

New Western Cuisine.



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海洋精华
Ocean's Best



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Ocean Brew

"Linie" means "line" and refers to the fact that after aging the spirit for 12 months, the company stows sherry casks of the product onto ships and sends them off on a voyage across the equator – i.e. the big "line" – and back.⁴⁶ Talk of the Town

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KEE at 796 Huai Hai Lu is set to become one of China's premier restaurants. A

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Geoffrey Bawa – Sri Lanka's

pioneer of Modern Tropical style

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Photo by Geoff Lung

The Daily Grind of Work & Sleep But Is That All There Is?

By Fred Tibbitts, Jr.

So many of us seem to but work and sleep with no real time for family, friends or relationships. Our God is our career or way of making money. And this is very sad. Values are learned; they are not in our genetic code. We are not born into this world believing we must labor from sunrise to sunset without pause, but some of us are taught that work comes first for the good of the family, regardless of the human consequences. Many are taught the importance of hard work to pay their way in life, so that they do not become a burden on others and above all else, if possible, to achieve their dreams of power, riches and fame. But is that all there is? It is for each of us to answer this "million dollar" question. There is no One answer for everyone, only the sacred opportunity for each of us to discover our own personal truth if we but open our hearts and be awakened to follow our personal path as prescribed by the Energy of the Universe.

Our personal path is by invitation only and the unique combination that will unlock our most precious of all gifts from the Energy of the Universe is an open heart, ready to be trained, refined and devoted to serving others, especially those less fortunate. Yet some of us pass through this life never opening to the true meaning of why they have taken form in this dimension and for as ever so briefly: They arrive, they age, they suffer, they decay and then they are gone without a trace; for they have done little to be remembered, aside from learning to be selfish and care only for themselves.

Buddhism, Hinduism and several other religions consider the endless cycle of birth, suffering and death "Samsara", a word from the Pali canons and the Sanskrit. Our birth and rebirth is related to karma or the accumulation of our past good and bad actions, so contrary to the popular expression on wealth and riches not leaving this life with you, as in "You can't take it with you"; with respect to karma, you do take it with you and you have no option to leave it behind, for you are your karma and to the dismay of many of the world's most wealthy individuals who too often attempt to purchase "merit" or good karma with their occasional donations to charities, it's not for sale.

Good karma must be earned through Right Mind, Right Thought, Right Intentions and Right Actions. Sorry, I don't make the rules; I just do my best to follow them. But if you choose to ignore the Law of Karma, don't be surprised if you come back as the lowest of insects and promptly suffer a most painful demise at the hands of an uncaring human wielding a nasty flyswatter or worse yet, an electric flyswatter that results in immediate and complete electrocution; and then continue to be returned as the lowest of insects until you have survived a full-term insect's life of constant pain and suffering without having an unrealized human violently cut-short your insect existence. But since it is universally believed that an insect is unable to do any cognitive work on itself to reverse one's accumulation of bad karma, as can be uniquely accomplished in the human condition, you just may be in for a few millennia as an insect. Better opt for "Right" everything while you can, because another universal Buddhist expression, so beautifully says it all: "You never know which comes first, the next

morning or the next life".

Work is of course important for those of us who need to provide for our minimum living necessities. But if work is all that we do, there can be little rapture in our lives, the quality of life that speaks to the Divine joy of two or more beings becoming but One; be it one's family, one's friends, one's partner or all of the above.

How many times have you rationalized to yourself and anyone who would listen that you maximize your work time to benefit your family, when in truth, the family always values your love and presence among them far more than a second helping of rice or a larger loaf of bread. Children are the ones who suffer the most when their father or mother or both spend the greatest portion of their waking hours in search of more income. Yes, in impoverished places around the world the parents and other adults (with "adults" sometimes as young as seven) do find it necessary to but work and sleep to keep their families from starving, but wherever this is not the case, we must practice a balance in our lives that celebrates the importance of being present among our loved ones as often as possible to insure that they find inner meaning and purpose in their lives and as well find it possible to dream wonderful dreams of what will be their tomorrow, rather than to wish for their earliest demise, as the only escape they know from their constant sorrow and suffering, as a result of their feelings of loneliness, being unloved and being unworthy of being loved.

I will never forget what my then adult daughter once observed on this very subject many years ago. I was speaking with her and some friends about how fast children seem to grow-up and then they are gone to find their own way in the world; and therefore how important it is to spend as much time as possible with them while they are with us. My daughter reflected for a brief moment on what I had said and then, looking me straight in the eyes, spoke these words: "But dad, you were never there. You were always traveling." For my brief moment I was stunned and speechless, but then, I knew she was right. I replied, "Oh, right, I guess so." For I had done what I was taught by my father and just like so many others who have been similarly taught by their parents: I rationalized that my regular absence from our home was to provide a better life for my family and therefore it was the right thing to do, regardless of the emotional hardships and stress it caused the family.

But what I achieved by my absence was providing a different life for my family, and in particular, my son and my daughter; and for that I will forever more be sorry, because you cannot relive those all-important years in the development of your children: You can only recall that they did it without you and rededicate yourself for as long as you all remain alive to loving them and finding new ways to heal everyone's emotional wounds, so that tomorrow really becomes everyone's own wonderful dream.

I am **Red Fred**, over & Out.