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# SPIRITUAL PERSPECTIVES

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For Friends and Followers of Mukunda Goswami

## Free to Choose?

By Radha devi dasi

A humanitarian crisis is erupting in the United States where thousands of refugee children are seeking asylum from dangerous conditions in Central America. Unfortunately, they are not welcome in the U.S. In places such as Murrieta, California, and Oracle, Arizona, the message is clear: Thousands of immigrant children fleeing Central America are unwelcome in Small Town U.S.A.



Protestors in Murrieta, California

The Vedic perspective, however, is that everyone has the responsibility for caring for five classes of living entities. Those classes include the elderly, Brahmins, cows, women, and children. This perspective, which Srila Prabhupada discusses in the 6<sup>th</sup> Canto of *Srimad Bhagavatam*, is based on the understanding that these five kinds of entities are defenseless and that everyone benefits when they are protected.

One of the symptoms of Kali-yuga, according to the *Bhagavatam*, is that women and children will be unprotected. Certainly that is the case for these Central American refugees. Desperate to escape life threatening situations in their home countries, they travel thousands of miles on the mere hope of refuge.

In the past year, some 50,000 undocumented children, many of them arriving unaccompanied in the U.S. from El Salvador, Honduras and Guatemala, have traveled up to 3,000 miles across deserts and rivers, clinging to the tops of trains. They face rape and beatings at the hands of “coyotes,” smugglers who are paid thousands of dollars to sneak them across the southern border with Mexico.

Rather than a refuge, however, these women and children have been met with indifference and even hostility. Earlier this summer, in Murrieta, California busloads of babies in their mothers’ laps, teens, ‘twens and toddlers were turned back from a detainee facility. They were met by screaming protesters waving and wearing American flags and bearing signs that read such things as “Return to Sender.”

In Texas and Arizona, the epicenter of the crisis, detention centers and military bases are filled with children piled up waiting for authorities to start the process of sending them back to their home countries, or at least to give them better conditions until they do. The children are living “in awful conditions. They don’t have beds,” added Domingo Gonzalo of the group Campana Fronteriza which operates from the Texas town of Brownsville, where there is a detention center.

Many Americans resist the presence of “illegal immigrants” in their country and resent the expenditure of any resources on such people. However, the United Nations High Commissioner for Refugees found that almost 60 percent of the children fleeing to the U.S. have legitimate claims for asylum. Most are escaping recruiting attempts by violent gangs who use sexual assault, torture and murder to convince children to join them. This is why the U.N. advocates that these Central American children be treated as refugees.

We ought to be appalled by this situation. Unfortunately, in Kali-yuga, we have become numb to suffering and many of us have become conditioned to believe that those outside our family, neighborhood, or country are not our problem.

As Vaisnavas we should understand that all of humanity is one family. The artificial boundaries of national borders are just that – artificial. In a letter to his disciple Pradyumna dasa, Srila Prabhupada described man-made national borders as “disturbances in the Law of the Lord.” After all, Krishna is the ultimate proprietor of all lands and all souls are His parts and parcels.

Just as we are prepared to offer prasadam and sweet words to those who visit our private homes, we need to be hospitable to those who visit our countries. Giving food and shelter to the needy ought to be something we do without hesitation. Moreover, the citizens of a country that uses most of the world’s resources ought to be able to give at least temporary shelter to refugees fleeing dangerous homelands, especially women and children.



## SPIRITUAL PERSPECTIVES

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# Scientists Find Sniffing Rosemary Can Increase Memory By 75%

From *The Mind Unleashed*, July 15, 2014  
<http://bit.ly/UsK6iI>

Rosemary has many well known health benefits but scientists are now studying its specific effects with regard to memory with outstanding results.

Rosemary is a wonderful herb with a tradition of use spanning millennia. It has innumerable uses in both the kitchen and in herbal medicine.

Did you know that rosemary has been associated with memory enhancement since ancient

times? It is true – and it has even been referred to from the latter part of the Elizabethan Era to the Early Romantic period as the herb of remembrance. In Shakespeare's *Hamlet*, Ophelia says, "There's rosemary, that's for remembrance." (*Hamlet*, iv. 5.) It has also long been used as a symbol for remembrance during weddings, war commemorations and funerals in Europe and Australia. Mourners in old times would wear it as a buttonhole, burn it as incense or throw it into graves as a symbol of remembrance for the dead.

It seems that this tradition of Rosemary may actually be far more ancient and have its origins in the Arabic world of medieval times, which was greatly advanced in science: In Henry Lyte's 1578 "Niewe Herball", an English version of Rembert Dodoens' French treatise, it is written, "The Arrabians and their successors Physitions, do say that Rosemarie comforteth the brayne, the memory and the inward senses, and that it restoreth speech, especially the conserve made of the flowers, thereof with Sugar, to be received daily."

Because of this seemingly esoteric association, rosemary has at times been made into a sort of herbal-amulet, where it was placed beneath pillowcases, or simply smelt as a bouquet, and it was believed that using rosemary in these ways could protect the sleeper from nightmares, as well as increase their memory.

What's fascinating is that several scientific studies have now found remarkable results for rosemary's effects on memory:



<http://bit.ly/UsK6iI>

*Studies have shown inhalation of rosemary essential oil significantly enhances quality and performance of memory*

Rosemary essential oil's role in aromatherapy as an agent that promotes mental clarity was validated by the study of Moss, Cook, Wesnes, and Duckett (2003) in which the inhalation of rosemary essential oil significantly enhanced the performance for overall quality of memory and secondary memory factors of study participants.

More recently, in 2012 a study on 28 older people (average age 75) found statistically significant dose-dependent improvements in cognitive performance with doses of dried rosemary leaf powder.

Another study by Mark Moss and Lorraine Oliver at Northumbria University, Newcastle has identified 1,8-cineole (a compound in rosemary) as an agent potentially responsible for cognitive and mood performance.

Further studies by Mark Moss and team have found memory enhancements of up to an amazing 75% from diffusion of rosemary essential oil.

Now if you are asking, "How is it even possible that an aroma can enhance memory?" – well, that's a great question. Here's a fascinating quote from one of the scientific papers referenced: "Volatile compounds (e.g. terpenes) may enter the bloodstream by way of the nasal or lung mucosa. Terpenes are small organic molecules which can easily cross the blood-brain barrier and therefore may have direct effects in the brain by acting on receptor sites or enzyme systems."

Terpenes are primary components of essential oils, often strong smelling, and responsible for a

*Continued on page 3*

diverse array of natural aromas. It's also been found that 1,8-cineole enters the bloodstream of mammals after inhalation or ingestion.

Here we have yet another example of ancient herbal lore that has been validated by modern experiments. This happens again and again – and yet still the remarkable herbals, lost treasures of the ancient world are considered spurious by modern medicine. If an herb has been in use for a thousand years for a condition, it should be considered probable that there is something to it. When are we going to catch up with ancient knowledge? Let's

hope soon – while there is still some untarnished, un-GMO-ed nature left.

This scientific discovery was brought to our attention by the remarkable Robert Tisserand, whose work on essential oils is considered by many to be among the very finest. Check out his original pages reporting on the memory effects of Rosemary here <http://roberttisserand.com/2013/04/new-rosemary-memory-research/> – and here <http://roberttisserand.com/2012/03/rosemary-boosts-brain-power/>

## Understanding Consciousness: Researchers Advocate for More Scientific Research on Consciousness

From Northwestern University, July 10, 2014  
<http://bit.ly/WbN2BI>

Why does a relentless stream of subjective experiences normally fill your mind? Maybe that's just one of those mysteries that will always elude us.

Yet, research from Northwestern University suggests that consciousness lies well within the realm of scientific inquiry -- as impossible as that may currently seem. Although scientists have yet to agree on an objective measure to index consciousness, progress has been made with this agenda in several labs around the world.

"The debate about the neural basis of consciousness rages because there is no widely accepted theory about what happens in the brain to make consciousness possible," said Ken Paller, professor of psychology in the Weinberg College of Arts and Sciences and director of the Cognitive Neuroscience Program at Northwestern.

"Scientists and others acknowledge that damage to the brain can lead to systematic changes in consciousness. Yet, we don't know exactly what differentiates brain activity associated with conscious experience from brain activity that is instead associated with mental activity that remains unconscious," he said.

In a new article, Paller and Satoru Suzuki, also professor of psychology at Northwestern, point out flawed assumptions about consciousness to suggest that a wide range of scientific perspectives can offer useful clues about consciousness.

"It's normal to think that if you attentively inspect something you must be aware of it and

that analyzing it to a high level would necessitate consciousness," Suzuki noted. "Results from experiments on perception belie these assumptions.

"Likewise, it feels like we can freely decide at a precise moment, when actually the process of deciding begins earlier, via neurocognitive processing that does not enter awareness," he said.

The authors write that unconscious processing can influence our conscious decisions in ways we never suspect.

If these and other similar assumptions are incorrect, the researchers state in their article, then mistaken reasoning might be behind arguments for taking the science of consciousness off the table.

"Neuroscientists sometimes argue that we must focus on understanding other aspects of brain function, because consciousness is never going to be understood," Paller said. "On the other hand, many neuroscientists are actively engaged in probing the neural basis of consciousness, and, in many ways, this is less of a taboo area of research than it used to be."

Experimental evidence has supported some theories about consciousness that appeal to specific types of neural communication, which can be described in neural terms or more abstractly in computational terms. Further theoretical advances can be expected if specific measures of neural activity can be brought to bear on these ideas.

Paller and Suzuki both conduct research that touches on consciousness. Suzuki studies percep-

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tion, and Paller studies memory. They said it was important for them to write the article to counter the view that it is hopeless to ever make progress through scientific research on this topic.

They outlined recent advances that provide reason to be optimistic about future scientific inquiries into consciousness and about the benefits that this knowledge could bring for society.

“For example, continuing research on the brain basis of consciousness could inform our concerns about human rights, help us explain and treat diseases that impinge on consciousness, and help us perpetuate environments and technologies that optimally contribute to the well being of individuals and of our society,” the authors wrote.

## For Some, Money Will Not Buy Happiness: Neither Life Experiences Nor Material Items Make Materialistic Shoppers Happier

From San Francisco State University, May 1, 2014  
<http://bit.ly/1iQuEX6>



<http://bit.ly/1iQuEX6>

Many shoppers, whether they buy material items or life experiences, are no happier following the purchase than they were before, according to a new study from San Francisco State University.

Although previous research has shown experiences create greater happiness for buyers, the study suggests that certain material buyers -- those who tend to purchase material goods -- may be an exception to this rule. The study is detailed in an

They conclude that research on human consciousness belongs within the purview of science, despite philosophical or religious arguments to the contrary.

Their paper, “The Source of Consciousness,” has been published online in the journal “Trends in Cognitive Sciences.”

Story Source:

The above story is based on materials provided by Northwestern University. The original article was written by Hilary Hurd Anyaso. Note: Materials may be edited for content and length.

article to be published in the June edition of the “Journal of Research in Personality.”

“Everyone has been told if you spend your money on life experiences, it will make you happier, but we found that isn’t always the case,” said Ryan Howell, an associate professor of psychology at SF State and co-author of the study. “Extremely material buyers, who represent about a third of the overall population, are sort of stuck. They’re not really happy with either purchase.”

Researchers found that when material buyers purchase life experiences, they are no happier because the purchase is likely out of line with their personality and values. But if they spend on material items, they are not better off either, because others may criticize or look down upon their choices.

“I’m a baseball fan. If you tell me, ‘Go spend money on a life experience,’ and I buy tickets to a baseball game, that would be authentic to who I am, and it will probably make me happy,” Howell said. “On the other hand, I’m not a big museum guy. If I bought tickets to an art museum, I would be spending money on a life experience that seems like it would be the right choice, but because it’s not true to my personality, I’m not going to be any happier as a result.”

Although the link between experiential purchases and happiness had been well demonstrated, Howell said few studies have examined the types of people who experience no benefits. To do so,

*Continued on page 5*

he and his colleagues surveyed shoppers to find out if there were any factors that limited the happiness boost from experiential purchases. The researchers found that those who tend to spend money on material items reported no happiness boost from experiential purchases because those purchases did not give them an increased sense of “identity expression” -- the belief that they bought something that reflected their personality.

“The results show it is not correct to say to everyone, ‘If you spend money on life experiences you’ll be happier,’ because you need to take into account the values of the buyer,” said Jia Wei Zhang, the lead author of the study and a graduate student at the University of California, Berkeley who conducted the research with Howell while an undergraduate at SF State.

Reasons someone may buy a life experience that doesn’t reflect his or her personality include

a desire to fit in or spend time with others, according to Zhang. And researchers did find that material buyers feel closer to friends or family following an experiential purchase. That feeling of closeness, however, was not enough to counter the lack of identity expression and therefore provide the happiness boost.

“There are a lot of reasons someone might buy something,” Howell said, “but if the reason is to maximize happiness, the best thing for that person to do is purchase a life experience that is in line with their personality.”

Story Source:

The above story is based on materials provided by San Francisco State University. Note: Materials may be edited for content and length.

## Miraculous ‘Faith’ Baby Born to Brain-dead Mother

By Jennifer LeClaire, *ChrismaNews*, July 16, 2014  
<http://bit.ly/1oBpII0>

Her name is Faith. And that’s the perfect name for a baby who was born to a mother—Jessie Ayagalria—who was brain-dead for most of the pregnancy.

“I was brought in after [Faith] was delivered and it was an amazing feeling to hold her,” Shirley Jerry, Ayagalria’s mother, told KTVA.com. “It was a miracle.”

Jessie Ayagalria, a 29-year-old woman, had a seizure and a heart attack in January, according to Fox23.com. Although she was clinically dead, her family decided to preserve the life of her pre-born child by keeping her on life support for the duration of the pregnancy.

Faith was born via C-section in the 35<sup>th</sup> week of Ayagalria’s term. The family is grieving the loss of Ayagalria but celebrating the life she left behind.

“It’s like going through a roller coaster,” Catherine Greydanus, Ayagalria’s cousin, told the station. “You have to deal what’s going on with Jessie, but then you see Faith and can’t help but smile that something positive has come about this.”

A donation page has been set up to raise money for the baby.

To make a donation visit:

<http://www.gofundme.com/b974pw>



<http://bit.ly/1oBpII0>

*Faith was born via C-section at 35 weeks*

# Gallup: 42% Of Americans Reject The Concept Of Evolution In Humans

By: Jonathan Turley *informationclearinghouse.com* on July 1, 2014  
<http://bit.ly/1IOHumS>

Gallup has released a new poll that shows that Americans still reject the concept of evolution of humans in high numbers. Indeed, twice the number of Americans believe that humans were created by God in their current image than who believe in natural evolution. Indeed, those 42 percent believe that man was created by God in the last 10,000 years. That is a considerable difference even if you focus only on anatomically modern humans which appeared in the Middle Paleolithic period about 200,000 years ago. For those who believe in the science behind evolution, the news is not all bad. Nineteen percent believe in evolution without divine involvement while another 31 percent believe that there was evolution from “less advanced forms of life” but that God directed that process. That is 50 percent. Of course, that does appear to leave eight percent that is still . . . well . . . evolving.



Creationism remains remarkably stable in our society despite the continuing discoveries of ancient bones and archeological sites. In 1982, the first such poll showed 44 percent believed in the theory. Conversely, those people who believe in evolution has been growing but at a rate only Darwin would appreciate. Those accepting evolution has risen only ten percent from late 1999. When you look at church-attending Americans, the number believing in Darwinian evolution falls to only one out every 100 church goers. However, the poll still shows that “the percentage of Americans who adhere to a strict secularist viewpoint — that humans evolved over time, with God having no part in this process — has doubled since 1999.”

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However, the poll still shows that “the percentage of Americans who adhere to a strict secularist viewpoint — that humans evolved over time, with God having no part in this process — has doubled since 1999.”

*Which of the following statements comes closest to your views on the origin and development of human beings?*

By familiarity with theory of evolution

	Humans evolved, God guided process	Humans evolved, God had no part in process	God created humans in present form within last 10,000 years
	%	%	%
Very familiar	30	34	33
Somewhat familiar	13	35	43
Not too/Not at all familiar	7	21	57

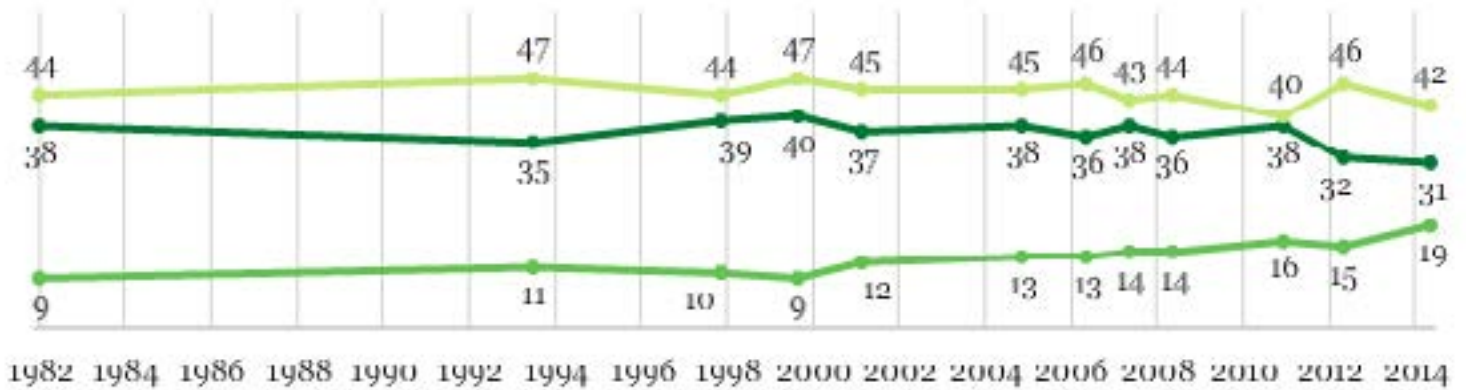
*http://bit.ly/1o59RAX*

May 8-11, 2014

*Which of the following statements comes closest to your views on the origin and development of human beings?*

1) Human beings have developed over millions of years from less advanced forms of life, but God guided this process, 2) Human beings have developed over millions of years from less advanced forms of life, but God had no part in this process, 3) God created human beings pretty much in their present form at one time within the last 10,000 years or so

■ % Humans evolved, with God guiding      ■ % Humans evolved, but God had no part in process  
 ■ % God created humans in present form



http://bit.ly/1o59RAX

GALLUP

*Gallup poll on the concept of human evolution*

**Please send your  
 Thoughts, Opinions, Questions,  
 Comments, Concerns to:  
[feedback@mukundagoswami.org](mailto:feedback@mukundagoswami.org)**

# Personal Message...



Dear Friends,

Please accept my humble obeisances. All glories to Srila Prabhupada.

A well-known passage from a Shakespeare play called “As You Like It” sort of describes this sculpture. The passage could almost be used as a caption or description of this devotee-made diorama. It reads as follows:

All the world's a stage,  
And all the men and women merely players.  
They have their exits and their entrances,  
And one man in his time plays many parts,  
His acts being seven ages. At first the infant,  
Mewling and puking in the nurse's arms.  
Then, the whining school-boy with his satchel  
And shining morning face, creeping like a snail  
Unwillingly to school. And then the lover,  
Sighing like furnace, with a woeful ballad  
Made to his mistress' eyebrow. Then, a soldier,  
Full of strange oaths, and bearded like the pard,  
Jealous in honour, sudden, and quick in quarrel,  
Seeking the bubble reputation  
Even in the cannon's mouth. And then, the justice,  
In fair round belly, with a good capon lin'd,  
With eyes severe, and beard of formal cut,  
Full of wise saws, and modern instances,  
And so he plays his part. The sixth age shifts  
Into the lean and slipper'd pantaloon,  
With spectacles on nose and pouch on side,  
His youthful hose, well sav'd, a world too wide  
For his shrunk shank, and his big manly voice,  
Turning again toward childish treble, pipes  
And whistles in his sound. Last scene of all,  
That ends this strange eventful history,  
Is second childishness and mere oblivion,  
Sans teeth, sans eyes, sans taste, sans everything.



When a UK government official visited the Bury Place temple in 1970, he noticed a painting on the wall that illustrated the child Krishna playing on the upper portion of the dead body of Putana. He was mystified and asked me, “What is that?” I had to think quickly, and referred to the David and Goliath parable in Christian literature. The government agent was seemingly satisfied with my rather roundabout answer.

Your servant,

*Mukunda Goswami*

Mukunda Goswami

For lectures go to: <http://mukundagoswami.org/lectures>