

# RTC LIBRARY E-NEWSLETTER

MARCH 2019



Welcome to the March 2019 issue of *RTC LIBRARY E-NEWSLETTER*

**In this issue:** Recommended Reads: Poem: Visions, voices and 24, Tuesdays with Morrie, Turning confusion into clarity, The Power.

## Recommended Reads from the RTC community

### Visions, voices and 24

Food has never been an interest  
Nor do I need fashion to impress,  
Fame's not my destiny  
Neither does an ambition drive me.

My punch lines quite irrelevant  
A comedian to myself and the  
relevant.

Head's not wired to the world  
Imagination lost deep in the inner  
universe.

Heart lives like a hermit  
Maybe a charm of a woman can  
enchant me.

Should I chase love or attract?  
Wait? Find? Or be found?  
Before my name rises into the ashes  
beneath the ground.

Thoughts are lonely that befriends  
me.  
Emotions dissolved in a violent rough  
sea

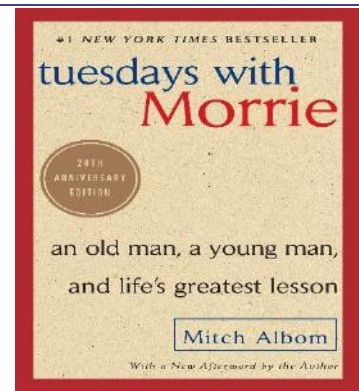
Words come out reserved  
Memories of the past well preserved,  
Confidence shy with insecurities  
When vision avoids cruelty.

Silence always been a dream  
Never will I hit the mainstream.

A new journey set forward

In a maze of life  
Never without a friend,  
A shield, a sword or a knife.

**Yogesh Sanyasi (Former student)**  
**Accounts officer**  
**Department of air and transport (RGoB)**



## Tuesdays with Morrie- Mitch Albom

Top in the list of New York Times Non-Fiction Bestsellers of 2000, *Tuesdays with Morrie* is a memoir written by Mitch Albom. A writer for a sports column in the Detroit Free Press with a Masters in Journalism, Albom discovers the situation of his old college professor while listening to an episode of Nightline. There he finds that his old sociology professor, Morrie Schwartz, at Brandeis University, is surviving an amyotrophic lateral sclerosis (ALS). After seeing Schwartz on Nightline, Albom called Schwartz, who remembered his former pupil despite the lapse of 16 years. Albom was prompted to travel from Michigan to Massachusetts to visit Schwartz. A newspaper strike frees Albom to commute weekly, on Tuesdays, to visit with Schwartz. *Tuesdays with Morrie* is the result of these fourteen Tuesdays they meet, supplemented with Schwartz's lectures and life experiences and interspersed with flashbacks and allusions to contemporary events. The first three chapters incorporate an ambiguous introduction to the final conversation between Albom and Schwartz, a brief flashback to Albom's graduation, and an account of the events Albom experienced between graduation and the reunion with his professor. *Tuesdays with Morrie* examines the interactions and phenomena between the human experience of living and dying. For readers, this allows a casual avenue for learning about the dying process; learning "that not all stories end happily with a person going into remission and thus avoiding death. Rather, dying and death are natural processes and need to be acknowledged for what they are—natural events." The role that culture plays in the development of happiness within our lives is also examined within the novel.

**Compiled by Indra Lal Acharja**

**Former EVS Technical Assistant**

**AAD**

**Location: 920 A339f 1997**

## Turning Confusion into clarity-Yongey Mingyur Rinpoche

The book is amazing dive into Buddhism basics and how it's all about having a clear and kind mind as it's focused more on religion and traditions. It's a very educating and mind opening book. I believe that positive energy and optimism help us to take any challenge in life.

For anyone interested in philosophy and Buddhist practice, this book gives absolute detailed instruction, friendly and inspiring advice for those embarking on the Tibetan Buddhist path in earnest. Mingyur Rinpoche's books and teachings are profound, easy to apply, and he's a wonderful story teller and teacher. By offering guidance on how to approach the process and giving instruction for specific meditation and contemplation techniques, Yongey Mingyur Rinpoche provides gentle yet thorough commentary, companionship, and inspiration for committing to the Buddhist path.

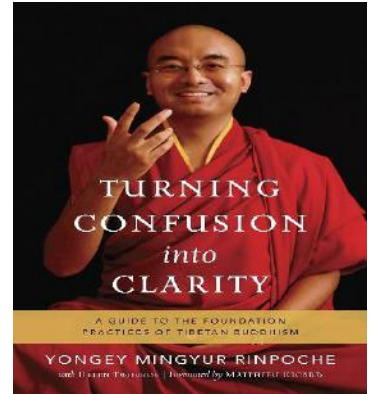
“There's nothing inherently wrong or right with making such choices. Ignorance, vulnerability, anger, fear, and desire are expressions of the infinite potential of your Buddha nature The fruit of Buddhist practice is simply the recognition that these and other mental afflictions are nothing more or less than choices available to us because our real nature is infinite in scope” - Yongey Mingyur Rinpoche.

*Thank you*

*Rohan Subedi*

*Asst. I.T Officer*

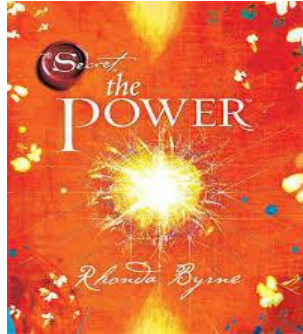
**Location: 242.763 R582† 2014**



### QUOTES

“Whatever passes through your mind, don't focus on it and don't try to suppress it. Just observe it as it comes and goes.”  
-Mingyur Rinpoche

## The Power- Rhonda Byrne



The Power is the second book by Rhonda Byrne. In this book, it shows us the way to a wonderful life. There is so much for us to know about life and it is all about positivity. It is beyond good. In fact, it is astonishing. If you have more negative things than positive things in your life, then something is going wrong.

Everyone who needs positivity or inspiration in life should have a glance of this book. I found some significant truths about life that I have never really thought about. Some of them are just so amazing and I really appreciate when the author is able to amaze me and make me think about the aspects of the life I have never considered before.

I believe the mind is one of the most powerful organs with which God has blessed humanity. Every invention, discovery, and human creation comes from *“The Power”*. Magnificent relationships, *perfect* health, a career you have always desired for, a life filled with joy, and the money you need and have everything you want, all come from The Power. The Power is love and love plays very important role in our daily life and just be reminded that the power to everything you want is inside you.

*“Life doesn’t just happen to you; you receive everything in life based on what you have given”.*

- Rhonda Byrne.

**Thank you**  
**Gyanu Pradhan**  
**Librarian**

**Location: 131 B9954p 2010**

## The season's first snowfall.

A blanket of snow covers Thimphu city on 18.12.2018 after it received the first snowfall of the season.

“Thank goodness for the first snow, it was a reminder – no matter how old you become and how much you had seen, things would still be new if you were willing to believe they still mattered”. -Candace Bushnell.





## Wanted! Book reviews from Faculty, Staff, and Students

If you have read a good book and would like to contribute a review to the Library Newsletter, we would love to receive one from you. Tell us a little about the book and why you liked it in 250-500 words. If interested, send your review to [gyanupradhan@rtc.bt](mailto:gyanupradhan@rtc.bt) or come by the library and see the library staff.

Thanks!!

