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THE ULTIMATE EXPERIENCE - from a talk by Prem Rawat [Part 3 of 3]

IT'S NEVER TOO LATE

If your job is to milk venom from a king cobra, don't be too surprised if one day the cobra bites you. That is its nature. Maybe the cobra is agitated that day. Maybe he knows what you're going to do, and he doesn't really want to donate his venom. Maybe the last time you did it, you squeezed his head a little too hard, and he's mad at you. Maybe he thinks you're bringing food. Who knows?

But we breed unconsciousness, and then we wonder what happens to us in our life. It cannot be. Look again at those seeds you have been given and make some simple decisions. Especially if you look in your heart and find that a few trees are missing that you think should've been there, that you assumed were there. No problem. It's never too late. Seeds are in hand; sow them. Take care of them.

ENJOY THIS LIFE

Nurture kindness in your life, and you will be rewarded with the gift of kindness. Sow the seed of love, and you will be rewarded with that most incredible feeling of love dancing in your heart. Sow the seed of understanding, and you will be rewarded with understanding. Sow the seed of clarity, and you will be rewarded with clarity. Then in this life, every day, a tribute of gratitude can be paid. Right now, you don't have time. You are too busy cleaning the sap from the Anger Tree, the Misunderstanding Tree, the Hate Tree.

However it is, do not sow seeds of unconsciousness anymore. Really nasty stuff. Stinks. Sow consciousness, and the reward will be a simple and beautiful reality. Enjoy this life, because that's one thing you can do with it. And it's good. It's all very good. But not through the eyes of doubt, not through the eyes of anger, not through the eyes of hate. I'm not saying you should love everyone and walk around saying: "I love you, I love you, I love you." That's not what I am talking about.

The tree of love is not planted in your neighbour's garden. Don't even try going to your neighbour's garden to plant that tree. The tree of love is planted in your garden. And why should you plant it? Maybe you think you should become kind so that other people will be kind to you. That's not the reason why you should be kind. To feel kindness. To feel true love. To understand what it is like not to be in doubt. To understand that there is a place where there are answers—this is something you do for you, not for other people.

Then, of course, some people say: "Isn't that selfish?" Is it? When I understand something, am I robbing somebody else of that understanding? Is there only a limited number of understandings, so that if I get one, somebody else won't get it? If that is how it is, then it is selfish, and you shouldn't understand something, because somebody else might need that understanding more than you do.

But that is not how it is. When you understand something, you're not depriving anybody of that understanding. When you receive an answer, you do not deprive anybody of that answer. The other person can receive it, too. That is what is so beautiful. It is not at somebody else's expense; it is just about you. Your journey, your existence. Your heart, your contentment. Your life.

And you are not depriving anybody of anything by taking as much as you can. Do whatever you have to do in your life. But do this, too: sow the seeds that you want to sow. Nurture them. Garner them. Help them grow. And then you will be able to enjoy the trees in your garden of life.

SCIENCE

'Boaty McBoatface' sub survives ice mission 'Boaty McBoatface' has executed its



most daring dive yet. The nation's favourite yellow submarine swam under a near-600m thick ice shelf in the Antarctic, returning safely to its launch ship after 48 hours away. It was an important test for the novel autonomous vehicle, which was developed at the UK's National Oceanography Centre (NOC). Boaty's handlers now plan even more arduous expeditions for the sub in the years ahead. This includes a

traverse under the sea-ice that caps the Arctic Ocean. "The reason this mission under the Filchner Ice Shelf in the Antarctic is so significant is that it proves the concept of the new **Boaty long-range vehicle** being able to do this kind of work," explained Prof Russell Wynn, the chief scientist for NOC's marine autonomous and robotic systems. "Although this was only a 48-hour mission, it was very high risk because of the nature of the environment. "I could very easily have been talking to you now having lost Boaty under the ice and having no way of getting it back," he told BBC News. **The name Boaty McBoatface** was what the public in an online poll wanted to call the UK's next polar ship, the RRS Sir David Attenborough. The government thought that inappropriate but decided to keep the humorous moniker for the autonomous underwater vehicles that will operate from the Attenborough's deck when it enters full service in 2019. NOC is building a fleet of these AUVs. Their real codename is Autosub Long Range (ALR). They have been designed to navigate independently over great distances and have the energy reserves to stay out on mission for weeks on end. This most recent expedition was part of the Filchner Ice Shelf (FIS) Project - a collaboration between the British Antarctic Survey (BAS) and Germany's Alfred Wegener Institute (AWI), with NOC providing and running the Boaty model. The Filchner is a vast floating slab of ice that has flowed off the land on to the Weddell Sea. Boaty was asked to swim into, and explore, the cavity beneath the shelf. Dr Adrian Jenkins from BAS was the science leader for the work onboard the launch ship, **RV Polarstern**. "ALR was deployed about 3km north of a 32km-wide band of land-fast sea-ice that prevented Polarstern from getting any closer to Filchner's ice front. "The AUV therefore had to make a 110km round trip in order to reach a point 20km inside the cavity beneath the 550m-thick Filchner Ice Shelf," he explained. "For both the deployment and recovery, we needed Polarstern to clear holes in 10-15cm-thick new sea-ice. More ice was forming around the ship during the operations. Credit for the safe and successful completion of those operations goes to Captain Stefan Schwarze and the crew of Polarstern." Boaty gathered data on the way water moves through the cavity, measuring temperature, salinity and mixing. This will help scientists better understand how the Filchner will respond if warm water were ever to get under the shelf to begin melting it - something that is happening in other regions of the Antarctic today. Almost a fifth of the land ice on the White Continent drains into the Weddell Sea through the Filchner and its neighbouring shelf, the Ronne. Great basins of ice **such as the Recovery Ice Stream** would flow faster towards the ocean were it not for the buttressing effect of the shelves. Dr Peter Davis, a BAS oceanographer on the project, told BBC News: "The ice steams cover an area perhaps 10 times the size of the UK. So, the shelves hold back a huge amount of ice. And if they are unleashed, or released, they could result in some substantial sea-level rise that will impact everyone no matter where we are on the globe." One of the next phases of the Boaty development programme will see a new ALR launched from NOC's Southampton HQ. It will head out to explore the so-called Southwest Approaches - those waters off the tip of Cornwall. "In the future, we would love to send Boaty out from somewhere near Southampton to visit the Mid-Atlantic Ridge, to go and do sampling and imaging, collect measurements and come back completely autonomously," said Prof Wynn. "This would start to take the expensive ship out of the equation, and that means we could get more science for the budget available." *BBC*