



FROM THE EDITOR'S DESK

ABOUT OUR MEMBERS

IN THIS ISSUE

Dear Readers,

A warm welcome to you all!

We are delighted that the third issue of HiCo Vibes Newsletter for July 2017 is all set to go.

After you had listened to our last HiCoVibes, one of the spiritual adventures we undertook for ourselves was to delve deeply into what the global spiritual coach Eckhart Tolle was inviting the world to pay attention to: "Realize deeply that the present moment is all you have. Make the NOW the primary focus of your life." It is in this context, the artist without hands appears in the newsletter. So also the birth of a grandma! Then came death in our family, virtually uninformed and unexpected of Augustine Kanjamala. From now on we know Augustine will not know how to be "not in the now". Through HiCoVibes, we want to let the circles of life-enhancing ideas multiply around us! An applause of appreciation from the Editorial Board to every contributor, particularly to those who took the trouble to send us lines of encouragement.

You may contact us at:
hicovibes@gmail.com

For Editorial Team
 Rakhi Dadoo



Augustine Kanjamala, SVD

My Life Journey: 1939 - 2017

- Joined SVD in the year 1957
- Ordained a Priest in 1970
- Director of Ishvani Kendra Pune in 1993
- Provincial Superior of South India in 1996
- Director of Institute of Indian Culture, Mumbai in 2003

Academics:

- Doctorate from Lancaster University, UK

Thank you for the parting gift of your written story. It will stay with us as a personal inspirational testimony. We will miss you dear friend, Augustine.



[My Process of Growing in Consciousness](#)



[Mouth and Foot Painting Artist](#)

[Experiencing a Spiritual Lifestyle without Renouncing Society](#)



[Shradhanjali to Our Dearest Kakaji](#)



[Goodbye Dear Friend Augustine](#)

My Process of Growing in Consciousness

Augustine Kanjamala, SVD



Born in Kerala (Kottayam district) on October 28, 1939, I am the first of the eight siblings, including two girls. On completing matriculation in 1957, I told my parents that I desire to leave for Indore (M.P.) in order to study to become a priest for the missionary desert of north India. One day when I was alone with my mother she began to weep, saying: “you are the one who made me a mother (as the first-born) and you are now leaving me”.

In the middle of June I bid farewell to my parents, relatives and friends. It became a moment of new awareness for the first time that I was leaving my beloved home for a long time.

At the end of the first year in the novitiate, all our class mates gave anonymous written corrections to one another. Among the corrections, my sharp tongue received maximum reference. For correcting this weakness I kept the following sentence from The Bible on my table for three years. “A kind mouth multiplies friends and gracious lips prompts friendly greetings” (Sirach 6:5). Among the positive appreciations: “Cheerful and friendly” topped the list.

On completing my theological studies I was ordained a priest in October 1970 and then began to work with the tribal Catholics of Rourkela diocese

for a year. My flight to Rome, for higher studies, with special focus on the Sociology of Religion, was a major turning point.

I was admitted into the University of Lancaster, Lancashire. On successful completion of my Ph.D. dissertation on the Impact of the Christian Missionary Activities on the modernization of the Adivasi Christians of Orissa, I returned to the Rourkela diocese to work and ascertain how far my research findings were true. While from the modern technological perspective the tribal are underdeveloped. On the other hand, they are carriers of many humane qualities, like being natural, spontaneous, community oriented, less individualistic, hard working and happy. They have little inhibitions, unlike some of the major religions, to become beneficiaries of industrialization, like the Rourkela Steel Plant.

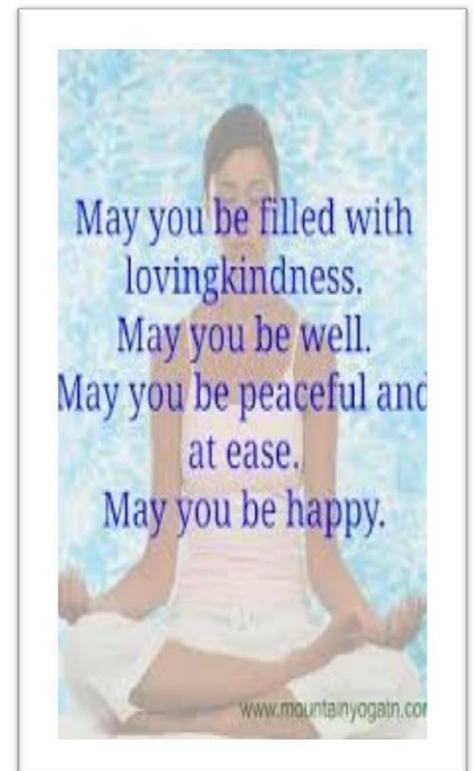
At end of 1982 I had the rare opportunity to participate in a two-month Sadhana Course, conducted by the world renowned Antony De Mello S.J. By various exercises, including writing my “Intensive Journal”, I discovered, for the first time, at the age 43 that I was behaving like my authoritarian grandfather who was my hero. It took a long time, of course, to abandon my unconscious social conditioning, and become free to choose my personal style of life. In addition to this, in the group therapy, I observed that most people, including me, are slaves of their unconscious mind. Therefore I concluded that it is unfair on my part to judge others. In contrast to my past habit of reacting and judging immediately I became more cautious, and even silent. From being an extrovert I began to emerge gradually into an introvert.

The first national survey ever of 15,000/ priests, nuns and lay people conducted by me, with the collaboration of nearly 500 helpers,

discovered that 85% of them, are not interested in social conversions, a dominant trend of the colonial missionaries. The paradigm shift is: everyone who lives a good life, according to one’s own consciousness, is acceptable to God.

By this point in time, I have abandoned much of the inherited religious beliefs and rituals including a belief in an angry God. What I am today is the multi-layered collective memories of the 77 years. The process of deeper growing in HiCon has begun. A marriage of the East and West will enrich as well as transform both the personal consciousness and the whole of humanity.

I too love the circle-concept of equality, mutuality and complementarity. We shall do our best to let the circle keep moving on!



Mouth and Foot Painting Artist

Armaity Patel

With many a rhythmic group dynamic movements and sharing of reflections we had taken time to unfold and understand **'the Power of Now'** concept. After about an hour and a half, we moved to our next session, and that was to be with Bandenawaz, a young happy man who had been handless from birth, sitting in the centre of our circle. In front of our eyes of surprise, the artist opened his own bag with the help of his feet and placed all the needed tools- numerous tins of paint, the brushes, big and small, and the canvas.

We kept on watching him in awe and disbelief. If you asked him a question, he spontaneously responded, with a smile and a chuckle. Then he got completely lost in the art of doing what he did. At the start, one of his feet drew a few imaginary lines, then a few horizontal strokes on the canvas and the background was complete.



Artist: Bandenawaz Nadaf

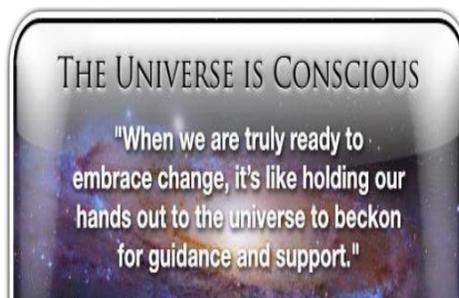
We marveled at him and the quiet comfort in which he sat as a master of his own self. There was not a drop of paint on the floor. He made no corrections, even once, during the entire time of painting as if the artist knew by heart every line that would follow. Amazement was visible on every face. What effortless concentration! What exactness! In about 40 minutes, there it was on the canvas, a master piece, a pair of palm trees, as you can now see before your eyes.

Our purpose was to watch the artist in the silence of the mind. Remain in the now. It did not take long for us to realize, that none of us really managed to stay in the now. A few tried to be, but the other charitable HiCo friends distracted them so that they too could appear normal and not, "waste time watching".

Mental knowing helps us to be aware of how hard the living of it is. I recall a sentence from the cartoonist E.P. Unny of Indian express: "Yoga refreshes the mind but not change the mind-set".

Over and above the sincere appreciation everyone felt towards Bandenawaz, when the little gift box for him was opened up, there was about Rs. 13, 500. That was a love offering from the HiCoHands. Being a hicohand is my job in the family.

Bravo to those brave souls who refuse to give up whatever be the limitations and stay in the circle of excellence!



A Grandmother was Born



Dear Hiconians,

A grandmother was born on 22 May 2017. I am enjoying every moment of the present looking at the miracle of life.

Just wanted to share the vibes I felt that day. Aneesha (my daughter-in-law) was having a difficult labour. They were in the hospital and I was at home. In the US the father goes through the whole labour with his wife even cutting the umbilical cord which of course Rohan refused as he cannot see blood.

So you understand what I mean 'going through the whole labour'. After waiting for more than 24 hours with messages coming at intervals, at 5.20 pm I decided to play some soothing flute music. Just typed out at random and got "the best relaxing piano flute music ever" on YouTube. The music has the sound of flowing water in the background. Believe it or not I did not know Ari (my grandson) was making his way into the world. He was born at 5.23 pm. Just wanted to share that the Universe carries your vibrations forward...

Experiencing a Spiritual Lifestyle without Renouncing Society

Bhadra C. Patel

A good meditator is one who has a mental link or union with the internal self and the Supreme who is the source of all goodness. This, along with an understanding of the laws of action or the laws of karma, which govern the behavior of souls, means that one does not have to renounce or leave society in order to achieve enlightenment. Rather, the soul filled with spiritual illumination faces society directly with understanding and the generosity to serve it and to elevate (improve) it.

The soul becomes elevated not by the renunciation of responsibilities or worldly duties but by a renunciation of the negativity that exists within the role being played by it in society. A good meditator does not try to escape social obligations (duties) but rather purifies those duties by becoming filled with light, love, peace and happiness. The stage of self-awareness and God-communication injects a subtle richness into one's life-patterns.

There are those who believe that the elevated state is beyond society and its duties. They find a quiet spot in the jungle or an ashram and contemplate (think about) deeper things. There are others who are stuck in the quicksand of their problems, and believe that those who leave society and take up a spiritual lifestyle are saints. However, holiness and virtue are qualities attained in one's life situations, not in running away from them. The elevated state is not merely a matter of elevated thoughts, but elevated actions also, for the benefit of the self and the world. We are what we do and not so much what we imagine ourselves to be.

The Gift of Now, Lost

Eyes are God's marvels

We open them

Wanting and yearning to see. Then we think, think and keep on thinking Binge thinking,
And we think we have seen.

Ears are God's marvels

They ever stay open

Wanting and yearning to hear Then we think, think and keep on thinking Binge thinking,
And we think we have heard.

Nostrils are God's marvels

They remain un-shut

Wanting and yearning for scents, Then we think, think and keep on thinking Binge thinking,
And we think, we have smelt.

Tongue is God's marvel

Ready and craving to taste

With foodies in, we salivate, Then we think, think and keep on thinking Binge thinking,
And we think, we have tasted.

*The palms are God's marvels
Ready and longing to feel
The delight, touch brings to life.*

*Then we think, think
and keep on thinking
Binge thinking,
And we think, we have felt the touch.*

*Mind is God's marvel Meant
to be life's servant But it
chooses to be the boss. Then
we think, think and keep on
thinking Binge thinking,
And we think, we are the masters.*

*One day,
We will know we missed it all.*

Life lost to the mind

*Without being attentive to life,
you can't be its celebrant.*

*And the one who celebrates
life is truly a celebrity;*

*All the others sit among the
audience as onlookers.*

- Ittoop Panikulam

Shradhanjali to Our Dearest Kakaji



Dear Kakaji,

After overcoming many struggles in life and attending to all your family obligations, you fulfilled many dreams!

We may acquire all the wealth of the world but we will never find the divine shelter you provided us.

It is the fervent prayer of each one of us that the all merciful lord grants your soul the eternal peace.

We constantly feel that even today you are with us!

- On Behalf of the HiCo Family

Good Bye Dear Friend, Augustine

It was a rude shock to me when around 5.30 pm today (04-07-17) my friend called me and informed me about the sad demise of Fr. Augustine. In fact at that time I had not read Fr. Ittoop's mail and so was absolutely unaware of his sickness.

Personally speaking, of late, whenever I met him, I felt a very special warmth and affection, each time he shook hands with me. We know from our experience in HiCo family, how scholarly he was and yet so unassuming. Tall, and yet always gently adjusting himself to our heights. Two words to portray him would be large hearted and broad minded. As in the case of Kakaji, we are not lucky to be with them for long interactions and reflections; but surely he too has touched my life and I know yours too, during his time in the HiCo circle. Is it that he had an inkling that he is going to leave us? He has sent me his detailed resume in the form of a write-up with the title: **"My Process of Growing in Consciousness, part of which we would want to publish in our coming HiCo vibes.** He was just some footsteps advanced, but at some point we will see, dear friend, you were a wonderful example to us all. "We will miss you especially in our meetings; you were someone very special and always made us feel happy; good bye dear friend"

P.C.Paul

Letters to the Editor

"Thank you for the HiCo Vibes. I devoured it all at once. What a blissful reading... although I didn't grasp everything at the first time. Thank you and Congratulations!"

- **Gracy Antony, Netherlands**

"Thanks for the newsletter of HiCo. Very inspiring and spiritually soul lifting. Short, precise, brief and homely....Indeed a real mission, the need of the hour. Congratulations!";

- **Shanti Priya BS Mangalore.**

"Thanks for sending me the HiCo Vibes. The write up there are very profound. You all have started something unique and creative that brings together people of good will from all Religions and walks of life"

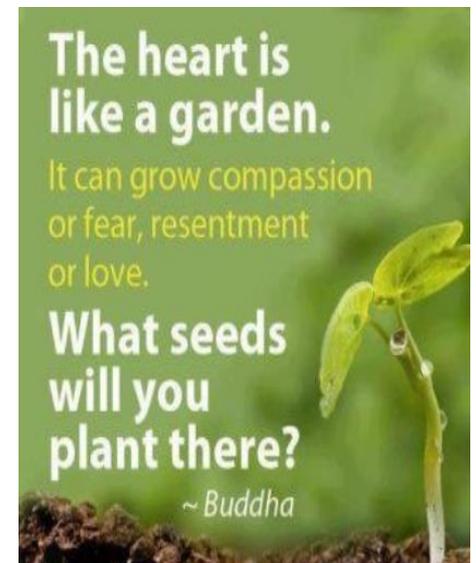
- **Gregory Pinto SVD, Rome.**

*"Loved the newsletter - esp your symptoms on spiritual awakening....disinterest in dissecting someone else's actions!
I'm going to read them all again"*

- **Bindu Kakkamthottill, Bangalore**

"Thank you very much for sending the Newsletter of the HiCo Group. Very interesting and also inspiring, I read the letter of Kaka ...What a great mission in this world...to forgive...and to help people to forgive..."

- **Paul C. SVD, Mumbai**



Courtesy: The Editorial Team

Valerian Fernandes, P.C.Paul, Vikas Dadoo and Rakhi Dadoo

For queries and feedback, please write to us at:
hicovibes@gmail.com