due to ignorance of the **Self**. Self is everywhere and man only separates himself from the **self**."

"This treasure house of knowledge had remained hidden for more than 8000 years due to the inability of humans to interpret and make it easily accessible to mankind."

"The realization of the **self**, - nothing else, will make the humans happy. The 'West' is searching for happiness in materialism, which is the archenemy of mankind. Creature comforts make a man flabby and unfit for spiritual pursuits and make the human mind weak and vicious. A weak mind is the enemy of man. Attachments make the mind impure and make it unfit for spiritual pursuits. This is the human tragedy. Suspicion begets suspicion. Money has taken the place of divinity."

And the letter was concluded with a nursery rhyme and an ancient prayer written in Sanskrit:

**"Though sun or moon, I cannot be
To make the whole world bright!
I will find some little cheerless spot
And shine with all my might"**

"Sarvesham Swasthir Bavatu	meaning	let all beings be healthy"
"Sarvesham Shanthi Bavatu	meaning	let all beings be peaceful"
"Sarvesham Poornam Bavatu	meaning	let all beings be perfect"
"Sarvesham Mangalam Bavatu	meaning	let all beings be auspicious"

Editor's note: The term 'Self' is interpreted as **Soul, Spirit or Atma**.

The concept of Paradise on earth

Many civilizations over the centuries have attempted to emulate the Concept of Paradise on earth. The earliest forms Paradise setting was associated with the Harappa civilization and the Mohenja Daro civilization in Asia (circa 2500 B.C). This concept was well explained as Swarga in Sanskrit (Swarga meaning Paradise) and as Jannah in Arabic (Jannah meaning Paradise). Paradise is said to be the amalgam of the four energy flows. The first energy flow is the motion energy, from nothing to everything, from stillness to motion. The second energy is the sweetness, leading to positive and serene phenomena. This energy is also said to produce calm. The third energy is the purity that acts as the catalyst or balancing force. The fourth energy provides ebullience leading to a form of ecstasy, creating high spirits.

Those rulers of the Asian kingdoms - from Near East to Far East - attempted to emulate the four forms of energy in paradise through four rivers or water features, merging them into one at the centre. Milk (energy), honey (sweetness), water (purity) and juices of the fruits (nectar / ebullience) symbolized the four flows of energy. This structure is still seen in many Buddhist and Islamic gardens, spanning from Spain to Japan.

Islamic gardens also incorporated the fifth feature in the garden that is the sewerage. This is the invisible outflow of waste symbolizing the ablution or cleansing process so that the humankind is purified before ascending to heaven.

Among some Shaivaite Hindus, the holy water used to consecrate or purify an entity or a place includes milk, honey, pure water and fruit juices to represent heaven and urine from a holy (pure / with no illnesses / Halal) cow to represent the ablution process of all living beings.

In the modern **"catch phrase"** societies, the four-energy concept of paradise has been narrowed down to **"land of milk and honey"**; thus missing out on **purity** and **ebullience**.

Human conduct

Buddhism

One is not an elder by virtue of having white hair; one is just advanced in years and called "grown old in vein". He in whom is truthfulness, non-violence, restraint and self-control, however – that wise and faultless sage is to be called an elder.

(Dhammapada 260, 261)

Christianity

'Sanctify yourself and you will sanctify the society'

'Our friends, then, are all those who unjustly afflict us with trials and ordeals, shame and injustice, sorrows and torments, martyrdom and death, we must love them greatly for we all possess external life because of them'

Santha Francesco 1181 – 1226 A.D (Saint Francis of Assisi)

Islam

Service to God is:

'(It is) freeing the bondman *, or the giving of food in a day of privation to the orphan, with claims of responsibility, or to the indignant (down) in the dust'

Sura XC, 13–16.

- Bondman means one who endures physical, emotional or psychological slavery

Hinduism

'A self-realized man is no longer obliged to perform any prescribed duty, save and except activities in Krishna consciousness. Krishna consciousness man does not take shelter of any person, man or demigod. Whatever he does in Krishna consciousness is sufficient in the discharge of his obligation.'

'Therefore, without being attached to the fruits of activities, one should act as a matter of duty, for by working without attachment, one attains the Supreme.'

(Bhagavad Gita Chapter 3.a Text 18-19)

Editor's Note: All Holy books refer to the same phenomenon using different terms such as Krishna consciousness, Christ consciousness, Self Actualization, State of Nirvana, and Salaf (The one who has embodied the pathway of Allah and has become Tamm or complete).

The power of silence

Through the power of silence
Devour your thoughts of violence

Sarah Miles (Thespian / actress)

On a lighter side

The newly appointed teacher for religious studies in an inner city high school with social problems, one day decided to use various Holy text books to illustrate that all living beings are the creation of God. So he started the lesson saying, "We are all sparks of God, so I'm you and you're me, we are one". A quick reply came from the back of the class room, "So, why do you want us to do our homework, if you know what we are going to write in the first place?"

Tom Jeyendran

Corporate Social Responsibility

Before one can claim to be an elder of our community, one should ask oneself:

Could one's eye see beyond the vicinity and beyond the sky (**Vision!**)?

Could one' express courage and passion with clarity (**Communication!**)?

Could one provide time and spirit without any recompense (**Generosity!**)?

Could one respect the souls of all, even the enemy's (**Mutual respect!**)?

And

Could one be prepared to lose a moment in time so that no one in the community will have to lose many moons (time) and many cattle (assets) (**Punctuality!**)?

If one can meet all these challenges then one could call himself, the **Masai Leader**.

(A Masai elder explaining to a group of Western journalists)

Editor's Note: One kind reader pointed out that; "Oh, What a tangled web we weave" is from 'Marmion' by Sir Walter Scott. This information was missed out on issue 7. Thank you.



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United Kingdom

No child deserves neglect and poverty. Let us show that we care!