

**FROM THE LIFE AND LIVING OF
DR RAM LAKHAN PRASAD**



**CREEDS
AND
CONFESSIONS**

**CONCESSIONS
&
COMPRESSIONS**

WHEN NOTHING IS WRONG ALL IS GOOD

**Dr Ram Lakhan
Prasad**

**THE DIARY OF
A RETIRED
MAN**

**The Truth, The
Beauty and The
Goodness**

MY DAILY CONFESSIONS

By
Dr Ram Lakhan Prasad

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**These confessions began on my 80th Birthday 27th December
2019 and will continue as long as I can manage these.**

Copies of these were regularly posted on my Facebook page
titled

MY DAILY CONFESSIONS



MY PRAYER

This life path is my unknown journey My Lord,
You are my giver of life so be my Guide,
my Guru, my Saviour and my Protector.
You be my companion, my friend
and my giver of life and I thank you.
Let my mind shine brightly
and effectively like this forever.
Let me be with you and meet you wherever I look
O Omnipresent Supreme Being.
There should be no turning away from you
You as the Giver have given me so much,
let me be content and not to desire any more.
Let me feel your presence everywhere O Omniscience.
Grant me such internal eyes and Let me see you O
Omnipotent.
Let my living and my end
be decided by you O Lord.
Let your love remain with me
Forever come what may.
Let me enjoy this life peacefully
with your love and blessings.



DEDICATION

As I was thinking about some of my other dedications, I realized that I should gravitate toward dedicating my books to my grandparents and parents. Now as a parent myself, I see so much more clearly the hard work, dedication, commitment, and self-sacrifices they made for me. Being a parent makes me appreciate my grandparents and parents all the more.

Even though it has been more than twenty-five years since they left us I cannot help thinking of them in a special way to dedicate this publication to them because I have many pleasant memories of them all.

And of course, with such passionate and culturally-driven people around me during my growing up, I also remember many of the moments of joy and the times when they filled me up with ideas that I still treasure and use. Although they are no longer physically present in my life, I still feel their loving and intimate impact every day.

So this publication is for my grandparents and parents. As a person who has lived, worked and shared family values for the last eighty years with devotion to God and passion for my family I feel proud to be part of these legends who were the constructors of my life. They were well-loved everywhere they lived and served. As they look down from the heaven above, I hope and am confident that they are proud of their Badkana Munua to keep blessing him.



PROLOGUE

By Pandita Usha Rai, Former Principal of Arya Girls' College,
Samabula, Suva, Fiji.



Born in a farming family of Fiji, Dr. Ram Lakhan Prasad, through sheer hard work and perseverance achieved a lot in his eighty years of lively life span. From a primary school teacher to a Doctorate in Business Administration and Management he has made a pleasurable journey experiencing a variety of educational, administrative and managerial positions in Fiji, Australia and the United States of America.

His successful family life and his career advancements all point to a person of extreme dedication. He developed his creative writing skills while serving the community and has published over fifty books in three different languages.

This book that he has titled as Creeds and Confessions is his final publication but contains a lot of his own ideas that are collected as his concessions and compressions. Dr Prasad has been able to conduct this task with great care and control and I congratulate him for his courage to make all his confessions and place his creeds before his readers.

His spirituality and sense of justice are reflected in all his musings, which make an interesting and a philosophical reading for the public.

INTRODUCTION

Many of my words have sometimes put me into trouble but my words have also got me out of a lot of those little troubles and problems. My way to a whole and healthy life has been through my words, actions, thoughts, character and my heart (WATCH). I have tried to keep myself on watch all my life to lead a reasonably good living. Consequently, a lot of people were able to stand by me and support me to keep enjoying my life with them as a family member, as a faithful friend, as a credible colleague, as a studious student and as a willing community worker.

All these people together with God Almighty assisted me to be strong and very courageous and to be careful to obey all the laws of humanity as a servant of the community. Then I gradually became reasonably prosperous and sincerely successful. I could not be deterred to make my moves in life.

Some of my meditations, confessions and prayers were my ways to breaking me free from every kind of bondage. Therefore, I was able to tell myself to carefully practice the Truth, Beauty and Goodness of humanity by writing my words creatively and speaking the words out loud and clear as well as over and over to watch my brain power get into action. Thus, I was able to see that the power for my life was hidden in my tongue, my heart

and my thoughts. So more benefits of life came to me each time I confessed. As I acted truthfully, watched the beauty of nature impartially and did whatever good I could for the community, the water of the peaceful river of my normal living and positive thinking were able to wash me and cleanse me from all unrighteousness and made me conduct my daily business with dignity.

I began listening to God and His people and eating, drinking and learning what was good for me. My soul began to delight itself in abundance; it revived in the richest possible way to find my life worth living. Gradually I became a believer and kept moving away from being a doubter. Although I was a slow speaker I quickly learnt to hear well and clearly what people, products and procedures were saying and these made me slow to anger, apathy and anguish.

Consequently as life went on, I as a teacher and a trainer was becoming a refined giver and kept receiving more and better knowledge in order to give more with better skills and talents. The best things that happened to me in life with the blessings of God Almighty were abandonment of fear and guilt and possessing the power of love and sound mind in the healthy body. I did not need much more to lead a good life so I moved on with added courage and solid conviction.

There have never been any lack of confession, admission, compromise and trade-off in my words, actions, thoughts, character and heart and so my eyes were able to reveal the truth by showing me ways to recognize a new heaven and a new earth that I was able to flourish and inter-relate as a human being. When I took my retirement from all paid jobs in 2002 I had a lot to confess about various aspects of life as an effective professional personnel and a family man so by 2020 I had enough collection of my confessions to put them in another publication titled as "The Diary of a Retired Man".



Work life 1st January 1960 to 31 December 2002
Consultancy 1st January 2003 to December 2010.
Half a century of active service in Fiji and Australia.
Born 27 December, 1939.

THE BEGINNING

Our Christmas of 2019 had come and gone and given us a lot of new hopes and ideas for 2020. All our thoughts have now turned to the new opportunities that lay ahead. While all my friends and family members are busy in managing their respective lives, our daily living is slowly moving into making our life even better than what it was in 2019.

All these will only happen when we concentrate and continue to persevere with additional care and control but most importantly my personal objective is to get the blessings of my God, my Teachers and my Guides. I should reflect on where the last year took us to and then plan carefully where the New Year 2020 will take us.

We are mindful that all these reflections will come with mixed feelings; mostly with pleasure but sometimes with a bit of pain and regret. However, that is life and I am determined to learn from my past mistakes. So the prospect of starting the New Year fills me with hope and expectations. I feel that I have the opportunity to begin again with a fresh start no matter what the last year held for me and my family. I know that no matter what lay in our past, when we endeavour to proceed with confidence and control and confess our sins to ask for forgiveness from every one we are certain that we will be forgiven and God's grace will let us go on to make a fresh start.

As I was walking in my yard this morning I saw a beautiful red rose hanging from the branch over the fence and I stood there for a while to appreciate that natural image. Next to

the pretty flower was a dry branch full of sharp thorns that I picked up to throw it in the rubbish bin because I did not want it to hurt my loved ones anytime later.

Growing up with my ancestors in our Arya Sanatani faith I was told to get rid of any obstacles that lie ahead for the family and friends. We were told that our circumstances maybe unfavourable at times and so some discouragement may come into our life but our hope and faith in the powers of the Supreme Being will always make us overcome all our difficulties if we regularly recited the Gayatri Mantra –

*Om Bhur Bhuvah Swah
Tat-savitur Varenyam
Bhargo Devasya Dhimahi
Dhiyo Yonah Prachodayat*

We meditate on that most adored Supreme Lord, the creator, whose effulgence (divine light) illumines all realms (physical, mental and spiritual). May this divine light illumine our intellect and our life.

and the Maha Mrityunjaya Mantra.

*Om tryambakam yajamahe sugandhim pushti – vardhanam
urva – rukamiva bandhanan mrityor – muksheeya ma –
amritat*

**O Lord we worship and adore You, O three-eyed One, O Shiva.
You are sweet gladness, the fragrance of life, Who nourishes
us, restores our health, and causes us to thrive. As, in due time,
the stem of the cucumber weakens, and the gourd is freed from
the vine, so free us from attachment and death, and do not
withhold immortality.**

The new year is just moving slowly to let us progress in the right direction if we decide to first of all help ourselves and then assist our loved ones. I have confident that God provides us with the needed strength and courage to persevere and grow. I am determined to clear all the obstacles that may come for us and let us live with happiness, smile and sense of service.

THE GLORY OF NATURE



One of the pleasures of visiting my birthplace is getting an opportunity to appreciate the glory of nature that prevails around there. The fertile farms along the river that has its source at the top of the mountain range known as the Sleeping Giant and the beautiful scenery that made my childhood bubble with joy as well as the breathtaking experiences that I collected as an early formal and informal learner always make me appreciate the glory of nature and feel the special beauty of nature.



While I move around the village and meet with some of my childhood friends who now have their own family life and manage their farms, I begin to wonder about the grandeur of God and begin refreshing my feelings of His greatness. Apart from all that my motilities take me to all those places of interest that I shared as my childhood experiences.

While I spend my few nights at my Denarau apartment and take a look at the starry night sky by lying on the calm and peaceful beach of the Pacific Ocean, I am thankful to God for granting me this life and creating all the beautiful and natural environments for us to enjoy. It is there that I appreciate and strengthen my belief that mankind has been reaching for the sky and achieving a lot of things by the help of Almighty God. Thus I come back with my sincere and hearty feeling that God alone is worthy of our daily worship and prayers for continued promotion of peace and love for all living beings. I have lived my life well, given good service to the community but while doing all my best I may have slipped and fallen to unknowingly commit some sins. This is then my confession and I ask for forgiveness firstly from God and then from my people.



Then there is a story that takes me to early 1960s when I was one of those young, energetic and talented trainees ready to go forth to serve the community. I came from a small village and soon got acclimatised to the new way of urban living at Nasinu. I confess that life at that time was not very easy but gradually I learnt to adjust myself and face the reality. In two years I was given almost all the tools of teaching and proceeded to take my responsibilities and duties as a teacher. I tried to do my best, I confess.

At this advanced college of education I was given a specific responsibility to be the member of the students' council to serve as leader to look after the finances of the council while looking after the interests and activities of all the students.

It was here that I developed my skills of drama and sports by putting on a few cultural plays on stage at

various theatres and presenting some programmes for radio Fiji. Of course, my sports activities took me to games of soccer and hockey. I confess that my dramatic talents were simple and amateur and the sporting activities could not make me a national representative but gave me satisfaction of participation.

The relationship that developed with the colleagues and the staff was very important for my later communal involvement because we learnt to interact openly and conduct ourselves well within the means and mode of the society. This development made me fit into the community wherever I was sent to serve.

I must confess that I did my best to do all my duties well and perform my tasks with diligence to get accolades and promotions during my service to the education sector of Fiji.



THE DIFFERENCES THAT MAKE US THE SAME

Definitely there are a lot of differences between the spiritual belief of people, our intelligent thinking and the reality of living to make us appreciate that all human beings possess the values of humanity such as truth, beauty and goodness but those that are misguided and are easily misled make their living full of difficulties, pain and suffering. There are a lot of times in life that I want to become a deaf and a blind individual so that I remain away from those who preach false, ugly and evil ideas and practice negative ways. Unfortunately this is not at all possible.

However, I have developed the courage of my convictions to voice my objections to all wrong human practices and ideas by keeping my creative skills going as an amateur author. In the New Year 2020 I hope to do a bit more to express my opinions and would like other honest people to do the same. I know that it is difficult to make everyone like you and it is also hard to like everyone and appreciate all alternative thinking but at least we can give these aspects of humanity a try.

When I turn on the news of any media these days and it seems like we are a country and a world that are divided. There is a polarizing force at play on almost every topic on the world scene. Everything seems like “Us Vs Them” on issues like gun control, global warming, women’s health, racism, immigration, war, oil, big banks, taxes and education. Often at the very

foundation of many of these struggles there are things that keep us grounded, attacked and attached and these are religion and politics. We all believe in something and feel that we should be with the devil we know rather than the devil we do not. Even those of us who have faith in nothing at all, hold firm to that conviction. No matter what our opinions are, everyone is looking to find a deeper connection and meaning. Many times we agree to disagree but still move on. By finding out what makes us different, we can arrive at what makes us all the same. At one point in our life we all wonder the same thing: "Who are we and why are we here?"

Before I began my confessions, I too have been working to find the most compelling, sincere and thoughtful stories and events of truth, beauty and goodness of humanity. Sometimes I managed to get those but often there were moments of false conducts, ugly scenes and evil ideas that have been making the world an unacceptable place to dwell. However, my feelings of trust, faith, love and devotion have not changed but have strengthened so that I can continue to lead a peaceful life and feel within my heart that one day the good people of the world with the blessing of God Almighty will resurrect the original intentions of the creation of nature when we all can go on the route of exploration of purpose, the meaning of love, the challenge to overcome obstacles, the desire for change, the will to push through loss, the practice of faith and the mystery of death and life.

One of my earliest childhood memories was looking across at my brother and trying to figure out why we seemed so different from one another. I was chubby and fat and my brother was thin and skinny. His hair was thick and curly; my hair was straight and fine. As we got older, the differences in our personalities, our talents, our strengths and weaknesses, even our outlooks on life, became more obvious and pronounced. All those character traits that say we are unique go a long way in determining how we relate to the world. I still find it fascinating how two people with the same genes brought up in the same environment, with

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