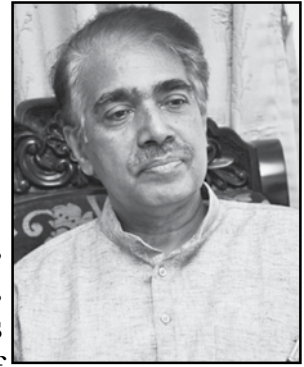


EDITORIAL



Live Life fully in the Present

Time is infinite, there is no end. It goes at a steady speed, never slow, never fast. We can definitely divide the time into three segments, Past, Present and Future. Past is infinite and so is the Future. Present is finite, it is now, where we think and act. Present is the most powerful. We can think of the past: what we did, and did not do, what we should have done and not done and worry or regret about all these, we can reminiscence of achievements and glory of the past deeds and so on and waste the precious, powerful gift of time, the 'Present'. We can also dream of enjoyment in future, things which we can do and keep dreaming and while away the precious time of the 'Present'. We cannot go back to the Past and do anything, and likewise we cannot just go to the Future and do things (unlike the Scientists' dream of 'Time Machine' which will travel in time (as we now travel in Space) is realised one day! But science, (as we know now) tells us that it is never going to be. If we need to travel in time, we need to travel at a speed higher than the speed of light. But when matter achieves the speed of light or more, it transforms to energy, it is no longer matter and so then we are not we).

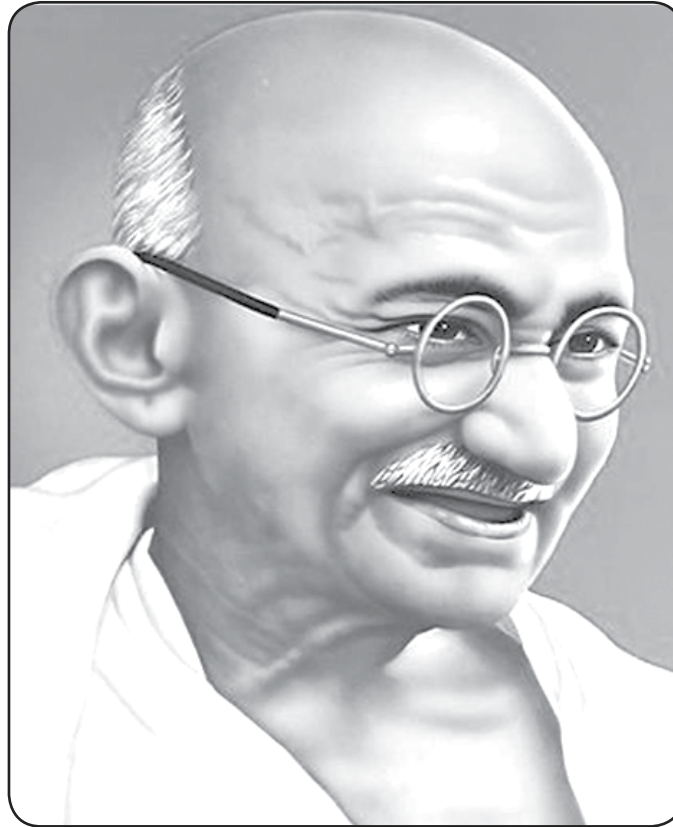
We can think and act only in the Present. So Present is most important, most precious for all of us. Present makes the Past and Future. Today, the Present is yesterday's Future; and Today, the Present is tomorrow's Past. Thus, the Past and Future are made of what we do in the Present. Many Eastern philosophers have realised this and exhorted to people about the need to respect the 'Present' and to be active in the Present. Many western writers have researched and learnt the benefit of this great theory from the East and written about the 'Power of Now', Power of the Present and exhorted humans, to focus on the Present. The great eastern Classical Sanskrit author, Poet and Playwright, Kalidasa (who lived in 5th Century BC during the Gupta Empire period in India 5th-4th Century BC) described the importance of 'Today'—the Present most beautifully:

*"Listen to the Exhortation of the Dawn! Look to this Day!
For it is Life, the very Life of Life.
In its brief course lie all the Verities and Realities of your Existence.
The Bliss of Growth, The Glory of Action, The Splendour of Beauty,
For Yesterday is but a Dream, And To-morrow is only a Vision;
But Today well lived makes Every Yesterday a Dream of Happiness,
And every Tomorrow a Vision of Hope.
Look well therefore to this Day! Such is the Salutation of the Dawn!"*

So let us not live in the Past or Future, let us live life fully in the Present, doing our Dharma, each day, every day of our life.

Dr. C. G. Krishnadas
Chairman – Editorial Advisory Board





Our Pranams to Mahatma Gandhiji
on his 153rd Birth Anniversary
02nd October 2022

Study of his message of Ahimsa, Nonviolence, Love and Truth must become part of the course curricula on 'Ethics and sustainable development' in schools and colleges. Let us thus make our children aware and inspired to grow up as responsible and good citizens to build a world of peace, prosperity and harmony for themselves and future generations. Ahimsa, Love and Truth can transform humanity and human civilisation from degradation and destruction to revival and growth.

