



❖ 'Kumar' : By Vishnu Chinchalkar

❖ 'Do what you love , and do it often' : The Holstee Manifesto

A beautiful video: http://www.youtube.com/watch?v=QDmt_t6umoY

THIS IS YOUR
DO WHAT YOU LOVE,
AND DO IT OFTEN. **LIFE.**

IF YOU DON'T LIKE SOMETHING, CHANGE IT.
IF YOU DON'T LIKE YOUR JOB, QUIT.
IF YOU DON'T HAVE ENOUGH TIME, STOP WATCHING TV.

IF YOU ARE LOOKING FOR THE LOVE OF YOUR LIFE, STOP;
THEY WILL BE WAITING FOR YOU WHEN YOU
START DOING THINGS YOU LOVE.

STOP OVER ANALYZING, ALL EMOTIONS ARE BEAUTIFUL.
WHEN YOU EAT, APPRECIATE
LIFE IS SIMPLE. EVERY LAST BITE.

OPEN YOUR MIND, ARMS, AND HEART TO NEW THINGS
AND PEOPLE, WE ARE UNITED IN OUR DIFFERENCES.
ASK THE NEXT PERSON YOU SEE WHAT THEIR PASSION IS,
AND SHARE YOUR INSPIRING DREAM WITH THEM.

TRAVEL OFTEN; GETTING LOST WILL
HELP YOU FIND YOURSELF.
SOME OPPORTUNITIES ONLY COME ONCE, SEIZE THEM.

LIFE IS ABOUT THE PEOPLE YOU MEET, AND
THE THINGS YOU CREATE WITH THEM
SO GO OUT AND START CREATING.

LIFE IS LIVE YOUR DREAM,
AND WEAR
SHORT. YOUR PASSION.

❖ A letter written by Anais Nin (Source : Letters of Note)

In the 1940s, at which point she — along with a collective of other writers that included her lover, Henry Miller — was earning \$1 per page writing erotic fiction for the private consumption of an anonymous client, author Anaïs Nin wrote the following passionate letter to the "Collector" and made known her frustrations — frustrations that had been caused by his repeated insistence that they "leave out the poetry" and instead "concentrate on sex." Incidentally, some of those stories written by Nin were later published in the book, Delta Of Venus.

Dear Collector,

We hate you. Sex loses all its power and magic when it becomes explicit, mechanical, overdone, when it becomes a mechanistic obsession. It becomes a bore. You have taught us more than anyone I know how wrong it is not to mix it with emotion, hunger, desire, lust, whims, caprices, personal ties, deeper relationships which change its color, flavor, rhythms, intensities.

You do not know what you are missing by your microscopic examination of sexual activity to the exclusion of others, which are the fuel that ignites it. Intellectual, imaginative, romantic, emotional. This is what gives sex its surprising textures, its subtle transformations, its aphrodisiac elements. You are shrinking your world of sensations. You are withering it, starving it, draining its blood.

If you nourished your sexual life with all the excitements and adventures which love injects into sensuality, you would be the most potent man in the world. The source of sexual power is curiosity, passion. You are watching its little flame die of asphyxiation. Sex does not thrive on monotony. Without feeling, inventions, moods, no surprises in bed. Sex must be mixed with tears, laughter, words, promises, scenes, jealousy, envy, all of the spices of fear, foreign travel, new faces, novels, stories, dreams, fantasies, music, dancing, opium, wine.

How much do you lose by this periscope at the tip of your sex, when you could enjoy a harem of discrete and never-repeated wonders? Not two hairs alike, but you will not let us waste words on a description of hair; not two odors, but if we expand on this, you cry "Cut the poetry." Not two skins with the same texture, and never the same light, temperature, shadows, never the same gesture; for a lover, when he is aroused by true love, can run the gamut of centuries of love lore, What a range, what changes of age, what variations of maturity and innocence, perversity and art, natural and graceful animals.

We have sat around for hours and wondered how you look. If you have closed your senses around silk, light, color, odor, character, temperament, you must by now be completely shriveled up. There are so many minor senses, all running like tributaries into the mainstream of sex, nourishing it. Only the united beat of sex and heart together can create ecstasy.

Anais Nin

❖ 'Connected, but lonely?' : A talk by Sherry Turkle (MIT)

<http://www.youtube.com/watch?v=t7Xr3AsBEK4>

Alone and lonely are not the same things ... is technology taking away our precious solitude from us?

Real conversations teach us a lot about ourselves and not just about the other people.

*Watch **Sherry Turkle** of MIT making a powerful case about deeply disturbing impact that excessive and distorted relationship with technology can have on our psychological and social well-being.*



Acknowledgements: *I would like to thank Saloni Bhatia for introducing me to the wonderful website 'Brainpickings' ... this finally lead me to the 'Holstee Manifesto'*

About 'Treasures'

It's a compilation that I put together every once in a while, of things that I have found to be beautiful and meaningful.

Do share it with others who you think will enjoy it.

Drop me an email at shaileshd.email@gmail.com if you want to add someone to the circulation list.

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