

Synergy To Synthesis: Memoriam

27th March 2016

As I close my eyes and drift away to a land where there is love, health, peace and blessings. I wanted to take the time to think and reflect. The truth is that this week has truly been a time of sadness and deep reflection. As we think about the lives that are lost in Brussels, Nigeria and now as I write the mourning that is taking place in Lahore. I pause:

Innocent lives lost

We arrive in this world in our nakedness

We will leave this world in our nakedness.

Is this the kind of world that we want our children to grow up in?

More close to home I reflect upon the deaths of Former Mayor of Toronto Rob Ford, Minister Jim Hillyer and Claire Kirkland-Casgrain, the first woman elected to the National Assembly, and the first female cabinet member in Quebec City. Three public figures who took it before them. The call to serve, who are no longer with us. Whilst my thoughts and prayers remain with family, friends, and loved ones. I think about the path of public service, particularly those who serve our country.

Rob Ford was 46 years old. Jim Hillyer was 41, both battling cancer. This is really no an age to die. I think and question why these deaths arrived at such a young age. Whilst there may have been illness and suffering involved. I wanted to take the time to think about this topic at a broader level.

Members of Parliament, councillors and our Prime Minister made a noble commitment to serve, and protect the people of Canada and our country. Regardless of the obstacles, occurrences, along the path, we remain committed. This in itself is a noble act, not everyone will rise up to this challenge.

However, my thoughts are spurred when I think of the back and forth exchanges, the disagreements that arise during policy and procedure making. Service demands answering to colleagues as well and the general public. The truth is that when we are in the public eye, there will always be critics. Individuals will become critical, and less focused on the broader goals. It is these very critics and exchanges that can be the cause of hurt and harm to the human health.

For example with much love and respect to our former Mayor Ford, whilst we may not agree with everything he did and said, inevitably it is the disagreements that caused a type of paralysis within. He sought various outlets, to find means of escape and validations. He was known as the people's mayor, but inevitably the criticism and outlets took a toll on him. These thoughts can

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also be extended to hockey players who committed suicide such as Todd Ewen or Steve Montodar who died coping with depression. What is happening is that people who are in the public's eye will face pressure, they have to live up to the expectations of others. When these are not met they are taking a toll on the individual themselves. This is why it is crucial to find healthy ways to cope.

What all of the above case examples can reveal is the human need. Just because someone obtains a title, or a position, it does not mean that these individuals no longer desire the basic human needs. Whilst the individual may become a public icon, they are still human. Human beings with basic human needs.

At this point I begin to ask my readers and myself to become mindful of exchanges and rhetorics. Our rhetoric matters. The one's who are working for our Government are the ones who have taken it upon themselves to be the best that they can be, to further the progressions of our society, our country. We must become mindful of our rhetoric, our rhetoric matters. They themselves are human beings who also deserve to live a long, healthy prosperous life.

With much love and respect I send love to the innocent lives lost in Brussels, Nigeria and Pakistan. I send love to colleagues, family and friends of:

Former Mayor Of Toronto - Rob Ford 1969 - 2016

Minister of Parliament - Jim Hillyer 1974 - 2016

First woman elected to the National Assembly, First Female Cabinet Minister in Quebec City - Claire Kirkland Casgrain 1924 - 2016

My thoughts to inspire with love and kindness.

Hope :)

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Quotes:

"Human beings are whole beings"

"Our rhetorics matter"

*"Within our nakedness we arrive,
within our nakedness we depart"*

"Our sense of humanity came before any sense of religiosity"

*"We cannot solve our problems with the same thinking we
used when we created them." - Albert Einstein*

Notes: These thoughts were originally hand - written on 25th March 2016, amended on 27th March 2016. Whilst I have mentioned names, there is no intention to hurt or harm any being. With love and kindness.