

The Ecotourism Society of Seychelles



*For the Community & by the Community
The Process....*

“Turning Possibilities into Realities”

The Year of Togetherness....

Newsletter No. 13 of 2009 by TESS in accordance to Article 7 Section 3 of its Constitution.

Inspiration

Loving yourself - and everyone you meet



***Photo courtesy of the Peace Boat on an annual Port of call in Victoria harbour,
Mahé, the Seychelles Islands, on Wednesday 16th September, 2009***

Learning to love ourselves first and foremost

Visit Kot Man-Ya

on Wednesday 16th September 2009



Working in close collaboration with Mrs. Marie-Nella Azemia, the Vice Chairperson of LUNGOS and founder of Nell's Consultancy Services, Kot Man-Ya Exotic Flower Garden had the privilege of hosting a group of 40(forty) Japanese honoured guests accompanied by 5(five) Seychellois volunteers.

As it was the case in 2008, the visit was a great success for the abundance of rare biodiversity (most of which are found nowhere else in Seychelles) was a pleasing discovery by a Race having centuries old traditions and renowned sensitivity in floral art where simplicity, symmetry and elegance are the key... often expressed through the refined Art of Ikebana (living flowers).

Our encounter with such a large group of peace loving people, with hearts that: share, care, give, are considerate, can accommodate, forgive, carry no jealousy, no greed, no intention to hurt others, not self-centered, and not the least react positively for the good and the betterment of others, was deeply felt and appreciated by my family and myself.

In our quest to continue cherishing this momentous occasion therefore, the following analysis as to how through love, kindness, compassion we can achieve harmony within ourselves and with the rest of the world, can be considered as "food for thought" for the betterment of our daily lives and in particular the lives of the weak, the less fortunate and the most vulnerable of our society and beyond...



<http://www.petitfute.com/>

Les bonnes adresse du bout de la rue au bout du monde
JARDIN KOT MAN-YA Visites, tourisme, MAHÉ

Catégories : [Visites, tourisme](#)

Route des Cannelles
MAHÉ

Seychelles

Tél : 371190

Informations pratiques :

Ouvert du mardi au dimanche, de 8h à 18h.

L'avis du Petit Futé

10 €. Monsieur l'Ambassadeur se met au vert... Ayant représenté les Seychelles à Paris et à l'ONU, Marc Marengo vient de se retirer dans la modeste maison au toit de tôle de sa famille, route des Cannelles, là où sa mère, Man-Ya, éleva ses six enfants (de quatre pères). Ce fut dans cette jungle luxuriante autant que protectrice, que grandirent Jemma, Winselle, Flosselle, Maxwell, Mac Donald et donc ce « m'sye Marc » devenu ambassadeur... et passionné de fleurs. De retour sur ses terres, le diplomate vient d'ouvrir à la visite ce domaine d'un hectare où prospèrent quelque deux cents variétés de plantes, et notamment ces superbes grandes fleurs exotiques qui donnent de la couleur aux grands hôtels. Un jardin enchanté où s'épanouissent notamment des orchidées captivantes et cette « sexy pink » qui nous en a mis plein la vue. Les plus belles fleurs des Seychelles, c'est donc ici, dans cette symphonie de verts où, après avoir jeté un œil au parc à tortues, à la cage aux cochon-dindes, et, sur les murs de la case, aux photos de Son Excellence (avec Bush, Clinton...), on peut s'asseoir autour d'un jus de fruits maison, d'une infusion citronnelle ou d'un café grillé. Loin des beaux salons d'ambassades, Marc Marengo a retrouvé la simplicité de ses origines : plus question de cocktail pour l'ex-ambassadeur.

Country Guide 2009 - 2010

Love

Inspiration

Kindness

Compassion

...and your health



Bernie S. Siegel, MD

Through loving, kindness and compassion, we can achieve a harmony within ourselves and with the rest of the world. Achieving this state of inner peace requires a positive mental outlook on life and a respect for ourselves and for others.

Studies have shown that achieving a state of emotional tranquillity has the power to heal. Reaching this state enables us to prevent negative thinking from clouding good judgment and to concentrate on what is important in life. Emotional tranquillity also frees our healing systems to better care for our bodies.

To improve your outlook on life and improve your healing process...

•Loving yourself - and everyone you meet. A characteristic of people who have achieved peace of mind is a love of self. Without love, feelings of loneliness, despair and hopelessness dominate, and we can't reach our potential as human beings. Accepting and loving ourselves allows us to reach out and love others.

Loving others is a profound way to add love to our lives – and, equally important, make anger, hostility and stress disappear. Loving not only brightens each day and makes you feel good about yourself, it also makes others naturally want to return that love to you.

We can choose our responses to everything in life. Make a conscious effort to feel love toward yourself and everyone you meet. Think of yourself as an actor or athlete who is rehearsing or practicing this skill. When you feel love, you allow joy and a sense of fulfilment into your life - and into others' lives as well.

•Teach yourself to forgive. Becoming angry at ourselves and at others is part of human nature. But staying angry and wallowing in self-righteous outrage takes a great toll on our mental and physiological health.

Verbal and physical anger increase your pulse rates and blood pressure – and stress your immune system. Nursing any

type of resentment undermines your ability to find inner peace for yourself.

Concentrate on seeing the internal good that exists in everyone.

Forgive others for their actions, no matter how strongly you feel that you've been wronged. Make an effort to communicate with these people and understand their behaviour. Mastering your response to them is one way to let go of your anger and resentment.

This doesn't mean you shouldn't release negative emotions. But you should express your feelings appropriately – in a journal, through painting, gardening, in therapy – without directing those feelings toward others, unless of course if you have been treated disrespectfully.

It's also important to acknowledge your own weaknesses continually and to view them as opportunities for growth and learning.

This self-recognition produces humility, and it makes it easier to accept and forgive the weaknesses of others. And when people feel your true forgiveness, they'll be much, much less likely to wrong you again.

•Embrace morality. Forgiving others requires knowing the difference between right and wrong. Most people know it's important to do the right thing, as well as what the right thing to do is.

Still, the lines between right and wrong are easily blurred in modern society, resulting in actions that aren't true to our real values.

This is especially true in our business dealings with others, when power, money and position play major roles. But without morality, we can never experience real peace.

Use your mind as a "remote control" to decide which of life's channels you are going to tune into.

Decide which important messages you are going to transmit to the outside world through your behaviour.

Use a thorough examination of yourself at the end of each day to assess

how you may have wronged others and, in doing so, wronged yourself. Whatever is troubling you, or whatever wrong you've done, you need to repair it.

Examples: If you've hurt someone's feelings today, apologise.

•Recognise the value of silence. We're all so accustomed to the hustle-bustle of modern life that it's easy to forget the beauty and importance of being still and quiet.

Yet, it is only in times of quiet meditation, when the intellectual mind is replaced by the inner voices of your body and spirit, that life's toughest problems can be solved – and healing and peace can be achieved.

Schedule a regular time each day to be silent, so that your unconscious mind can be awakened.

Take 15 minutes in the morning, or use your breaks at work to be alone with yourself. Gaze out the window, or lie down close your eyes and concentrate on your breathing and bodily sensations. Make arrangement with your family or colleagues not to disturb you.

While this daily healing interval can take many forms, its result is the same - answers to problems and difficult situations, and a more balanced body.

•Help someone who needs support. People who volunteer their time live longer – and happier – lives.

Acting "from the heart" and contributing our own uniqueness to the world brings fulfilment, joy and purpose, and validates our self-worth as well as that of others.

By simply responding to the needs of others you allow love into your life and influence a positive change in everyone you encounter and help.

Bernie S. Siegel, MD, is one of the leading experts on "the connection between a positive mind and a healthy body. He is the founder of Exceptional Cancer Patients, based in Branford Connecticut 06405, USA which provides support to people with life-threatening and chronic illnesses. He is the author of three best-selling books, including Love, Medicine and Miracles, HarperPerennial/\$14.