



Optima Foundation - Poverty Relief

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

Established: 1996

News Letter – Issue 10

April 2003

Spring time Greetings!

It is Spring time in the Northern Hemisphere. The day light is getting longer providing us with hope and energy. So let the Light, Love and the Power of the Lord restore the equilibrium on Earth!

This is also an auspicious time in the spiritual calendar. While our Christian brothers and sisters celebrate Easter, our Jewish friends celebrate the Passover in this period. April is also seen as the month that ushers in the New Year for many Hindu and Buddhist brothers and sisters.

Easter time which is so uniquely Christ's is built around the three key words: **Love, Resurrection and Contact**. Here Love is free from emotion or personal glimpse. But linked to the understanding and sacrifice. Resurrection emphasises the fullness and livingness. Finally the Contact, binds the Love of God with Humanity.

Passover (Exodus Haggadah) celebrates the liberation from the evil acts of humans. "Seal the door where evil dwells".

The New Year for Hindus and Buddhists emphasises 'the casting off of old ways' that has no spiritual value in the journey of life.

So all in all, this is a time for all of us to renew our thoughts and action to move forward in our journey of life!

Finally let us also pray for those children of Iraq and other troubled nations who are enduring not only physical but also psychological pain at this moment in time.

Love All Serve All

Optima Foundation – Poverty Relief

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 Plans for 2003

As in the past, we are now organising the "**Spirituality in Action**" Day on the 15th of December (The day after the 3rd Advent Sunday!). On this day we are planning to provide a hearty meal to the under privileged children in orphanages and children's homes.

The cost of feeding is 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

For further information –

Please write to: Miss Valli Luschwitz (Hon. Chairperson)
At Optima Foundation

Or: email: tom_jeyendran@yahoo.co.uk
Telephone: Tom on 07974 764929

Bankers:

National Westminster Bank
10, St. Peter's Street, ST ALBANS, Herts
AL1 3LY
Sort code: 60 – 18 – 11
Account Number: 45319502

Spiritual Light

Unity in difference

The two well established religions, Judaism and Hinduism are built around the witnessing of the Absolute. "That which was is and will be". Hindus call this phenomenon as Jaganatha – The Lord of the Universe (The term juggernaut is derived from the Sanskrit – Jaganatha's Chariot). Jewish philosophers called this phenomenon as Jehovah.

Christian era brought a new emphasis to this phenomenon with the name Jesus or Yeheshua as he was called in the Middle East. In Hebrew, with the added letter 'shin' in the middle, Jehovah becomes Yeheshua. This gives the meaning "That which was, is and will be delivers". Therefore, God is both the Absolute and Deliverer. To understand this phenomenon, Buddha (Siddhartha Gautama 563 –483 BCE) suggested that a person should be in the awakened state of Infinite (spiritual) Light (Amitabha). Only then the Purity (Arabic: Ikhlas) of this phenomenon will become clear to mankind. Then as Islam states (Sura CXII, 1-4), a man could say with certainty that,

"He is God, The One and Only,
Eternal and Absolute
He begetteth not,
Nor is He begotten.
And there is none like Him".

The light of the fire

The Absolute God, Ahura Mazda is seen as the Red rose of the sky (Red being the colour that has a high wavelength in nanometers which travels and transmutes through air impurities!). According to

Zoroastrians (Founded by Prophet Zarathustra, circa 1000 BCE), one should aim to overcome the evil spirit, ego or Angra Mainyu (in Parsi: Ahangara!) within oneself through the spiritual light of the fire. Only then one could achieve the state of Asha (becoming one with the righteousness of Ahura Mazda).

The Following three Vedhic Hymns are common to both Hinduism and Buddhism

The Universe

She is the light itself and transcendent
Emanating from her body are rays in thousands
Two thousand, hundred thousand
Ten millions, hundred millions;
There is no counting their great numbers
It is by and through her that
All things, moving and motionless shine
It is the light of this Devi (*Feminine aspect of God in Genesis*) all things manifest
Bhairava Yamala (Vedhic Hymn)

God, the Deliverer

What is here is elsewhere,
What is not here is nowhere
(*Meaning: God does not hold back!*)
Vishvasara Tantra (Vedhic Hymn)

God, the Absolute

Thou art formless, though possessing form for by
means of Maya (Illusion!)
Thou dost assume innumerable forms according
to thy desire
Thou Thyself art without beginning and
Yet art the beginning of all.
It is Thou who createth, preserveth and
destroyeth the World
Maha Nirvana Tantra (Vedhic Hymn)

On a lighter side

Many years ago, on my first day at work as a cost analyst, I was invited to the company chairman's office. There, the chairman offered me some sweets and snacks, with the explanation on the special occasion of Hanukkah, the festival of light. Then after a short pause, he quizzed me with the statement, "Are you one of us?" Without any hesitation I replied, "No Sir, I am from a different faith!" He smiled and explained, "What I meant was ... Are you one of our permanent staff members?"

Tom Jeyendran

Corporate Social Responsibility (CSR)

"It is not what the vision is, but what it does is more important to an organization"

Kazuo Inamori. CEO of Kyocera Corporation

"If you want to know the taste of a pear, you must change the pear by eating it yourself. All

genuine knowledge originates in direct experience"

(Late) Mao Zedong speaking in Yenan, China (1937)

"High quality of life can depend, to a large extent, on the nature of one's communication with other people"

John M Wieman and Howard Giles in Introduction to Social Psychology, p317