

THE BREAKFAST CHATTER

The Weekly Bulletin of the **Rotary Club of Kathmandu Mid-Town** - Volume No. 10/01 for # 826 March, 10th 2006

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DEAR MIDTOWNERS ► FRIENDS IN **ROTARY**

This week there were two birthdays One for **Arun** and one for **CK**. Unfortunately both couldn't make it and we missed them. Hey you guys at least at your birthday you can give us a reason to celebrate with you. We wish both of you many years of celebration of life and hope next time we can share a birthday cake.

Our speaker this time was **Karna Sakya**, one of the most successful touristic entrepreneurs in this country. Besides of his entrepreneur activities he belongs also to the ones who have done a lot in the social field of this country. That we now can treat cancer in this country, is to some extent due to his efforts after his first wife and one daughter died of cancer.

His topic this time was focused on the need of positive thinking in Nepal. We have many things in this country that travelers like and other sources as well, which can be used for economic growth if. A lot is possible. if we all start to think not only in categories of problems, but also in categories of solutions and willingness to take responsibility for our own lives. While it is definitely good to go abroad to learn this experience is needed in Nepal.

So far so good. But Karnaji allow me one comment. When you started to talk of expatriates, which are not needed in this country, looking around at the white faces in our club, I nearly got up to leave. But then I thought I know this gentleman since long and we have been always friends. He is just a nice guy carried away. So please note, that we foreigners in Rotary club of Kathmandu Midtown are here, because we love this country and we are doing our level best to support this country in our own way. So next time

Last time we postponed the **club picnic** planned originally for 18th March, for one week hoping that on the new date embarrassing political problems could be avoided. But helas. Now most of our PPs are connected with Ryla and would not be able to participate in the picnic if it would be held on **25th March**. Seeing their engagement in **Ryla** this seems unfair. So now our yearly Picnic is planned for the 8th of April and that is final.

Having had a look at **Balaju Park** with amenities, which cover good and bad weather in a natural attractive surrounding nearby for most of us it might be a good place for our yearly picnic. But still we are open.

As usual we have one chapter concerning Rotary worldwide. This time it's Russia. It's fantastic how Rotary even after so many years in existence is still growing and spreading.

In an environment, which doesn't really get better, **meditation** is one of the things, which help. But not only mentally. Its highly interesting to note that many fold body health problems can also be addressed by meditation. So have a look at the article.

Below you'll find our planned activities. As you must have found out earlier, this has always been a tentative schedule. So don't be surprised if changes are taking place.

We hope you enjoy reading. Until next time, **Walter**

SPEAKER OF THE WEEK ► **ROTARACT COMBINED MEETING**

THEME

On coming **Friday, 17th March** we will hear from our Rotaract and may be Interact youngsters about their activities.

UPCOMING **SPEAKERS ► PREVIEW**

DATE	SPEAKER	THEME
17 th march	Combined meeting with Rotaract	Common activities and what we have reached
24 th March	club assembly	topics of interest
31 st March	Shrijana Thapa	Interesting topic to be revealed later
7 th April	Prakash Amatya	water management
8 th April	Yearly Picnic (no further delay)	

THE MIDTOWN **CLUB ► NEWS AS THE COME IN**

8th April Picnic

Our picnic originally expected to take place on 18th of March has been postponed two times. The first time due to expected political embarrassment and the second time due to Ryla as most of our PPs are involved there. The final date will be now the 8th of April and there will be no further postponement, come what may. It looks now the best place not too far for anyone of us, covering against rain and being open for sunshine by at the same time having an attractive surrounding may be Balaju Park. Whoever has a better idea please don't hesitate to come forward.

Annual Fellowship Meeting at Syangboche on Nepalese New Year

to observe Nepalese New Year at the highest point we have committed to go to Syangboche at least for another year to give consistency in activities. This meeting was supposed to be called during November end, but due to the schedules of most of the members and clubs; this could be called only now. Like last year, discussions are on to include value additions to this fellowship meeting. Rotarian families and friends are also invited. Participants of last year are requested to promote and join this year's program. Those who missed last year's event are encouraged to join this year.

Details of itinerary, costs, programs etc. will be circulated soon and 'Orientation' and 'Interaction Meeting' will be called as well.

For more info please contact **Rtn. Nugal Vaidya**, President Elect, 2006-07 RC of Mt. Everest
E-mail nugal_vaidya@info.com.np.

Friday March 24th (Chaitra 11) Rotary Ball at Soaltee Crowne Plaza

The much awaited **Rotary Ball** is now set on the evening of that date. There will be live band and music along with famous artistes. There will be lots of Prizes and gift hampers to the participants.

Registration fee is Rs 4000/- per couple or Rs 2000/- per person.

Tables comprise 4 couples or 8 persons You can form your own group and reserve the table.

Please contact Rtn Prof Dr. Bishwo K Maskey President RC Rajdhani, Res 4271003 Mobile 9851033466 or PP Rtn Pradeep Kumar Shrestha, RC Kasthamandap at Panchkanya group Tel 5523957 e-mail steel@panchkanya.com.np kind Attention Ms Rasna Shakya.

Tickets will be sold on first come first serve basis.

Ryla 26th to 31st March 2006 at Little Angel's School, Hattiban ,Lalitpur.

This year will be the **4th RYLA** (Rotary Youth Leadership Award) in Nepal. 5 Club's have given consent to be the host Club of this year's RYLA. Those clubs are RC.Bagmati, RC Rajdhani, RC.Kasthamandap, RC Kathmandu West and RC Patan But don't worry, our people esp. our PPs are also involved. The age group for the participation should be between 18 to 20 yrs.

It is expected that 150 participants can be reached. There will be many topics covered during the training out of which some seem to be especially of interest like Youth & Development, Role of Youth in Nepal's development, Entrepreneurship development, Leadership development etc.

The Registration form should reach to RYLA committee on or before **March 15th** together with **Registration fee of Rs 1250/-** per participant duly recommended by the Rotary Clubs.

Rotary World Peace Fellowship candidates for 2007-09

Please begin the process of selecting **Rotary World Peace Fellowship** candidates for Class VI (2007-09). Submission of applications for the Rotary World Peace Fellowship should be forwarded to Evanston by **July 1, 2006**. It is targeted to get overall a pool of 500 applications which will enable the Rotary Centers Committee to select the top 60 applicants with superior qualifications.

For more information please refer to the Rotary Centers website for a timeline:

http://www.rotary.org/foundation/educational/amb_scho/centers/application/timeline.html

Ramkot Clinic Visit: kindly check the **Ramkot Roster** for your turn.

If you have **any question**, contact Rtn. **Rabindra Shrestha** (4469063, email: drsr@wlink.com.np)

The doctor is **Dr. Khagendra Gurung**. Mobile No : 98510- 83044 Phone: 4287899

If you have any question, kindly let our fellow Ramkot Coordinator Rtn. **Rabindra** know.

Doctor is **Khagendra Gurung** mobile: 98510-83044 phone: 4287899 call him Friday latest.

A WORD ON ROTARY ► ROTARY IN RUSSIA

Rotary in Russia

Prior to World War II there was no Rotary activity in the then Soviet Union. Stalin considered Rotary an undesirable activity. In his views Rotary was an institution flowing from the capitalist world. Mickhail Gorbachov changed the face of Russia and the Russian Republic under a new leader started to take shape and Rotary made its entry.

Moscow and St Petersburg harbor the first Rotary Clubs in Russia west of the Ural. Irkutsk and a number of other Russian towns harboring Rotary Clubs, comprise what is referred to as the Russian Rotary development area east of the Ural. That Rotary District which includes Alaska and The Yukon is in excess of 7,500,000 square miles.

Rotary in Russia is about 13 years old. During this time altogether 52 clubs have been established including Moscow and St.Petersburg. During these years they accomplished a number of humanitarian projects, mainly medical ones, which helped to provide medicines and equipment to many hospitals and polyclinics. Hundreds of school-students, students, post-graduates and young specialists upgraded their qualifications in the countries of Europe and America.

Multiple businesses and personal contacts with Rotarians from different countries have allowed the strengthening of mutual understanding among peoples, and they have performed other tasks which helped to overcome many crisis situations in food, medical care and education.

New Rotary Clubs are in the process of organization.

OTHER TOPICS



Every year around comes the great festival of Holi. Just enjoy the colors of life!

Meditation and Health

While said to be deriving from Vedic Hinduism many centuries ago, it was later adopted into a wide variety of religious and non-religious practices which emphasize mental activity or quiescence. The word comes from the Latin *meditatio*, which means every type of physical or intellectual exercise, but which may be better translated here as contemplation. Meditation is an experiential means of separating thoughts from the part of our consciousness which perceives the thoughts, the observer.

Kind of meditation

Different techniques of meditation can be classified according to their focus. Be it mind fullness with a focus on the background perception and experience, or concentrative meditation. Some meditative traditions such as Yoga or Tantra can be found in both fields.

Most traditions address integration of mind, body, and spirit or that of spiritual practice with family life, work, and so on. Meditation is expected to lead to positive changes in one's daily life and attitudes. In that spirit some Zen practitioners have promoted "Zen driving," aimed at reducing road rage or Osho who promoted "Working Meditation"

Meditation is often presented not as a "free-standing" activity, but as one part of a wider spiritual tradition. Religious authorities typically insist that spiritual practices such as meditation belong in the context of a well-rounded religious life.

Perhaps the most widely-cited spiritual prerequisite for meditation is that of an ethical lifestyle. Even many martial arts teachers will ask their students to respect parents and teachers, and inculcate other positive values.

Most meditative traditions are "sober" ones which discourage drug use. Exceptions include some forms of Hinduism, which have a long tradition of hashish or marijuana-using renunciates; and certain Native American traditions, which may use peyote or other restricted substances in a religious setting. Let's not forget the Sufis which like to utilize wine. The immediate meditative environment is important. Several traditions incorporate cleansing rituals for the place where one meditates, and many more offer instructions or suggestions for an altar or other accessories.

Physical postures

Different spiritual traditions, and different teachers within those traditions, prescribe or suggest different physical postures for meditation. Most famous are the several cross-legged postures, including the so-called Lotus Position.

Quiet is often held to be desirable, and some people use repetitive activities such as deep breathing, humming or chanting to help induce a meditative state. The Tibetan tradition is probably in the minority for recommending that eyes remain open; many forms assume that the eyes will be closed.

Often such details are shared by more than one religion, even in cases where mutual influence seems unlikely. One example would be "navel-gazing," which is apparently attested within Eastern Orthodoxy as well as Chinese qigong practice. Another would be the practice of focusing on the breath, which is found in Orthodox Christianity, Sufism and numerous Indic traditions.

Sitting cross-legged for extended periods or when one is not sufficiently limber, can result in a range of ergonomic complaints called "meditator's knee."

Frequency and duration

Twenty or thirty minutes is probably a typical duration. Experienced meditators often find their sessions growing in length of their own accord. Observing the advice and instructions of one's spiritual teacher is generally held to be most beneficial. Many traditions stress regular practice.

Purposes and effects of meditation

Meditation may serve as a means of relaxation from a busy daily routine or as a technique for mental discipline or as a means of gaining insight into the nature of reality, or of communing with one's God,

just to name a few purposes. Meditation normally improves concentration, awareness, self-discipline and equanimity.

Some traditions acknowledge that many types of experiences and effects are possible, but instruct the meditator to keep in mind the spiritual purpose of the meditation, and not be distracted by lesser concerns.

Importance for Health

In recent years there has been a growing interest within the medical community to study the physiological effects of meditation. Many concepts of meditation have been applied to clinical settings in order to measure its effect on somatic motor function as well as cardiovascular and respiratory function. The hermeneutic and phenomenological aspects of meditation are also areas of growing interest. Meditation has entered the mainstream of health care as a method of stress and pain reduction.

As a method of stress reduction, meditation is often used in hospitals in cases of chronic or terminal illness to reduce complications associated with increased stress including a depressed immune system. It has been proven via research that meditation induces a host of biochemical and physical changes in the body collectively referred to as the "relaxation response". The relaxation response includes changes in metabolism, heart rate, respiration, blood pressure and brain chemistry. This research was done at Buddhist monasteries in the Himalayan Mountains.

Meditation and the brain

Mindfulness meditation and related techniques are intended to train attention for the sake of provoking insight. Think of it as the opposite of attention deficit disorder. A wider, more flexible attention span makes it easier to be aware of a situation, easier to be objective in emotionally or morally difficult situations, and easier to achieve a state of responsive, creative awareness or "flow".

One theory suggests that meditation works because of the relationship between the amygdala and the prefrontal cortex. In very simple terms, the amygdala is the part of the brain that decides if we should get angry or anxious (among other things), and the pre-frontal cortex is the part that makes us stop and think about things (it is also known as the inhibitory centre).

So, the prefrontal cortex is very good at analyzing and planning, but it takes a long time to make decisions. The amygdala, on the other hand, is simpler (and older in evolutionary terms). It makes rapid judgements about a situation and has a powerful effect on our emotions and behaviour, linked to survival needs. For example, if a human sees a lion leaping out at them, the amygdala will trigger a fight or flight response long before the prefrontal cortex knows what's happening.

But in making snap judgements, our amygdalas are prone to error, seeing danger where there is none. This is particularly true in contemporary society where social conflicts are far more common than encounters with predators, and a basically harmless but emotionally charged situation can trigger uncontrollable fear or anger — leading to conflict, anxiety, and stress.

Because there is roughly a quarter of a second gap between the time an event occurs, and the time it takes the amygdala to react, a skilled meditator may be able to intervene before a fight or flight response takes over, and perhaps even redirect it into more constructive or positive feelings.

Some studies of meditation have linked the practice to increased activity in the left prefrontal cortex, which is associated with concentration, planning, meta-cognition (thinking about thinking), and with good feelings. There are similar studies linking depression and anxiety with decreased activity in the same region, and/or with dominant activity in the right prefrontal cortex. Meditation increases activity in the left prefrontal cortex, and the changes are stable over time — even if you stop meditating for a while, the effect lingers.

Importance of proper preparation for meditation

While most studies of meditation report positive effects, some studies report that meditation may have also adverse effects if practiced improperly or too intensely.

In such cases meditation can lead to considerable psychological and physiological problems .

Serious, and credible teachers of meditation usually warn their students about the possible pitfalls of a contemplative path. Another issue concerns the adaptation of eastern meditative concepts to a western culture.

Stories of unguided practitioners or inexpertly guided students developing chronic mental and physical health problems as a result of their attempts at meditation training are not uncommon. English speaking practitioners and teachers of Chinese Qi-Gong note that the practice of this contemplative exercise is sometimes accompanied by physical and psychological distress. The identification of this syndrome has led to the inclusion of a culture-sensitive category in the DSM-IV called Qi-Gong Psychotic Reaction. Traditionally, Qi-Gong, at least, is considered more of a concentration focus and health maintenance regimen in aid of meditation rather than a panacea for any problem or set of problems

Since the practice of meditation might include a powerful confrontation with existential questions, it is not considered wise to engage in intense meditation techniques without an extended period of psychological preparation, preferably in contact with a credible teacher or clinician. In the case of Asian contemplative traditions there often exist major challenges connected to the way the particular tradition is to be applied to a Western culture, or a Western mindset. A growing body of clinical literature is now starting to address the phenomenon of meditation-related problems

Several side-effects have been reported, including uncomfortable kinaesthetic sensations, mild dissociation and psychosis-like symptoms. From a clinical study of twenty-seven long term meditators, Shapiro (1992) reported effects as depression, relaxation-induced anxiety and panic, paradoxical increases in tension, impaired reality testing, confusion, disorientation and feeling 'spaced out'. The possibility that meditation might trigger strong emotional reactions is also reported by others.

Within the context of therapy, meditation is usually contraindicated when the therapeutic goal is to strengthen ego boundaries, release powerful emotions, or work through complex relational dynamics

The tendency of meditation to disturb object-relations and release unconscious material implies that the beginning meditator should approach the practice with moderation. It usually takes years of dedication to become stable in a contemplative practice, a perspective that is often overlooked by many new religious movements and New Age therapies

Meditative traditions which include the use of drugs are generally considered to be harmful to the practitioner. Additionally, as with any practice, meditation may also be used to avoid facing ongoing problems or emerging crises in the meditator's life. In such situations, it may be helpful to apply mindful attitudes acquired in meditation while actively engaging with current problems

NOW READY FOR A HEALTHY LAUGHTER?

The mother took her son to the psychiatrist and complained that he was always thinking about sex. The doctor drew a square on a piece of paper, looked at the boy and asked, "Son, what comes to your mind when you see this drawing?"

The kid answered, "Looks like a window."

The doc said, "What do you think is going on behind that window?"

"People are behind that window," replied the kid. "They are huggin', kissin' and makin' love."

The doctor drew a circle and asked, "What comes to your mind when you see this?"

The kid said, "That's a porthole."

"And what do you think is going on behind that porthole?" inquired the doctor.

"Ah," said the kid, "There are people behind that porthole with their clothes off, drinking."

The doctor said, "Son, would you mind leaving the room? I would like to discuss this with your mother."

The boy got up to leave and as he reached the door he turned around and said, "Hey, Doc, can I have those dirty pictures you drew?"

Old Lindley sat down at the doctor's desk.

"What is your problem?" asked the physician.

"Well, Doc, after the first, I am very tired. After the second, I feel all in. After the third, my heart begins to pound. After the fourth, I break out in a cold sweat. And after the fifth, I am so exhausted I feel I could die!"

"Incredible!" said the M.D. "How old are you?"

"Seventy-six."

"Well, at seventy-six, don't you think you should stop after the first?"

"But Doctor," exclaimed old Lindley, "how can I stop after the first when I live on the fifth?"

Fanny goes to her dentist and complains about a toothache.

"It is very painful?" asks Doc Floss, adjusting the chair.

"Yes it is," replies Fanny.

"Alright Miss Pringles," says Floss, turning to his assistant, "you can leave us now"

Miss Pringles goes out quickly, and the dentist and his patient are left alone.

"Darling!," says Floss, embracing his patient, "we can't go on meeting like this!"

"But why not?" wills Fanny.

"Because," says Floss, "you have only one teeth left!".

That's for today and see or hear from you soon. **Walter** and **Navyo**

SEE YOU ALL **COMING FRIDAY** ► YOURS IN ROTARY - CSD RTN. **WALTER** DILLER

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