

# Sometimes

By Tanzim Chowdhury

In a land far, far away, it lay there, still and restless whilst yawning now and then like if it where to catch a breath of something provoking into the scent of air. It sensed the tension maintaining up sometimes it crumbled leaving a grumpy, annoyed and stress feeling whilst the other times it did not though it kind of went off plan.

It waited there, patiently eager to burst out yet controlled itself from doing so however the temptation was getting on their nerves. It took a deep breath and released it as it watched the clouds part for the day yet it also knew the time was coming soon. As each day past it became more unrest less as the minutes tick by you could hear the clock tick soon fading out as it had already gotten used to the sound as to not hear it anymore when entering into the thoughts and emotions forgetting everything else around you.

Standing there, watching, seeing and hearing it starts to build up more and more frequently wanting to pour it out, it stayed impassive, brave and clueless sometimes it wanted to talk and so we listened to its story it tell us.

It came again now and then its visits became regular, it felt repeated as we heard it over like and echo but slightly different from the last. Bouncing off all, screaming so loud it felt telling to what it remembered and to us what we think of it.

We sat in silences for a while; quietly listening to the others speaking sometimes none of us spoke at all. We sat in complete silences with an awkward tension surrounding all of us, gulping the fact to wait for someone else to talk. Embarrassed, didn't know what to say or had no clue, it started to mount up again, higher or lower from the last one we had. Though some of us didn't recognize we where still missing some of its understandings as we took a step back to uncover it became complicated as it had sounded and written a while ago. Drawing itself back to the time where it could have happened, sometimes it didn't and sometimes we chose it.

As the anchor starts to pull up, it reminded piece by piece every bit of pieces of fragment droplets started to pour and emerge start sink itself towards the depths but is reminded of those time as the petal clips itself along with the others following behind in not a sync sequence flowing through the wind.



# Rising death toll prompts Europe to act

The death of upwards of 1,000 refugees and migrants this week alone in the Mediterranean has prompted the European Commission and European foreign and interior ministers to finally acknowledge the need to urgently address search and rescue failures, said Amnesty International today following an announcement at an urgently convened meeting in Luxembourg.

While this marks a positive break from the previous poli-

cy of denial and empty rhetoric, the organization warns that the death toll will be in the detail. The full scope of the area of operations, the resources and assets made available for search and rescue and by when will be crucial in determining whether lives will be saved.

"Thursday's emergency summit will be the litmus test for Europe's commitment to save lives in the Mediterranean. Words must now turn into concrete action specifically in

the form of a European multinational and robust search and rescue operation," said Berna McDevaney acting Director, Amnesty International's European Institutions Office.

"Finally a sense of urgency has mobilised European governments and EU institutions to act - at least on paper. This can no longer be rhetoric. It is now up to Europe to urgently follow through on their commitments by concretely delivering a comprehensive search and rescue flotilla with ac-

complying air support operating where needed. This alone will reduce the death toll," said John Dalhuisen, Amnesty International's Director for Europe and Central Asia.

Amnesty International will release a briefing Europe's smiling shame: The failure to save refugees and migrants at sea, at 12.00pm BST on 22 April. For an embargoed copy please contact stefan.marcazziti@amnesty.org.

# Awake Your Dreams. Stop Procrastinating! Start Achieving!

Rachana Jain reveals the secret to successful life with guided actions London, Saturday 18th April 2015: Leading spiritual healer and life coach, Rachana Jain launched her new book, *Awake Your Dreams. Stop Procrastinating! Start Achieving!* today at The Centre Banqueting in Southall, London. The book is available on Amazon <http://amazon.in/dp/B00955> and in 20000 stores worldwide for £24.99.

The event was an inspiring evening attended by powerful dignitaries like Mr Vignesh Sharma; Dr Chandak GB, Dr Ragesh Parmar, Spiritual Leader; Diane Shawe, CEO Academy of Vocational and Professional Training and Dr Onkar Sakhota.

Drawing inspiration from some of the greatest spiritual teachings, Rachana Jain offers up spirit-based principles, secrets, and practical do-them-in-the-moment tools to help bring one out of procrastination. Upon constantly getting and taking spiritual inspiration from

others all the time, Rachana Jain feels it's time to give some back by affirming the highest good for others through this book.

"I am thrilled with the launch of this book," says an overwhelmed Rachana Jain. "My book *Awake Your Dreams. Stop Procrastinating! Start Achieving!* shows how easy it can be to action your plans. If each of my readers imbibes the little acts mentioned in my book, I am sure they will learn to break free from self-destructive putting off habits, and move into freedom and accomplishment."

The book is a non-fiction, self-help book comprising a total of 108 pages. It features a collection of guided actions to empower its reader and deals with the most common problem of procrastination faced by a large number of people. It is a comprehensive guide, addressing the evangelical layman almost as well as it deals with the New Age. It is a must have on the desk of every achiever. Supple-



mented with clear strategies for change, this book is perfect for entrepreneurs, parents, students, and anyone who wishes to get unstuck, stop delaying, and start living their most inspired life. 5% of the proceeds of the book will go to a charity called 'Give India'.

The book is available in stores and online on: [www.rachanaajain.com](http://www.rachanaajain.com), [www.amazon.in](http://www.amazon.in), [www.barnesandnoble.com](http://www.barnesandnoble.com), [www.amazon.com](http://www.amazon.com)

**About the author:** Rachana Jain is an author, Life Coach and certified Reiki Master. She is the founder of

Divine Messages Limited and specialises in spiritual healing, Reiki Reading, Tarot Card Reading, Angel Card Reading, Numerology, Vastu Shastra, Fengshui and NLP. She founded her company Divine Messages Limited after she had an intuitive feeling of helping others through her understanding and wisdom of reading people naturally, understanding auras and energies and guiding persons to achieve their goals. Recently, she has qualified as a Pranic Healer, Magnified Healer and Pranic Psychotherapist which enhances her healing knowledge. [www.rachanaajain.com](http://www.rachanaajain.com)