

Random Thoughts (97)
9-14-2013

1. (8/29/2013) All religions speak of the oneness of all creation. Just this week I was pleased to be reminded of some hymns from the Vedas (Hindu scriptures) that pray for the peace and well being of all bipeds, all quadrupeds, plants, forests and mountains. It is this idea that has guided me in all my life. It helps me to be a better teacher as well. This week classes started and because I have been meditating and was in this loving state of mind I was able to teach in that spirit. I feel that it has helped me make the students feel comfortable with the class. I hope to continue meditating everyday of this semester and maintain this state of mind. Every semester I begin with high hopes but as the weeks pass by and work gets more intense it becomes harder to keep up the same level of equanimity and enthusiasm. The difficult part is in practicing this every moment, throughout one's life.

2. I continue my new dieting habits and enjoy the good health that it provides. The idea is to more or less think of food as medicine. Eating only when I am really hungry, and then just enough to nourish the body. I try not to eat for pleasure or to fill myself up or to build my body up. But the good thing is that when you start eating this way whatever you eat starts feeling very good. I can feel my body digesting it better. Eating less also helps the body waste less energy in digesting and building cells. Instead it can spend that energy in repairing and maintaining existing cells properly. I feel I have more energy now and since I weigh less I am also more fit. Eating more than what one absolutely needs only adds stress to the body and muddles up the brain.

3. (9/12) I was in agreement with President Obama that military action had to be taken. This caused a lot of agonizing because many people who are near and dear to me, including Nicole and my colleague Francois, are opposed to military action. I understand their position completely, because I share the same aversion to war, weapons and excessive buildup of the military. Moreover, who would want to be responsible, even in an infinitesimal amount, to the deaths of civilians that might happen as a result of any military action? This made me look into myself deeper and ask hard questions of myself. Am I being truly compassionate? I wrote in detail about my own introspection in my blog nature-lover.net/leafy-streets on 9/12.

4. (9/14) I hope diplomacy works in Syria, but if it does not then I think something has to be done. What has happened and continues to happen in Syria is massive crimes against humanity. We did not do anything in Rwanda, something Bill Clinton regrets to this day. We cannot simply stand and watch what is happening in Syria. I understand why people do not want to give any thought to military action after what happened in Iraq and Afghanistan and also the excesses of our military-industrial complex. But limited action has saved lives in Sierra Leone, Mali, Bosnia and Kosovo. I have no doubt that, if you ask the Syrian people, a majority of them would beg the US to do something.

5. (9/14) I am also saddened by all the negative comments about President Obama from all over the political spectrum. We may disagree with him on policy

but let us not jump into conclusions as to his character, integrity and motivations. I hope people do not give in to herd thinking and ideological tribalism. Let us listen to everyone and think about all aspects of issues with an open mind.