

Centres also exist in republics of Ukraina (Kiev, Sochi) and Belarus (Minsk).

Diwali in Talnoo, a letter from Caroline.

Sun 25 Oct

Dear folks and parents,
Sunday afternoon of Diwali. Happy Diwali to you all. We held our pooja in the ground floor of the new building - the only covered space we can all fit in at one time. All the children started to "dress-up" after breakfast while the adults prepared the altar and pooja. The girls love to get dressed up in their fancy clothes, and some of them are quite fancy! After the pooja was finished gifts were given out to all the children. Sue had given me a present for each child so Michael distributed them all too. The flying dinosaurs were a great success. 30 boys romping around outside with their gliders - coming up and asking me to "stitch them up again" when they broke. (Meaning re-inforce them with sticky tape.) The girls had fun comparing and swapping their gifts too.

Towards the end of the pooja we heard rumblings in the mountains. It had been a beautiful morning, quite warm and clear but there was a storm gathering up high. The wind turned icy cold and we had a light rain but our hills and mountain peaks were covered in snow. Such a beautiful sight.

After lunch and a video to keep them in out of the sudden cold, the children are now enjoying a pleasantly warm late afternoon. Many of the boys have built a bon-fire for this evenings fireworks display, and are now having sword duels with the remaining wood. The girls are gathering around Mankumari (aunt from the dorm) as she is putting mendi on their hands. A special dinner is promised tonight with ice-cream for the children. All the dormrooms and dining hall and new building have been decorated with lights, balloons and streamers. Its a bit like Christams.

The sun is getting lower, a golden light is striking the peaks of the mountains covered in the fresh new snow. Two of the local women have just come up from the jungle. Their bundles of cut grass tied up and carried on their back, about the size of a small car. They have been cutting the grass daily for over two weeks now. Some of the boys have been helping our "cow man" to cut the grass around the school and stack it to dry in the branches of the trees. Shri Dara can use the sythe to cut it with. Annabel went down to see the cows milked this evening. The cow man is a great friend of the children. Some of the girls are now twirling round with arms spread out, to dry the mendi on their hands. Shakti is busy having a duel with Sahaj - she won't come and have her hands done. Two old wheel barrows are being used for rides between the bonfire site and the building site. The crickets have started singing just to add to the volume of babble and general fun. The coloured lights on the new building are flashing now. The sun has almost set and soon it will be dark. Time for fireworks, time to chase up children to put their jumpers, shoes and sox on. Time to fill the water bucket and warm the water for footsoaking tonight. The candles are being lit now and put into all the windows and around the school. Fireworks begin. So noisy and exciting, colourful and dangerous! But amazing - no accidents. Thankyou Shri Mataji!



• LIFE'S LITTLE INSTRUCTION BOOK •

448 • Don't be afraid to say, "I don't know."

449 • Don't be afraid to say, "I made a mistake."

450 • Don't be afraid to say, "I need help."

451 • Don't be afraid to say, "I'm sorry."

452 • Never compromise your integrity.

The way of true wealth a creed for the '90s



By STEPHEN JUAN

IT IS called "true wealth" - the real wealth for the 1990s. We have all heard that "money will not buy happiness". Testament to this is the all-too-often sad and lonely lives of wealthy people.

It is said that wealth involves much more than money. In fact, two US psychologists go one step further. They claim that wealth has nothing to do with money. Instead, "the true meaning of wealth is enjoying what we have. Once we understand that principle, getting more wealth becomes easier ... and more enjoyable."

Peter McWilliams and John-Roger are the Los Angeles-based authors of *Wealth 101: Getting What You Want - Enjoying What You've Got* (Prelude Press, \$US19.95, available in Australia in 1993 through HarperCollins). The two psychologists redefine "wealth" in a new way for today.

1) **ABUNDANCE** is having more than we need or want. True "needs" are very few - food, shelter, protection - but our "wants" are potentially infinite. The goal of abundance is most easily achieved when we decide what we really want and focus on that.

2) **BALANCE** is the way we place ourselves on the wealth spectrum between enjoying what we already have and getting more of what we want.

3) **CARING** adds compassion and action to our loving, so we try to improve the person or object of our concern without mistaking our own desires for the wants of the other.

4) **ENJOYMENT** comprises appreciation and gratitude. It is the reason we seek wealth.

5) **HAPPINESS** means focusing on the good aspects of whatever happens to us.

6) **HEALTH** is not the absence of illness; it is being fully alive with vitality, passion, love and enthusiasm. "This is the true basis of wealth."

7) **KNOWING WHAT WE WANT** tells us what we should be doing ... and knowing that we are moving in the right direction brings a sense of satisfaction and security that money cannot buy.

8) **LEARNING** is the way we make use of everything that happens to us - thus building our wealth.

9) **LOVING** is choosing to focus on the good in ourselves and others. But if we cannot find enough positives in a person, object or project, we should move away from it. Life is too short.

10) **OPPORTUNITIES** do not just

happen. The person who recognises opportunity when it knocks - and makes it happen when it does not - knows a key secret of wealth.

11) **RICHES** are available to everyone because they go beyond expensive material objects. These inexpensive riches include "nature's riches" such as sunrises, flowers, stars; "cultural riches" such as books, films and art; "human riches" - friends, family and fulfilling work; and "personal riches" including talent, wisdom, ethics and personality.

12) **SHARING** possessions and ourselves with others adds to our wealth "because without others to share it with, wealth is meaningless".

Having described "true wealth", McWilliams and John-Roger advise that the recipe to obtain it is to focus on our true wants - and commit ourselves to spending time, effort and money in pursuit of them.

They write that "identifying your true wants is not difficult. One good way is to look at what you are doing now. If you are not actively pursuing what you say you want, you do not really want it. Or your pursuit may not be as active as it should be, because you are too busy chasing many other things you do not really want. In that case, you need to be more selective."

How does one select true wants?

The two authors suggest the following.

1) List all wants on cards - one on each card - and then try to select your true wants from among these. "Sort through your cards and discard the things that do not interest you any more. Add more cards with other things you want to keep ... your house and car and clothes ... spouse and friends, etc. Add another set listing all the wants you can think of ... profound and frivolous ... seemingly impossible and obviously trivial. Take as long as you want."

2) Divide all cards into one of five categories - career, family, social, spiritual and recreational. "Does one of your want cards represent the single, burning goal to which you want to dedicate your life? If that is the case, then go through all your cards ... keep those that automatically help toward that goal ... and put away all the others. Is one category far more important to you than the others? If it is, keep all the cards in that category ... arrange them in their order of importance to you ... and put away all of the others."

3) Once the path to "true wealth" that best suits you is chosen, describe your goals in terms of specific end results you want to achieve.

4) Commit all your efforts to attaining these results.

"True wealth" - it is more than money can buy.

• Stephen Juan is an anthropologist and lectures in the Faculty of Education at Sydney University.



WHAT THE HECK, MAKE IT A DOUBLE

IF YOU have a major liver problem and need a transplant, you may soon be able to grow your own replacement.

While doctors at the University of Pittsburgh school of medicine recently transplanted a baboon liver into a human (the patient lived for 71 days), doctors at the Children's Hospital in Boston have a more dramatic approach - growing a complete new liver from just a few human liver cells.

A gauze-like sponge is first implanted into the patient's body. After a few weeks, the sponge becomes infiltrated with blood vessels from surrounding tissue. The sponge is then injected with liver cells, which proliferate and begin to manufacture the enzymes made by a normal liver. After a few more weeks, the biodegradable sponge dissolves, leaving behind a new piece of a working liver. A complete liver is thus grown in stages.

Stephen Juan

good weekend
14/11/92

SYDNEY MORN. HERALD

Tuesday, November 3, 1992 9

Hazy start for French smokes law

PARIS, Monday: In the Pullman Saint-Jacques Hotel, in southern Paris, Japanese tourists sat cramped together behind a sign declaring their seats a "smoking zone". None was smoking.

Smokers in their group wandered freely in the rest of the lobby, where smoking is banned. Although the sign was in English and French, its message was clearly misunderstood. The mischievous could have called the police to impose fines of up to \$A350 on the transgressors.

On day one of the stringent new French law to stop smoking in enclosed public places, there was little of the resistance some cafe owners have promised.

Nor was there any sign that the authorities were preparing drastic action to enforce the law.

Many restaurant owners say they will declare their establishments "reserved for smokers. Non-smokers accepted".

Yesterday was All Saints' Day, not the time for challenging authorities or denouncing a neighbour for lighting up in the wrong place.

Today may bring the real test, when the workplace becomes a clean-air zone and smaller cafes and restaurants, with little room for separate zones, reopen.

Independent