

THE HEALTH Q

INTELLIGENT BODY MIND SOLUTIONS FOR HEALTH AND WELLNESS

INDEXED IN LIBRARY AND ARCHIVES CANADA

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Feb 2007 Issue

WHAT IS FATE?
WHAT IS YOUR MIRACLE?
MEDITATIVE EATING
BENEATH THE WHEEL
BOOKS WORTH READING
TOFU [SPICY INDIAN STYLE]



FEEL GOOD ABOUT YOURSELF ON FEB 10
JOIN HEALING VOYAGE ON FEB 22
DETAILS INSIDE

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Contents

- ◆ Editorial: What is your miracle?, pg. 1
- ◆ What is fate?, pg. 1
- ◆ Recipe for spicy Tofu, pg. 2; Eat when eating, pg. 2
- ◆ Beneath the wheel, pg. 3
- ◆ Books worth reading, pg. 4.
- ◆ Inquiries & Mission Statement, pg. 2
- ◆ Feel Good about Yourself on Feb. 10; The Healing Voyage Starts on Feb. 22, 2007. Free Info Session on Feb. 15 @ YWCA, 7 p.m. Details are on page 3 or visit www.TheHQ.ca

Are you afraid of Monday Morning? We have a solution

Sign up for FREE Monday Morning tips from our website. Let your Monday be something you look forward to! Visit our website www.TheHQ.ca and Go To Newsletters

FOODFORTHOUGHT

FEB 7, MAR 7

12-1PM @ central public
library, Hamilton

905.524.3463

WHAT IS FATE?

A CERTAIN MAN ASKED THE FAMOUS Mulla Nasrudin, "What is the meaning of fate?"

Mulla replied, "Assumptions."

"In what way?" the man asked again.

Mulla looked at him and said, "You assume things are going to go well and when they do not, you call that bad luck. You assume things are going to go badly and when they do not, you call that good luck. You assume certain things are going to happen or not happen a certain way, but you do not know what is going to actually happen. You assume the future is unknown. When you are caught out (things do not work out for you), you call that Fate."

Note: This story is one of many about the interesting character, "Mulla Nasrudin." It is an old Persian tale. On a different note, my mother who has not read this story, once said to me, "When things do not go the way we want them to, we wrongly blame Fate!"

With arrangement with www.zensufi.com.

WHAT IS YOUR MIRACLE?

FATE, LUCK, DESTINY FASCINATES US. WE want to see into the future, see what is there in store for us: if we would be able to reach that fabled state of happiness; if we would meet someone dreamy with a promise of fairytale love life; if riches and fame await us, etc.

However, more often than not, these aspirations, even when completely realized, have a bad habit of leaving us high and dry. Their fulfillment does not guarantee a fulfilling life. Meeting a dream person does not mean a fairy-tale love life. Our assumptions keep on playing spoil-sport in our life.

Only way we can ward off a potential disappointment of 'glorified future' is to remember the beauty of present life. Even if you are not famous, rich or powerful, you will find that there are so many things in your life for which you can be proud and happy about.

Everything you do with heart is worth celebrating. Being able to walk freely is a miracle; eating with your loved ones is a blessing; being able to breathe freely is a blessing; sharing with your friends is a miracle; being smiled at is a miracle; being loved is a celebration.

In everyday life, miracles happen every moment. And if we get into the habit of finding and savoring those moments, we spend less time day-dreaming about a time which is a figment of imagination rather than real. Future may or may not come. But present is here, right now.

At every moment, you are invited to enjoy that miracle.

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mission

'The Health Q' envisions to present factual information for the promotion of wholesome mental, physical and emotional/spiritual living. Drawing from valid physical/mental/emotional therapeutic techniques and sources, we intend to make 'The Health Q' an authentic vehicle for dissemination of reliable information for body, mind and spirit health.

'The Health Q' is not a replacement of the a medical advice or treatment.



tofu



spiced Indian style

By Manjit Handa, PhD

Ingredients:

Herbed firm tofu, 1 block (450-454g);
One medium onion, diced;
½ inch ginger, grated;
1 teaspoon cumin seeds;
1 tomato, diced;
2 table spoons olive oil;
1 teaspoon black pepper powder;
1 ½ cup water; 2 tablespoons milk;

2 table spoons cilantro/parsley, minced,
whichever preferred;
A pinch of turmeric powder;
Salt to taste.

Method:

In a skillet, heat the olive oil and add cumin seeds. After a couple of seconds add the diced onion and ginger and keep stirring until golden brown. Then add turmeric powder and tomatoes. When the tomatoes are tender add tofu, water, milk,

salt, pepper and cilantro. When the water begins to boil, simmer down the heat and cook for about 15-20 minutes. Then increase the heat and let the tofu absorb all the liquid. Transfer to a serving bowl and serve as a side dish, starter or hot salad, just the way you like it. Enjoy! [HQ]

Dr. Manjit Handa is the editor-in-chief of the Healing Matrix, www.HealingMatrix.ca. Her more recipes can be found in the previous issues of this newsletter and our website.

EAT WHEN EATING

Parmjit Singh, PhD

EATING, ESPECIALLY, IN OUR SOCIETY IS sort of peripheral activity. People work through lunches and dinners as if eating is such meaningless engagement that it has to be qualified with some productive work.

Zen masters advocates that pay attention to your eating; the kind of food you pick up; the way you chew; the time you take to finish it. Let your whole being participate in this act of nourishment. Take an actual break; simply pay attention to the process of eating. Your body and mind will thank you for that.

Would you change car's engine oil while it is still turned on? If you can take care of your car that much, should not you do the same to your body. You can buy a new car, but try getting a new human body! [HQ]

the healing voyage

What: 10 Week Program
When: Starts Feb 22, 2007, 7:15 pm
Where: YWCA, MacNab St. Branch
 Free Info Session: Feb 15, 7 pm @ YWCA
Cost: \$ 250/person (includes manual, membership and other perks)

Come join us on a 5 week of body, mind, spirit exploration and renewal. Improve your health and wellbeing. Enjoy the healing power of yoga and meditation and experience the spirit-exalting power of tuning in.

{Open for both men & women ☆ YWCA membership not required}

FEB

feel good about yourself

What: Half Day Workshop
When: Feb. 10
Where: YWCA, MacNab St. Branch, Hamilton
Cost: \$50/person (includes free material, live instructions...)

Take a half day off your busy life to equip yourself with stress-busting and workplace-empowering techniques. Revitalize your body and mind with yoga and meditation.

FEB

call 905.524.3463



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BENEATH THE WHEEL, WILLINGLY

by Parmjit Singh, PhD

"THERE YOU SEE A COUPLE OF gentlemen," he said softly, "who helped to put him where he is now (dead, added)."

This line is from the last page of the 'Beneath the Wheel' by Hermann Hesse, the German Nobel Laureate. This short novel I just recently finished reading is about two young talented and promising boys who meet different fates owing to different decisions they make. One, a rebellious poet, rejects the systems, walks out of the prestigious academy, shuns a socially-sanctioned promising life and lives while another, acquiescent one, embrace the system, tries to outrun it with intellect and is consequently crushed (literally dead) under the ineluctable wheel of social and academic expectations.

The novel is set in middle 20th century Europe but it read so modern. As I was thinking about, it occurred to me that situation has not changed much. People are still getting crushed under the wheel of social expectations, some willingly and others unwillingly. We have not smartened up.

Worse, with the explosion of technology, wheel is spinning faster now and so is likelihood of getting crushed. Phones, blackberries and other communication modes have hastened our life. Expectations have risen. You are expected to reply an email within few minutes or else you might be called inefficient. If you do not carry a mobile phone, people might think that you are not successful enough or 'have no life'. Rather than thinking that you are saving yourself unnecessary hardships, you may feel guilty and socially less than your neighbors. Examples are countless and can be found right under your nose.

Despite the fact that wealth, technology, possessions have inconclusive (and purportedly negative) effects on overall life-satisfaction yet we hanker for them. Strange! Would not being intelligent mean that we look through the charade and make an intelligent choice? Or being intelligent is overrated in our world?

Whatever the reasons, our world is a weird place. It promotes mediocrity under the guise of intelligence and excellence. If somebody is making big bucks through ruining our breathable air and eco-system, we call them smart or intelligent. Should not it be called insanely dumb when you are gradually cutting the umbilical cord of next generation? What is so laudable about annihilating your own future?

If being intelligent means possessing, hoarding, plundering, exploiting, avarice, selfishness, prestige, they are cogs of the wheel Herman Hesse alluded to in his novel. They are the ones under which Beneath the Wheel's protagonist got crushed.

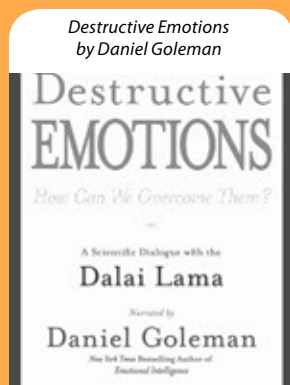
Alarming rates of depressed and unhappy people in our society are, most likely, the people who got crushed beneath the wheel— trying to 'make it in this world'—who unsuspectingly thought, like everybody else, that they are going to outrun it.

This is not to say that universe is vindictive. In fact, it is very generous. However, it follows the rules of cause and effects. Whatever you do is going to bear fruit: negative deeds will set into motions, in combination with other factors, negative consequences and positive deeds will lead to good karmas. For a healthier and happier life, you will have to carefully weigh the consequences of your actions.

If you do not do that, you run the risk of getting crushed under the wheel of social expectations and norms. [HQ]

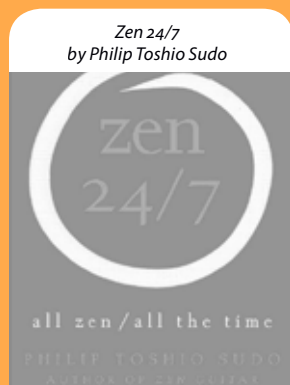


Human life is limited, but knowledge is limitless. To drive the limited in pursuit of the limitless is fatal; and to presume that one really know is fatal indeed.
— Chuang Tzu



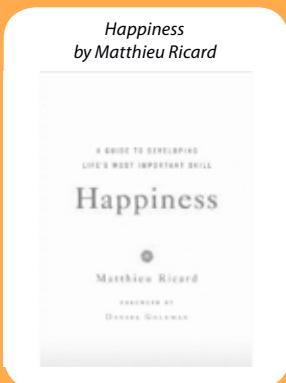
Destructive Emotions by Daniel Goleman

What is the common element in the threat to emotional and physical health, planet, environment, and moral fabric of our society? It is our negative and destructive mental and emotional states. They are the ones that are driving us to anger, violence, exploitation, willful infliction of suffering on our fellow human being. Even more than that, they rob us from peace of mind, disturb us and make us mentally and physically ill. Born out of a marvelous collaboration between western scientists and Buddhist practitioners, it shows the merits of cultivating positive emotions.



Zen 24/7 by Philip Toshio Sudo

Zen is not only when you sit in Zazen or crack complicated koans. Zen can be and should be practiced in everyday life. The possibility of maintaining Zen awareness is there when you brush your teeth, drive to work, do groceries, make love, and go to washroom, watch TV, or type on computer. This beautiful book by late Philip Sudo reminds us that Zen is there wherever you care to deploy attention. Use it as a pocket book to remind yourself of the sacredness of every day mundane activities.



Happiness by Matthieu Ricard

Matthieu Ricard did his doctoral studies under a Noble Laureate and then dropped everything to embrace Buddhism. This book is born out of his personal understanding and insights. His suggestions are profound and speak of compelling reasons to willfully cultivate happiness, or Sukha. Drawing from latest research and personal practice, he lays out convincing arguments that cultivating Sukha or happiness is even more valuable than setting career, fitness and material goals. Shining with wisdom, this book is beautifully written.