



Optima Foundation - Poverty Relief

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

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News Letter – Issue 9

December 02

Seasons Greetings!

December is the period of spiritual awakening. Our Muslim brothers and sisters have fulfilled their spiritual obligations during the month of Ramadhan. Here we extend our Best Wishes for 'Eid'. Our Christian brothers and sisters are in the period of anticipation to celebrate the birth of Jesus on the 25th December. There are many other festivities among other communities too. So Seasons Greetings to all!

December is also a special month at Optima Foundation. Firstly, this is month we carry out our Spirituality in Action Program. Secondly, this time of the year we have the opportunity to say "**A big thank you**" to all our benefactors, supporters and well wishers. Without your support, our endeavour to help the needy children will not come to any fruition.

Our activities in 2002

This year we have made arrangements to feed around one thousand children in 7 orphanages and children's homes on the 9th December as part of our **Spirituality in Action –2002 Program**. On this day, these children will take part in the spiritual contemplation. Following this, all the children will receive a hearty meal to celebrate the **Unity of Mankind** paid for by the contributions received from all our benefactors.

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

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Love All! Serve All!

Our Aim

Optima Foundation exists to provide Poverty Relief on a global basis, thus reducing the physical, intellectual and spiritual hunger. In this mission, Optima Foundation aims to promote the Five Lamps concept in Human Values. They are **Love, Peace, Truth, Right Conduct and Non Violence.**

Our Commitment

Optima Foundation is fully committed to the Principles of Interfaith Harmony and Human Values. Thus we shall carry out our work, rising above any social barriers resulting from gender, race, class, religious affiliation and physical or mental limitations of individuals.

Optima Foundation has no political or sectarian alliances or affiliation and is funded by donations and membership fees only. **Currently, every Penny collected (100%) is spent on the under privileged children in various countries.**

Administration costs are borne by a few selected benefactors and the committee members.

Our Objectives

In the Short and Medium Term, Optima Foundation shall:

1. Sponsor feeding Programs for children in need

2. Provide books to orphanages and children's homes to enhance their educational abilities.
3. Promote religious harmony among young children and develop interfaith understanding.
4. Provide training and development workshops for the volunteers, members and supporters.
5. Help those who endeavour to help themselves

Our actions in the past and Plans for 2003

In the past we have supported the under privileged children in countries such as Bosnia, Romania, Sri Lanka and Ukraine. Our activities included organising sponsored feeding days and despatching food / personal care items to orphanages.

We are planning to continue with this theme in 2003 and expect to spend around 50 Pence per child per meal.

In this venture every Penny counts. So we trust, once again we can call upon your support.

Thank you and God bless you all.

Tom Jeyendran
Hon. Secretary / Editor

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Water! Water! Everywhere

Did you know?

70% of our planet is covered with water. Newly born babies are made up of 97% water. Even the adults have around 75% water in their body. Human bones have 22% and the tooth enamel have 2% water. So what is water? Water (H₂O) is made up of two parts of Hydrogen (small atom) and one part of Oxygen, the heavier atom. Water is a scientific anomaly. It is colourless and tasteless in its pure form. It changes its form from solid ice to liquid to vapour very easily. It absorbs minerals and chemicals and reflects their properties and colours. Hence it has a mystical and spiritual feel about it. As the Zen saying goes, "If you want to know the meaning of water, just drink".

Water and Ancient Beliefs

Two ancient civilisations, Egyptian and Babylonian (including Mohanja Daro and Harappa) have treated water as the Life giving phenomenon. This is reflected in the ancient Egyptian carvings and drawings where the Sky Goddess, Noot pouring the water at the root of the Tree of Life. Babylonians believed that the world was created by the Heavenly Father Apsu (meaning absolute father) and Tiamat (Goddess of the Universe). In this act of Genesis, Apsu provided the sweet water for energy and Tiamat provided the bitter salt water for protection. It was their belief that all forms life started in the bitter salt water, representing the womb of Tiamat. The civilisations in Mohanja Daro and Harappa had also taken the view that the water is the life giving energy pouring out of Gaya - Mother Earth (The Greek philosophers also had the similar view naming the earth as Gaia). For many Hindus, Varuna, the Protector of the Moon, controls the movement of the water, creating wetlands for food for all the living beings. However, Varuna is also said to be the cause of floods and draughts at a time when humans forget their interconnectedness with the nature. God (Lord Shiva), both merciful and closer of the life cycle created the feminine aspect as Goddess Ganga (River Ganges) to cleanse and purify so that the souls could return to the source (Soma) at the end of their life cycle. Many African tribes (especially, Masai and Angoni) and Native Americans also treated water with reverence as the food for the soul and cleanser of all evils. Masai tribes made offering to the rivers with grass seeds as thanks giving. This action also helped them to propagate grass in different locations.

Mankind has known about the purification of body and soul with water for many generations. Now followers of many different religious pathways, from the long established Judaism to young Sikhism, use water for spiritual cleansing such as baptism, ablution (Wudu), healing and consecration.

(Editors Note: Water is a vast topic to cover in one issue. However, we will return to this theme in the future with other aspects of water.)

Numerical coding and expression of Hindu Philosophy

Many cultures and religions have used pictorial, alphabetic and numerical coding system to share the knowledge and wisdom in the community. Hinduism is no exception to this. Here we attempt to show the numerical coding with the philosophical stance.

Numbers	Features	Meaning
0	Zero / Cipher	A point of nothing, yet the point of neutrality. The balancer or the catalyst.
1	Oneness	Being one with the creator. Not possessing either positive (yin) or negative (yang) qualities. Hence, one when multiplied or divided by one gives one as the answer.
2	Duality (Yin - Yang)	Exhibiting wisdom (Gnana Sakthi) and the ego (Itcha Sakthi)
3	Trinity - Three aspects of God	God manifesting as the Creator (Brahma) Comforter (Vishnu / Krishna) and Closer (Shiva). This phenomenon is also represented in Christianity Creator –The Father, Comforter – The Son / Jesus and the Closer The Holy Spirit.
4	Direction	Four Directions of energy flow – North, East, West and South
5	Five Human Values	Love, Peace, Right Conduct, Truth and Non Violence
6	Six Senses	Smell, Taste, Sight, Hear, Feel and inner vision (or the third eye)
7	Seven stages of Life	Embryo, Infant, Young, Teens, Young adult, Middle age, Old age
8	Eight Notes of music	Notes sounding: Sa, Ri, Ga, Ma, Pa, Tha, Ni, and Saa. All notes are said to be looped like the number 8.
9	Alignment of Navakraga	Sun, Moon and the seven key stars that impact on the earth, environment and the living beings.

Feelings

Perspective of Death

Death is certain. This body has been sent to this illusory world with a return date. This date is not visible, but is stipulated.

Guru Sai Baba

Perspective of Life

Look to this day!
For it is life, the very life of life,
For yesterday is already a dream,
And tomorrow is only a vision;
But today well lived,
Makes every yesterday,
A dream of happiness
And every tomorrow a vision of hope!
From the Sanskrit (Hindu Philosophy)

Act of kindness

"All the beautiful sentiments in the world weigh less than a single beautiful action"

James Russell Lowell

Charitable Action

Paying charity (Sadaqa - Arabic) is not just a physical action, but also the frame of mind

*Hadith –
Reported by Ahmed, Al- Nasai, Ibn Majah, and Al-
Hakim*

The inertia to act

'A journey of a thousand miles begins with the first step'

Confucius

'It is not good enough to have good mind; the main thing is to use it well'

Rene Descartes

Resentment

"Resentment creates invisible inner world blocks. Our success gets blocked. Sometimes we get angry at the way people treat us. Instead of being angry at the way we were treated, regardless of how horrible we have assessed it to be, we need to learn to view that treatment from another perspective. They did what they knew how to do, given the conditions of their lives. They operate from their conditioned mind. The interesting thing about this is that the hatred affects our life while the other person is not aware of it at all and he or she is still on his path doing exactly what he or she knows best, hurting others. They are not at all aware of how we feel"

Dr. Wayne W Dyer.

Social Justice (Sodhaka – Hebrew)

"What right do I have in destroying the 'Golden Moments' of others?"

Donny Osmond (Singer / musician)

Happiness

One day a young man approached 'The Master' with a question. "Oh, Master, could you help me to become wise so that I can be happy?" The Master replied, "If happiness is what you are looking for, be ignorant. That will make you blissfully happy. The wisdom on the other hand, gives you a ladder to climb on and view the world from a different perspective."

On a lighter side

The Headmaster at a boarding school provides his usual 'after dinner talk' to the junior boys as part of the humanity and citizenship studies. One day he stated that, 'every individual should personalise his prayer to be in communion with their creator, **The God**'. That night at the bedside, one junior pupil started to pray loudly, "Oh God, I'm no good with verbs or nouns, no clue with idioms. Will it matter to talk with you? By the way I've a good voice, so you can hear me!"

Tom Jeyendran

Corporate Social Responsibility (CSR)

Since the setting up of Optima Foundation in 1996, we have attempted to cover some aspects of Corporate Social Responsibility from the education in human values (EHV) perspective. Here we have taken the view that **'all organisations have a corporate responsibility to function within the context of social, cultural, spiritual and environmental factors to elevate and sustain the overall human development'**. On

this basis we will endeavour to provide the knowledge bearing information on CSR from both the prolific writers and other less known writers in the future.

'All knowledge of cultural reality, as may be seen, is always knowledge from a particular points of view'

Max Webber (1949)

"Just as one herd looks covetously at the grazing grounds of another, so do groups in organizations look at the territory of other groups or individuals"

Prof. Charles B. Handy



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Application / Renewal Form for Membership

Year: _____

Type of Membership: Member / Associate (delete as appropriate)

Title: _____

Name: _____

Address: _____

Membership	Personal:	£ _____	<u>Annual Fees</u> (£10.00)
	Business / Associate:	£ _____	(£50.00)
Donations		£ _____	

Interests

(Key words only) _____

Signature: _____ Date: _____

Cheques should be made payable to Optima Foundation and sent with your completed form to:

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United Kingdom

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