

### #INSIGHT

## Path Of Joy

Do not be a follower of the majority, live life on your own terms. May these path quotes inspire you on the path of joy.



Path is defined as a way of life, conduct or thought; a trodden way; a route or track between one place and another or the direction in which something is moving; a set of actions, especially ones that lead to a goal or result. The path of joy is different for everyone, you have your own passions, gifts and talents that will make a positive difference to humanity.

### The Path to Joy

- We may travel to far places.
- We may acquire opulence through the material.
- We may have many lovers, friendships and a great social life.
- We may find love in another being to pass our time with.
- We may have beautiful children that we care for deeply.
- We may carry deep and strong belief structures about creation, the government and mankind.
- We may have dreams, aspirations and passions.

But at the end of it...when this body is to perish, what will you take and



what will matter - in other words, can you find joy before the final curtain closes? Can you see what many fail to see before it's too late.

Everything in this life is rented. It comes with an expiration date - of which the time and place is unknown.

These questions might sound deep, morbid and even stressful to some, but anything worthwhile came out of hardship.

Here are few joy quotes we could find for you to uplift your spirits. We've spent some time-collecting them. The goal? To inspire you to live more deeply, lightly and purposefully just enjoy every moment!

### Inspiring Quotes

"Ancient Egyptians believed that upon death they would be asked two questions and their answers would determine whether they could continue their journey in the afterlife. The first question was, 'Did you bring joy?' The second was, 'Did you find joy?'"

-Leo Buscaglia

"We are all capable of living lives characterized by great joy. Within each of us is an amazing human spirit that is strong enough to overcome



pain and disappointment. And no matter what our current situation happens to be or what beliefs we may currently harbour about ourselves, we can tap into that inner strength and wisdom and move forward to create more joy."

-Sally Merrill Redfield

"Joy is not in things, it is in us."

-Richard Wagner

"Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy."

-Nhat Hanh

"My primary and most essential goal in life is to remain connected to the world of spirit. Everything else will take care of itself - this I know for sure. And my number-one spiritual practice is trying to live in the present moment... to resist projecting into the future or lamenting past mistakes... to feel the real power of now. That, my friends, is the secret to a joyful life."

-Oprah Winfrey

"Joy is what makes life worth living, but for many joy seems hard to find. They complain that their lives are sorrowful and depressing. What then brings the joy we so much desire? Are some people just lucky, while others have run out of luck? Strange as it may sound, we can choose joy. Two people can be part of the same event, but one may choose to live it quite differently than the other. One may choose to trust that what happened, painful as it may be, holds a promise. The other may choose despair and be destroyed by it. What makes us human is precisely this freedom of choice."

-Henri Nouwen

"Joy is what happens to us when we allow ourselves to recognize how good things really are."

-Marianne Williamson

"Joy is not constant. It comes to us in moments - often ordinary moments. Sometimes we miss out on the bursts of joy because we're too busy chasing down the extraordinary moments. Other times we're so afraid of the dark we don't dare let ourselves enjoy the light. A joyful life is not a floodlight of joy. That would eventually become unbearable. I believe a joyful life is made up of joyful moments gracefully strung together by trust, gratitude and inspiration."

-Brené Brown

"Joy descends gently upon us like the evening dew, and does not patter down like a hail-storm."

-Jean Paul

"From tiny, tiny waves of joy, one gets to the ocean of happiness, which is called bliss."

-Maharishi Mahesh Yogi



Johnny Cash



Divij Sharma  
Arbit  
Correspondent

"Death ends a life, not a relationship."

-Mitch Albom, Tuesdays with Morrie

While driving to Amer Fort this Sunday, I was listening to some music from my pen-drive. The playlist was on random, picking music from some vague but certain algorithm poignantly playing some soul reaching music. Then came "Hurt" by Johnny Cash. Instead of being a song about a young individual on the downward spiral to self-destruction, Cash interpreted the lyrics as a man at the end of his life. The result is heartbreaking as the veteran musician sings in a quavering, emotional voice:

"I hurt myself today  
To see if I still feel  
I focus on the pain  
The only thing that's real  
The needle tears a hole  
The old familiar sting  
Try to kill it all away  
But I remember everything

What have I become?  
My sweetest friend  
Everyone I know goes away  
In the end  
And you could have it all  
My empire of dirt  
I will let you down  
I will make you hurt  
I wear this crown of thorns  
Upon my liar's chair  
Full of broken thoughts  
I cannot repair  
Beneath the stains of time  
The feelings disappear  
You are someone else  
I'm still right here  
If I could start again  
A million miles away  
I would keep myself  
I would find a way"

At the time Cash was singing the song he was suffering from autoimmune neuropathy brought on by diabetes and by the time he recorded Hurt, his health was failing. There were times when his voice sounded broken. He tried to turn that into a positive in the selection

of the music. It was a real struggle for him. Johnny did not write the song, in fact he borrowed it from "Nine Inch Nails", "Hurt" by Johnny Cash was a cover to their song, he made it his own. In honesty, that is how everyone remembers it as, Johnny's last number.

Last songs are more like a cultural thing, it is an idiom. Almost as the final realization or lesson, a yearning, an appeal to one whom you love with the audience as witness to the singer's honesty. Sometimes, the last song is not the last song, but for 'human' reasons it is remembered as such. Freddie Mercury's "Bohemian Rhapsody" is an example.

Is this the real life?  
Is this just fantasy?  
Caught in a landslide,  
No escape from reality  
Open your eyes,  
Look up to the skies and see,  
I'm just a poor boy, I need no sympathy,  
Because I'm easy come, easy go,  
Little high, little low,  
Any way the wind blows doesn't really matter to me, to me  
Mama,  
Just killed a man,  
Put a gun against his head, pulled my trigger,  
Now he's dead  
Mama, life had just begun,  
But now I've gone and thrown it all away  
Mama, ooh,  
Didn't mean to make you cry,  
If I'm not back again this time tomorrow,  
Carry on, carry on as if nothing really matters

"Bohemian Rhapsody" was written and recorded by the British rock band Queen from their fourth album, A Night at the Opera (1975). Freddie the lead singer of the band died in the year 1991, due to AIDS related complications.

We all know we're going to die. But only some of us have a sense of when. If those haunted with that

Here's a look at those artists brave enough to record their thoughts as their days ran short.

### David Bowie - Blackstar

Few rock star deaths have seemed more finely scripted than David Bowie's. Two days after releasing his final album, on his 69th birthday, the announcement came that the star had died after having faced liver cancer for the previous 18 months. After that acknowledgment, Bowie's last lyrics became the subject of Talmudic scrutiny. While his words, like many in his career, leaned towards the elliptical, his last seemed clear enough. "Look up

here, I'm in heaven," he sang in Lazarus, referencing the biblical figure raised from the dead. "Something happened on the day he died," Bowie intoned in the title track. "Spirit rose a meter and stepped aside." The jazz-inflected avant-rock sound he and his band created mirrored the words' halcyon mystery. In life, Bowie always seemed otherworldly. Yet in the commitment he made to his final music, he seemed entirely present. Leonard Cohen - You Want It Darker

Several months before his death in November 2016, Leonard Cohen gave an interview to the New Yorker in which he announced he was "ready to die." Only later was it

rambler moved on.

### Leon Russell - On A Distant Shore

Russell survived highly invasive heart surgery five months before he died in November 2016. Though the legend expected to live beyond his final recording, he grappled with the whims of mortality throughout the material. "Sounds like a funeral / for some person here / and I might be the one," Russell sang in the title track, which opened the album. What followed had a valedictory feel, as the songs ticked through the many styles Russell's earlier catalogue contained. He also revisited a pair of standards he had written: This Masquerade and Song for You. The latter, first cut in 1970 for Russell's debut, never sounded more rapturous than in his late rendering. The lyrics present music as an offering. Russell's final one distilled his lost life into a gift that fans can keep.

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## Dying words Sung by Musicians

### #MUSIC



Sharon Jones

knowledge seem cursed, in another way they're privileged. They have the rare chance to write their own eulogies, to make a statement that gives their final days shape. Musicians have taken special advantage of this. Actuarial tables, and bad circumstance, have placed an increasing number of them in mortality's path - and, over the last few years, many have seized that opportunity to speak from the precipice on their final albums. They're not the first to write from this perspective. In the past, doomed stars like Warren Zevon, Johnny Cash, and Freddie Mercury have put their final thoughts and feelings into song. At the moment, however, the list of musicians in this poignant group is starting to seem as long as those who belong to the dreaded "27 Club", the coterie of artists felled at that tender age from drugs.

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losers are important as maestro Salieri told the father who had come to takes his confession, as he lay dying in 1825. "Goodbye, Father. I'll speak for you. I speak for all mediocrities in the world. I am their champion. I am their patron saint. On their behalf I deny Him, you're God of no mercy. Your God who tortures men with longings they can never fulfill. He may forgive me: I shall never forgive him. Mediocrities everywhere, now and to come! I absolve you all! Amen! Amen! Amen!"

revealed that he had been diagnosed with cancer. After his death, at age 82, a prophetic letter he wrote came out. It had been penned several months earlier for an ex-lover made famous by his song So Long Marianne, who had just died from leukemia. "I think I will follow you very soon," Cohen wrote. "Know that I am so close behind you that, if you stretch out your hand, I think you can reach mine."

"If you are a dealer I'm out of the game  
If you are a healer I'm broken and lame  
I'm ready, my Lord."

Past Cohen songs often stressed humility in the face of mortality, but this time the sentiment gained in urgency and authority. The music he matched it to the deepest, darkest and slowest of his career - had a sepulchral resonance. As always, Cohen seemed accepting of life's arc:

"I better hold my tongue / I better take my place," he sang. "Lift this glass of blood / try to say the grace."

Gregg Allman - Southern Blood

According to Gregg Allman's manager Michael Lehman, the singer knew he would never record another song after he finished Southern Blood, an album released earlier in the fall of 2017. Allman wasn't even sure he'd survive long enough to complete its sessions. Though he had been diagnosed with liver cancer in 2012, he remained strong enough to continue touring for three more years. Early in March 2016, Allman spent nine days recording songs that would amount to what Lehman calls his "final statement". Some of the song titles alone tell the story: Going, Going Gone (a Dylan cover) and Once I Was (by Tim Buckley). The album's opening track, My Only True Friend, penned by Allman for his late brother, Duane, hinged on the refrain "I hope you're haunted by the music of my soul when I'm gone."

To complete a circle, Allman cut his final tracks at Muscle Shoals' Fame Studios, the same facility where he made some of his first recordings. The album's most shattering song came at its close: a cover of Jackson Browne's Song for Adam, which addresses a friend's suicide. When Allman approached the key line "It seemed he stopped his singing in the middle of his song", his voice caught. He couldn't complete the line. The producers decided to leave that absence in. On 27 May, the morning after approving the song's mix, the musician i g h t

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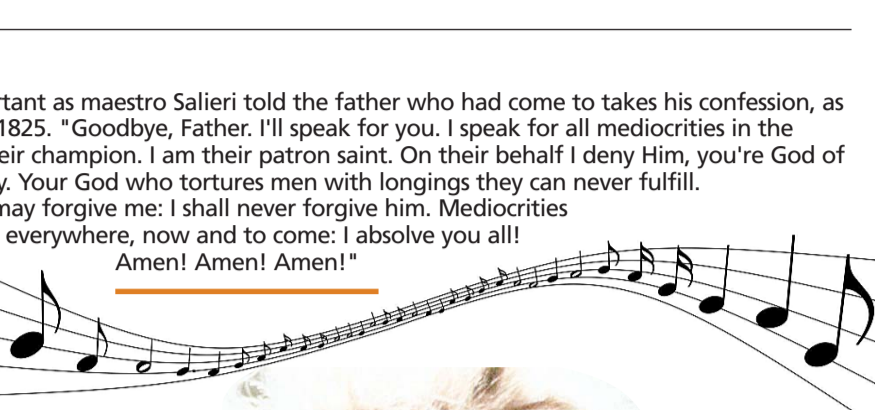
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### World Juggling Day

wiring and looping, rising and falling, the juggler's tools fly through the air with an elegance surprising in pins and rings, knives and hatchets. World Juggling Day recognizes the fantastic feats of dexterity and skill required by their demanding art form. The types of amazing things you can juggle and the styles of juggling are truly far and wide. World Juggling Day is your opportunity to show and recognition some of them at their best.



David Bowie



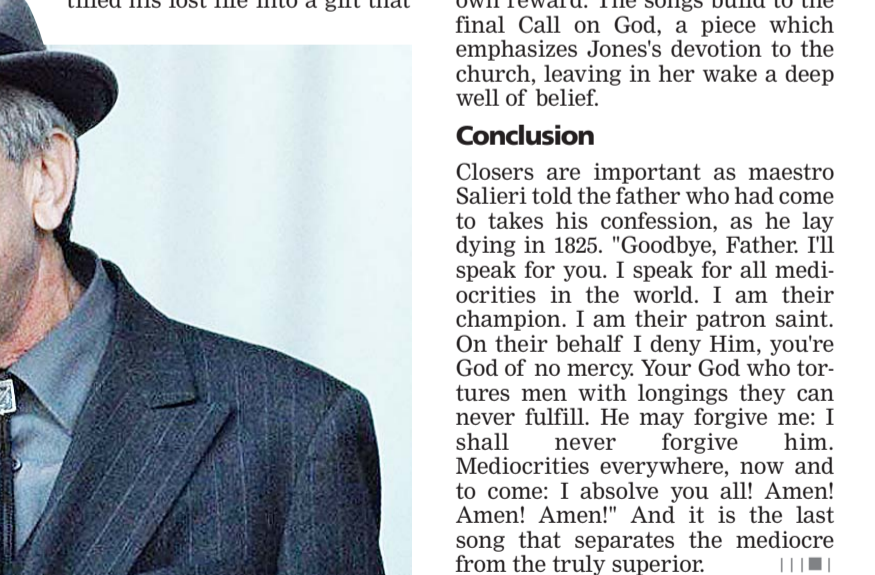
Leon Russell



Gregg Allman



Sharon Jones



Leonard Cohen



### #TRIED&TASTED

## Flavoursome Falafel

On the 12th of June each year, it is time to celebrate one of the world's favourite chickpea treats with International Falafel Day!

### Magical Green Falafels

Ingredients

- 1 cup dry garbanzo beans (Chickpeas)
- 1 cup split broad beans/fava beans or replace with more chickpeas
- 2 teaspoon baking soda
- 1/2 stalk celery chopped
- 1 large onion chopped
- 1/3 cup red bell pepper chopped
- 2/3 cup fresh parsley
- 2/3 cup fresh mint
- 1/2 cup fresh dill
- 1 teaspoon salt
- 2 teaspoon ground cumin
- 3/4 teaspoon garlic powder
- 1/4 teaspoon oregano
- 1/4 teaspoon of each: cinnamon anise, cardamom, ginger
- 1/4 teaspoon nutmeg
- 1/2 teaspoon baking soda
- 1/2 cup rice flour or chickpea flour

Oil for frying

Preparation

1. Place the chickpeas and



broad beans in a large bowl with the baking soda. Cover with water and let it soak overnight.

2. Drain and rinse the beans. Place them in a food processor and all the other ingredients: celery onion, red bell pepper, fresh herbs, salt, spices, garlic powder, oregano, baking soda and rice flour.
3. Pulse until all the ingredients

are finely chopped and a coarse meal forms. Scrape down the sides and pulse again until the texture looks like a fine meal, like cous-cous. Taste and adjust the seasonings if needed.

Transfer the mixture to a large bowl. Using your hands form small balls, or thick discs and place them on a place lined with parchment paper. Chill in the refrigerator for at least 1 hour. It's even better to let them rest overnight to let the flavours develop.

Once the falafels are ready remove them from the oil using a slotted spoon and transfer to a plate covered with paper towels.

7. Serve immediately and enjoy with hummus, tabbouleh or tahini sauce. You can also place them in pita bread with hummus, salad and red onions.

### Spicy Cauliflower Falafel with Beetroot Dip

Ingredients

- 300 g cauliflower florets
- 400 g can butter beans, rinsed and drained
- 1/2 cup (35 g) flat leaf parsley
- 80 g (60 g) almond meal
- 1/2 cup wholemeal spelt flour
- 3 garlic cloves
- 1 teaspoon chilli flakes
- 1 teaspoon ground cumin
- 1 1/2 teaspoons sea salt flakes
- 1/4 teaspoon baking powder

For the beetroot dip

- 450 g whole baby beetroot, rinsed and drained
- 1 garlic clove
- 50 g toasted pine nuts

Sea salt flakes and black pepper to taste

Salad leaves to serve

Preparation

1. Place cauliflower, butter beans, parsley, almond meal, spelt flour, garlic, chilli, cumin, salt and baking powder in the jug of a food processor and process until coarsely chopped and mixed.
2. Shape the mix into 20 golf ball sized balls.
3. Heat sunflower or vegetable oil in a small saucepan on high (oil height in pan at least 5-6 cm).
4. Carefully drop 3-4 falafel balls in the oil and fry for a minute or two until cooked and golden. Remove with a slotted spoon and drain on paper towels. Repeat for remaining balls.

### Baked Falafel

Ingredients

- 2 cups cooked lentils
- 1 huge handful (a cup or so) fresh cilantro leaves and stems
- 1 huge handful (a cup or so) fresh parsley leaves and stems
- half a jalapeño
- 1 1/2 tablespoons olive oil
- 1-2 cloves garlic
- a squeeze of lemon juice
- 1 teaspoon salt
- 1-2 tablespoons all-purpose flour (sub a gluten free flour if needed)

Preparation

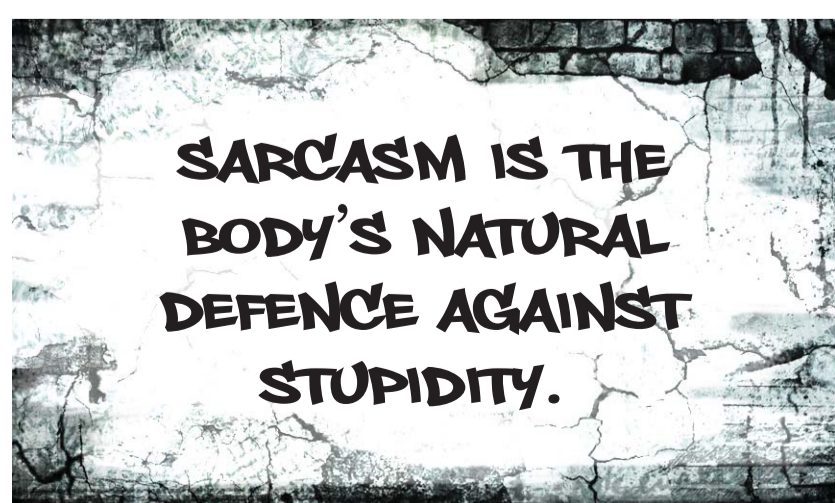
1. Preheat the oven to 350 degrees. Pulse all ingredients except flour in a food processor until combined. The mixture should form semi-dry crumbles that stick together when you press them.
2. Stir in the flour - just one tablespoon at a time, until it's just dry enough to handle. Form into 9 patties and bake for 18 minutes. Remove from oven and use in salads, sandwiches, bowls, etc. Refrigerate for a few days or freeze.



To make the beetroot dip, place all ingredients in a small food processor and blitz for a few seconds until smooth.

Serve falafels on a bed of greens with beetroot dip.

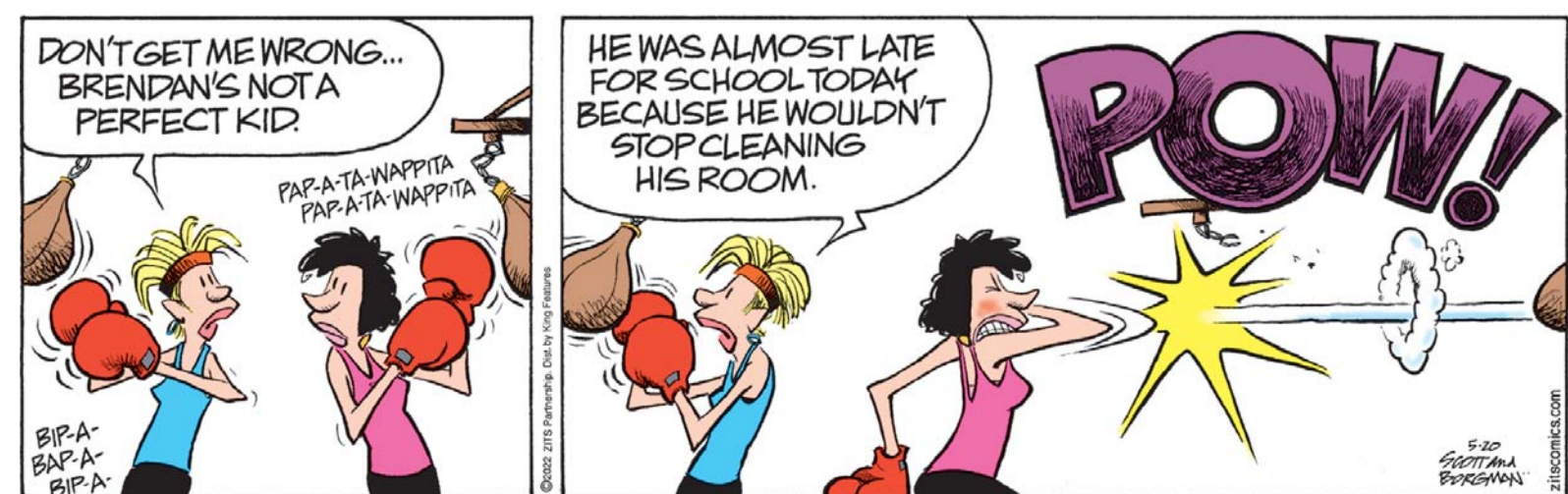
### THE WALL



### BABY BLUES



### ZITS



By Rick Kirkman & Jerry Scott

By Jerry Scott & Jim Borgman