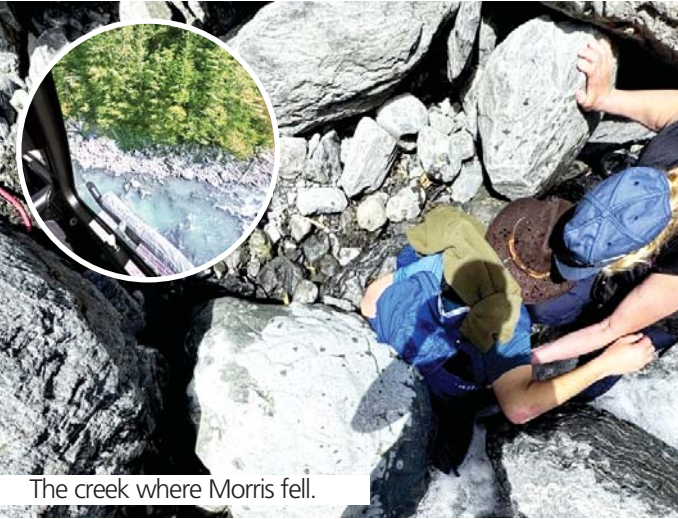


#WONDERS

What An Accident!

It took seven men and inflatable air bags to lift the boulder off as he drifted in and out of consciousness.



The creek where Morris fell.

An Alaska man, who was pinned face-down in an icy creek by a 700-pound (318-kilogram) boulder for three hours, survived the ordeal with only minor injuries, thanks in part to his wife's quick thinking and lots of luck.

Kell Morris' wife held his head above water to prevent him from drowning while waiting for rescuers to arrive after Morris was pinned by the boulder, which crashed onto him during a hike near a remote glacier south of Anchorage.

His second stroke of luck came when a sled dog tourism company, that operates on the glacier, overheard the 911 dispatch and offered up its helicopter to ferry rescuers to the scene, which was inaccessible to all-terrain vehicles.

Kell Morris, left, and his wife Jo Roop, in Sandpoint, Idaho. (Kell Morris via AP) Once rescuers arrived, it took seven men and inflatable air bags to lift the boulder off as he drifted in and out of consciousness.

Morris, 61, said he realizes he is probably the luckiest man alive. "And luckier that I have such a great wife," he said on Thursday.

His wife, Jo Roop, is a retired Alaska State Trooper. They moved to Seward, about 120 miles (193 kilometers) south of Anchorage, from Idaho last fall when she took a job with the local police department.

Last Saturday, they wanted to avoid the big crowds that converge on the Kenai Peninsula community during holidays and decided to hike near Godwin Glacier, on an isolated and undeveloped trail behind a state prison, Seward Fire Chief Clinton Crites said.

Their trail was actually a rocky creek bed, lined with large boulders deposited by the glacier.

Morris said that he noticed dangerous boulders, some weighing up to 1,000 pounds (454 kilograms), along the banks of the creek and avoided them the best he could, until he ran into an area he couldn't pass.

"I was coming back and everything, the whole side slid out from under me," he said. This May 24, 2025, photo shows the creek near Seward, Alaska, where Kell Morris was trapped under a 700-pound boulder. (Jason Harrington / Seward Fire Department via AP)

He said things became a blur as he tumbled down the embankment about 20 feet (6 meters), landing face down in the water. Then, he immedi-

ately felt that the boulder hit his back in what Crites described as "basically an avalanche of boulders." The way Morris landed, there were rocks under him, in between his legs and around him that caught the weight of the boulder, preventing him from being crushed, Crites said. But the massive rock still had him pinned, and Morris felt intense pain in his left leg and waited for his femur to snap.

"When it first happened, I was doubtful that there was going to be a good outcome," Morris said.

His wife tried to free him for about 30 minutes, putting rocks under the boulder and trying to roll it off him, before she felt to find a cell signal.

Amazingly, she only had to walk about 300 yards (274 meters) to connect with 911 and relied on her law enforcement experience to send exact GPS coordinates to dispatch.

A volunteer at the neighbouring Bear Creek Fire Department heard the call while working at the sled dog tourism operation and diverted the helicopter used to ferry tourists to the scene. Ultimately, firefighters, who couldn't navigate their all-terrain vehicles over the boulder field, jumped out of the helicopter.

By this time, Morris was hypothermic from the cold water running off the glacier, Crites said, and his wife was holding his head out of the water. "I think if we hadn't had that private helicopter assist us, it would have taken us at least another 45 minutes to get to him, and I'm not sure he had that much time," Crites said. The firefighters used two air bags, normally reserved to extract people from wrecked vehicles, to slightly lift the boulder.

"But then, it just became an all-hands brute force of 'one, two, three, push,'" Crites said. "And seven guys were able to lift it enough to pull the victim out." An Alaska National Guard helicopter lifted them out of the creek bed with a rescue basket. Morris spent two nights at the local hospital for observation but walked away unscathed. "I fully anticipated a body recovery, not him walking away without a scratch on him," Crites said.

Morris, who is now reflecting on his ordeal at home, acknowledged it might have been a little wake-up call to stop doing things like this at his age. "I was very lucky. God was looking out for me," he said. When he and his wife go hiking this weekend, they are going to stick to established trails. "We're going to stop the trailblazing," he said.



Morris and his wife Jo Roop.

Dharmakshema Made Buddhism Accessible To Chinese



The portrayal of Buddhist figures in art is deeply nuanced and layered, with different postures and colours signifying specific meaning.



At a time when the concepts of nation-states, national borders and identity cards did not exist, the oasis town of Dunhuang in the Gobi Desert in northwest China was a melting pot of four great cultures: Chinese, Indian, Greek and Persian.

Traders, travelers, scholars, monks, missionaries from far and wide would navigate unforgiving landscapes and rough weather to reach this town, which eventually became a hub of Buddhism in Central Asia. Among those who made the journey was an Indian Buddhist monk by the name of Dharmakshema.

Buddhism had spread to China from India through the ancient Silk Road and was thriving in the country in the 4th century CE. When word got back to India that there was a demand in China for a deeper understanding of Buddhist doctrines, Dharmakshema knew



Sutra of the great virtue of wisdom.

he was the person to help. "Possessed of both eloquence and intelligence, Dharmakshema was broadly learned in both monastic and secular affairs and was well versed in mainstream Buddhist texts," says the Princeton Dictionary of Buddhism, edited by Robert E Buswell Jr and Donald S Lopez Jr.

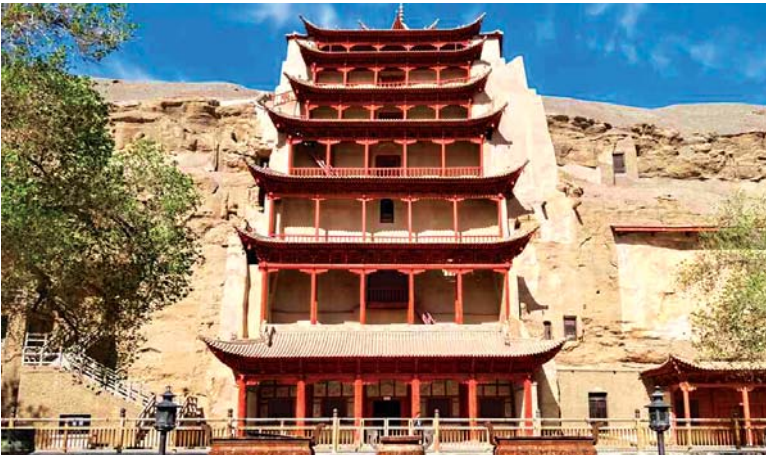
Journey to China

Much of what is known about Dharmakshema is thanks to the research of Jinhua Chen, a professor of East Asian Religions at the University of British Columbia in Vancouver, Canada. In a 2004 paper titled *The Indian Buddhist Missionary Dharmakshema (385-433): A New Dating of His Arrival in Guzang and of His Translations*, Chen translated Dharmakshema's biography by his collaborator, the monk Daolang. "The Indian sramana Tannochen (Dharmakshema) was a native of Central India and a descendant of a Brahman family," Daolang wrote. "His natural gifts were outstanding and his understanding bright and penetrating."

Dharmakshema's interest in Buddhism is believed to have begun at the age of six under his first teacher, a Hinayana monk, by the name of Dharmayassas.

The Princeton Dictionary of Buddhism throws some light on

#HISTORY



Mogao caves in Dunhuang.

Dharmakshema's journey to monkhood. "After he met a meditation monk named 'White Head' and had a fiery debate with him, Dharmakshema recognized his superior expertise and ended up studying with him," says the dictionary. "The monk transmitted to him a text of the *Mahaparinirvana Sutra* written on bark, which prompted Dharmakshema to embrace the Mahayana. Once he reached the age of 20, Dharmakshema was able to recite over two million words of Buddhist texts."

Many believed that Dharmakshema was an expert at casting spells. He could apparently draw water from a rock and was later called the *Great Divine Spell Master*.

Carrying with him the first part of the *Mahaparinirvana Sutra* that he received from 'White Head,' he left India and arrived in the Kucha kingdom in Central Asia," says the Princeton Dictionary of Buddhism.

The ancient kingdom existed in what is today China's Xinjiang Uygur Autonomous Region. It was once a well-populated oasis in the Taklamakan Desert. "As the people of Kucha mostly studied Hinayana and did not accept the

Ten Thousand Bugha caves in Jinan, Shandong province.



Dunhuang was becoming a major Buddhist educational centre. "Owing to the geographical location of Dunhuang, a few eminent monks in history, going to and coming from the West, not only left their footprints, but also engaged in the translation of Buddhist scriptures here, e.g. Dharmaraks (known as Dunhuang Bodhisattva), with his disciple Zhu Facheng, Kumarajiva the great translator, who also lectured on the Buddhist sutras and whose horse was commemorated with the White Horse being built, and Dharmakshema, the translator of *Mahaparinirvana Sutra*," Chinese scholars Chai Jianhong and Liu Jinbao write in their book *Dunhuang*.

It is a fact that Juqu Mengxun ordered the killing of the Indian monk. The most widely accepted version of the killing story goes like this: Juqu Mengxun's rival Tuoba Tao admired Dharmakshema's esoteric expertise and requested the monk be sent to his country. This alarmed Juqu Mengxun, who thought that his rival may try to use Dharmakshema's skills against him and so had the monk assassinated. The Indian monk was 48 at the time of his death.

Mogao Caves. "In ancient Chinese society, ordinary people were not educated enough to read and comprehend the scripts," Chai and Liu write. "However, the Buddhist teachings portrayed on the walls were concise and vivid, and therefore easy for them to understand." Chai and Liu add, "The painters painted profound Buddhist doctrine and philosophy into popularised visual form, adopting familiar and adaptable methods of representation, particularly those that were suited to the acceptability and habit of the Chinese, taking into account the actual demand of ordinary people in their daily lives."

Scholar and Sage Dharmakshema totally immersed himself in the life of Dunhuang, living as a pilgrim and a highly respected monk. How long he spent there is not precisely known, but it must have been years, given that he would have had to master Chinese to a high level to translate Buddhist texts into it.

In one telling, his reputation in Dunhuang as a scholar and sage reached Juqi Mengxun, the ruler of a regional kingdom that invaded the oasis town around 420 CE.

Making Every day Beautiful

ational Making Life Beautiful Day is a special celebration held every year on June 11th. This day focuses on appreciating those who contribute to making our lives and the world around us more beautiful. Whether through creating art, building positive relationships, or simply doing one's job with care and dedication, each person can add something beautiful to the world. This celebration reminds us of the power of beauty to bring joy and happiness, not just on this particular day but every day. The day also serves as a reminder that beauty is not a superficial attribute but a deeply rooted aspect of our lives that can inspire joy, connection, and positivity.



History of Buddhism.



"After spending several years in Dunhuang, Dharmakshema went to Guzang (present-day Wuwei, Gansu), then the capital city of a regional regime known as the Northern Liang, first established by the Chinese Duan Ye and then taken over by the non-Chinese Juqu Mengxun," Chen writes. "Under the patronage of Juqu Mengxun, Dharmakshema engaged in a series of translation projects which resulted in a number of Chinese Buddhist texts."

These texts included the *Mahaparinirvana Sutra*, *Suvarnaprabhasa Sutra* and the *Bodhisattva Bhumi*. "Dharmakshema is also said to have been responsible for the first Chinese version of the *Lankavatara Sutra*, a text fundamental for the development of Chinese Chan Buddhism in its early period," writes Chen. Dharmakshema's works exerted a big impact on Buddhism in China. He would first translate texts orally into Chinese, and then, the monks Daolang and Huigao would assist him in writing them down. Dharmakshema made it back to China and resumed his work.

Biographical sources suggest Dharmakshema left his work incomplete when he travelled to India after his mother's death and stayed back for a while. The journey was perilous. Apart from difficult terrain and erratic weather, travelers on the old Silk Road faced the threat of armed bandits. But Dharmakshema made it back to China and resumed his work.

Lasting Legacy

Throughout his time in China, the Indian monk's reputation for casting spells and exorcising demons stayed back for a while. The journey was perilous. Apart from difficult terrain and erratic weather, travelers on the old Silk Road faced the threat of armed bandits. But Dharmakshema made it back to China and resumed his work.

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Scholar and Sage

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Lotus Sutra fragment.

increase women's fertility." As per this story, Dharmakshema fled Shanshan, a kingdom located near the northeastern end of the Taklamakan Desert, to the lands ruled by Juqu Mengxun. At first, Dharmakshema was treated like a sage, but when Juqu Mengxun came to know that the Indian monk was teaching sexual skills to female members of the royal house, he had Dharmakshema tortured and executed.

There is, of course, no way to verify this account. It is a fact that Juqu Mengxun ordered the killing of the Indian monk, but many sources believe that the ruler's reasons were political, not personal. The most widely accepted version of the killing story goes like this: Juqu Mengxun's rival Tuoba Tao admired Dharmakshema's esoteric expertise and requested the monk be sent to his country. This alarmed Juqu Mengxun, who thought that his rival may try to use Dharmakshema's skills against him and so had the monk assassinated. The Indian monk was 48 at the time of his death.

"It is not clear how reliable this image of Dharmakshema is, although it is not unlikely that he had some thaumaturgic skills as did many other mediaeval monks," Chen says. Whatever the merit of the magic and sex stories, it is undeniable that Dharmakshema fostered a deeper understanding of Buddhism in China. He is remembered today for his translations, especially of the *Mahaparinirvana Sutra*, which had a great impact on the development of Chinese Buddhist thought. The concept of foxying or Buddha-nature, the idea that all sentient beings possess the potential to become a Buddha, or already have a pure Buddha-essence within them, first appeared in Chinese in the Indian monk's translation of the *Mahaparinirvana Sutra*. Like several other visitors from ancient India, Dharmakshema was a cultural bridge between the two great civilisations. Sixteen centuries later, his legacy is still widely celebrated in Dunhuang, western China's historical and cultural centre of Buddhism.

rajeshsharma1049@gmail.com

#J'ADORE

Men Got A Wardrobe

Apparel for men has always been limited and there was no room for experimentation! Wrong!

othing for men is not just buying something monotonous but making a choice from an exceptional range of styles available. The choices women have for ethnic clothing are never-ending. From ghagras and lehengas

to sarees, women have always had the luxury of overwhelming clothing options. The same cannot be said for men. Apparel for men has always been limited and there was no room for experimentation for the longest time but not anymore! With more significance being given to men's

clothing, new designs and trends have emerged. Now, clothing for men is not just buying something monotonous but making a choice from an exceptional range of styles available. Here is a guide to keep you up to date with all the latest happenings in the men's clothing world.

White Bottom



White is a safe yet trendy colour. You can never go wrong with white bottoms. This is because, in the huge spectrum of colours, white gets along with almost everything. Whether they are bright colours like red and yellow, or duller ones like cream and grey, white is perfect. When in doubt, choose white.

Go Pastel



If you are looking for something that catches people's eye, basic colours have long gone out of fashion. Red, orange, yellow and blue can definitely make a kurta look great but they are simply overpowered by the pastel colours. Considering that most people wear regular colours, pastels are perfect for you to stand out in a room.

Silk Jacquard Kurta



If you do not own one of these, you are definitely behind the game. The Silk Jacquard Kurta is one of most rich looking dresses for men. Its smooth texture and pleasant colours make it an instant hit with the people. If the kurta feels too simple, you can pair it with a printed overcoat and simply rock the look!

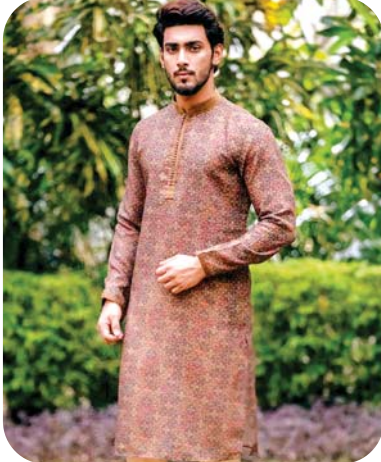
Dupattas



Dupattas can come to the rescue of many outfits. When the overall look of a dress looks boring, pairing it with a brighter dupatta can make all the difference! Adding a different colour dupatta to a bright outfit can make the outfit look striking to the eyes. Another great thing about dupattas is that they look good over dhotis, pyjamas and chudidars as well.



Ethnic Prints



Ethnic wear for regular days is an option that men did not have for a long time. A regular men's kurta with a traditional print is in vogue this season. A simple bottom with printed kurta is comfortable for day-to-day activities. This attire is perfect for any man who is looking for a break from the regular daily outfits. It is out of the box and yet sophisticated.

A Waist With a Dhoti



Dhotis have played an integral part in the clothing history of India. To make the dhoti look a little modern and stylish, you can wear it with a waistcoat. Waistcoats can be plain or printed and are usually worn with dhotis or chudidars. Wearing a contrasting waistcoat is the perfect look for weddings and festivals.

The Royal Jodhpuri Suits

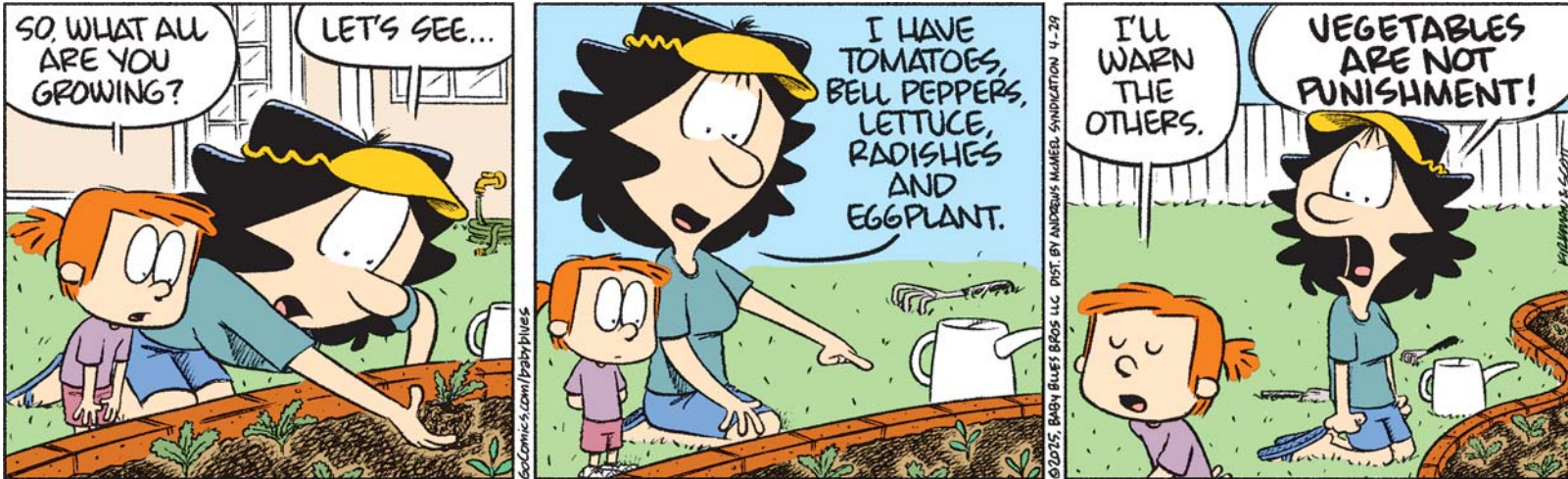


The most commonly worn, Jodhpuri suits are perfect for all occasions that call for a traditional look. The Jodhpuri suits are adorned with intricate embroidery and rich colours. The suit gives a structure to anyone wearing it and gives a regal look. This Rajasthani dress is undoubtedly the grandest of all the other apparel available for men.

THE WALL



BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman