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Name: Simon Tombosa

Group: Tan

13. Knowledge is structured in consciousness.

Knowledge is colored by the state of our awareness- sleepy, dull, clear, bright, happy, sad, alert, depressed, fearful, optimistic, fulfilled. We are always immersed in our consciousness. The state of our awareness matters in the ideas we generate to code different computer programs. The more aware or alert we are, the more creative we become. Programming is by its very nature is about creating and connecting new ideas

Transcendental meditation enables us to get rid of all the stress we have and make us conscious and alert.

14. Harmony Exists in Diversity.

Diversity in almost all fields creates synergy. Coming from different cultures and backgrounds brings about ideas that can supplement each other. When it comes to computer science, for example in United states, software engineers from India and other countries work together in harmony and build up silicon valley, where it turns out to be the hub of the cutting edge technology of our era.

TM helps us to get rid of all stresses we have and makes us a better person to work with different kinds of people in harmony.

15. The whole is contained in Every Part.

Every tiny step you do in coding matters. A very miner error may hinder your code from running forever. Even in life every atom matters. A problem in one atom or cell can affect the whole package.

16. The whole is greater than the sum of the parts.

The whole is contained in every part, and the whole is more than the sum of the parts. In computer science, everything we see in a single page of a website is the whole outcome of every single line of the code that enables it to display.

In TM the consciousness and alertness we get are the outcome of every meditation we practice every day.

I grew up in a very big family, with my parents, 8 siblings, grandparents from my mother’s side, two uncles, and one aunt. Being the last child of my parents helped me get extra care and attention from almost all members of my family. Just to mention one, I was the only child from my siblings who got the opportunity to go to the finest private elementary school. Where I got full attention and discipline a child from an affluent family can get. My father was a truck driver, where he was the only braid winner of the family. My mam was a house wife. Obviously, she cannot work with the whole responsibility of raising nine children and leading the family. My father was rarely stay at home. He had to go to different corners of the country. Surprisingly, I have known him for the first time when I was around five years old, since he was working in different city. I remember that was the most joyous day of my life. Imagine meeting your father for the first time.

Coming back to my school life, with all the attention from all my families, I turned out to be one of the top students throughout my elementary and high school years. I scored the highest to get to one of the top University of my country, University of Asmara, Eritrea. After taking all the Science course I was so fascinated with Chemistry and Physics. I was so difficult to choose a discipline that incorporates both Science fields. Finally, after a lot of research and consults from many relatives and my family. I decided to go for Pharmacy degree. In spite of my fear that the biological course will not suite with me. I loved the program although I missed physics course a lot. After getting my degree in Pharmacy, I got the opportunity to get a training in one of the pharmaceutical manufacturing company in Amman, Jordan. I got trained for six months in the manufacturing of Liquid section. It was on job training how to produce syrups, emulsions, and suspensions. Right after went back home, I was hired as Liquid section head of the newly opened Azel Pharmaceutical manufacturing company in Keren, Eritrea. I was the head of the department where there were around 20 professionals working with me. I was my best years of my life. Afer working for three years I felt it was enough. I needed to pursue my education. As a result I applied to work for the medical school