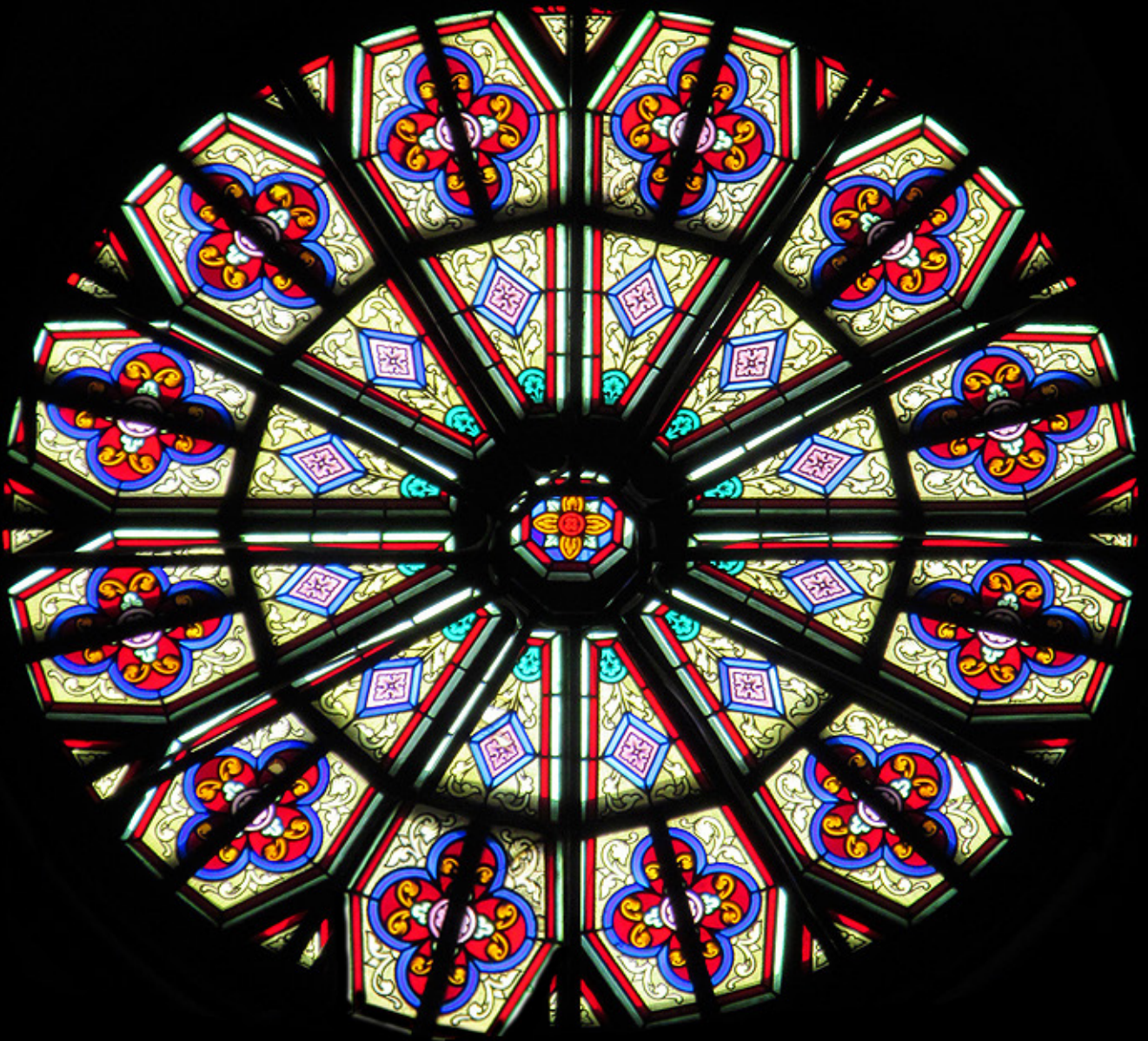


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# Live encounters

FREE ONLINE MAGAZINE FROM VILLAGE EARTH  
AUGUST 2018



## Paulo Coelho Love Traps

COVER PHOTOGRAPH BY MARK ULYSEAS



© Mark Ulyseas Photography

Art by Vincent Babia, Ethnology Museum, Hanoi, Vietnam.

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Live Encounters is a not-for-profit free online magazine that was founded in 2009 in Bali, Indonesia. It showcases some of the best writing from around the world. Civil and human rights activists, animal rights activists, poets, writers, journalists, social workers and more have contributed their time and knowledge for the benefit of the readers of the magazine.

We are appealing for donations to pay for the administrative and technical aspects of the publication. Please help spread the free distribution of knowledge with any amount that you feel you want to give for this just cause.

Om Shanti Shanti Shanti Om  
[markulyseas@liveencounters.net](mailto:markulyseas@liveencounters.net)

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# CONTRIBUTORS



## Love Traps

**Paulo Coelho**

Paulo Coelho (Portuguese: [ˈpawlu kuˈeʎu]), born August 24, 1947) is considered one of the most influential authors of our times. He is most widely read and his books have sold more than 195 million copies worldwide, have been released in 170 countries and been translated into 80 languages. He has received numerous prestigious international awards amongst them the Crystal Award by the World Economic Forum. He has been a member of the Academy of Letters of Brazil since 2002, and in 2007 he was proclaimed Messenger of Peace by the United Nations. Paulo is the writer with the highest number of social media followers and is the all-time best-selling Portuguese language author. <https://www.facebook.com/paulocoelho/>



## Hanoi - Culture Capital of Vietnam - Part I

**Mark Ulyseas**

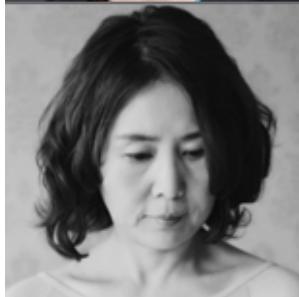
Ulyseas has served time in advertising as copywriter and creative director selling people things they didn't need, a ghost writer for some years, columnist of a newspaper, a freelance journalist and photographer. In 2009 he created *Live Encounters Magazine*, in Bali, Indonesia. March 2016 saw the launch of its sister publication Live Encounters Poetry & Writing. He is the author of three books: *RAINY – My friend & Philosopher*, *Seductive Avatars of Maya – Anthology of Dystopian Lives* and *In Gethsemane: Transcripts of a Journey*.



## Xinjiang - Where Has He Gone

**Eleanor Moseman**

Eleanor Moseman is a photographer and solo explorer that documents and shares stories of ancient civilizations and disappearing traditions throughout Asia. Focusing her work on women among religious cultures, working class, those enslaved in poverty; she gives a voice to many that may never be heard or recognized. Raised from humble beginnings in Appalachia, she is an activist and storyteller. When not roaming around Asia alone and, living among locals in far-flung regions of the world, she is photographing architecture and interior spaces throughout China.



## Tibet

**Mikyoung Cha**

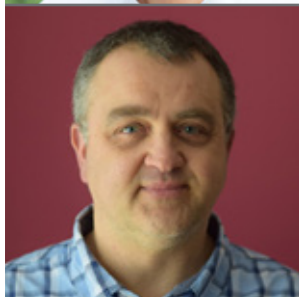
Mikyoung Cha is a graduate in Oriental Painting from Hyosung Women's University, Daegu, South Korea. She has participated in a number of group art exhibitions in South Korea and Japan. In 2016 she took up photography – the camera becoming her paint brush. This globe trotting photographer is a regular contributor to Live Encounters Magazine.



## Antakya's Kombe Cookie with Walnuts

**Ozlem Warren**

International cooking teacher and Turkish culinary expert Ozlem Warren is a native of Turkey, lived there and extensively travelled for 30 years. She has been teaching wholesome, delicious Turkish cookery in the US, Jordan, Istanbul and England. Her recipes have been published in the local media in England, Hurriyet and Sabah national daily newspapers in Turkey. Ozlem also took part at the *"Turkish Chefs of the World"*, *"Dünyanın Türk Seferi"* TV program aired at TRT, National Turkish TV channel and in 37 countries.



## Evening Sky

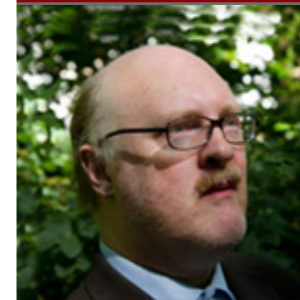
**Andrea Lamberti**

Andrea Lamberti is a nature photographer and a vegan. As well as supporting his physical health, Andrea found veganism is naturally aligned to his philosophy of living simply and minimally, allowing less packaging, chemicals and processing, and avoiding the unnecessary commodification of animals. Andrea documents the geography and underwater plant and animal species of his local coastline, to explore his relationship with the natural world, and his belief that humans should inhabit the planet primarily as curators rather than as consumers.



## Dual Citizenship

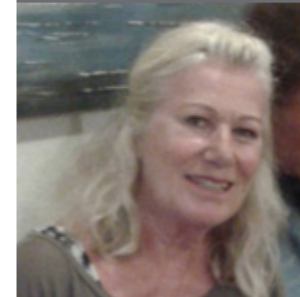
**One person, two votes - a mockery of democracy?**



## On Dual Citizenship

**David Morgan**

David has been a professional editor and journalist for over thirty years beginning his career on the subs desk of the *Morning Star* newspaper. He is editor of numerous historical publications under the Socialist History Society imprint. David's interests and research include Turkey and the Kurds, literary figures like George Orwell, Edward Upward and William Morris, British anarchism, the 17th century English revolutionary era and the history of psychoanalysis. He has contributed towards many different publications and writes review articles, commentaries, opinion pieces, polemics and poetry.



## On Dual Citizenship

**Dr Greta Sykes**

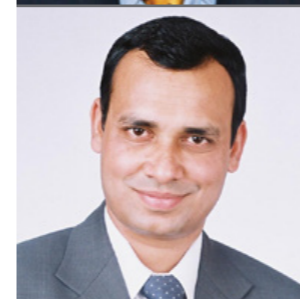
Poet, writer and artist Greta Sykes has published her work in many anthologies. She is a member of London Voices Poetry Group and also produces art work for them. Her new volume of poetry called 'The Shipping News and Other Poems' came out in August 2016. The German translation of her book 'Under charred skies' has now been published in Germany under the title 'Unter verbranntem Himmel' by Eulenspiegel Verlag. She is the chair of the Socialist History Society and has organised joint poetry events for them at the Poetry Café.



## On Dual Citizenship

**Vivek Mehra**

Vivek Mehra is Managing Director and CEO of SAGE India; recipient of the "Sharda Top Rankers Excellence Award for Visionary Leadership" in January 2016; visiting faculty at Ambedkar University Delhi and teaches courses at Post Graduate level; an appointed member of the Editorial Board for the Association of Learned & Professional Society Publishers' (ALPSP) journal, *Learned Publishing*. Vivek Mehra has an MBA in Marketing from Columbia University, New York and a B.Sc. in Textile Technology from the Fashion Institute of Technology, New York. In 2018, he was awarded a Post Graduate Diploma in Intellectual Property Law from the University of London.



## Sri Lanka's Cannabis Problem: Roots in India

**Dr Bibhu Prasad Routray**

Dr. Routray served as a Deputy Director in the National Security Council Secretariat, Govt of India, Director of the Institute for Conflict Management (ICM)'s Database & Documentation Centre, Guwahati, Assam. He was a Visiting Research Fellow at the South Asia programme of the S. Rajaratnam School of International Studies, Nanyang Technological University, Singapore between 2010 and 2012.



## Creating Your Life Through Trance

**Dr Candess M Campbell**

Dr. Routray served as a Deputy Director in the National Security Council Secretariat, Govt of India, Director of the Institute for Conflict Management (ICM)'s Database & Documentation Centre, Guwahati, Assam. He was a Visiting Research Fellow at the South Asia programme of the S. Rajaratnam School of International Studies, Nanyang Technological University, Singapore between 2010 and 2012.

Paulo Coelho (Portuguese: [ˈpawlu kuˈeɫu]), born August 24, 1947) is considered one of the most influential authors of our times. His works have been translated into 81 languages and are sold in 224 territories. So far, the 1,018 versions of his 29 books have sold more than 225 million books around the world. He was born in Rio de Janeiro in 1947 and discovered early his vocation for writing. He worked as a director, theater actor, composer and journalist. His collaboration with Brazilian composer and singer Raul Seixas gave some of the greatest classic rock songs in Brazil. He has received numerous prestigious international awards amongst them the Crystal Award by the World Economic Forum. He has been a member of the Academy of Letters of Brazil since 2002, and in 2007 he was proclaimed Messenger of Peace by the United Nations. Paulo is the writer with the highest number of social media followers and is the all-time bestselling Portuguese language author. Coelho's latest book, Hippy, is his most autobiographical novel to date. He takes us back in time to re-live the dream of a generation that longed for peace and dared to challenge the established social order – authoritarian politics, conservative modes of behavior, excessive consumerism, and an unbalanced concentration of wealth and power. <https://www.facebook.com/paulocoelho/>

© Translated by James Mulholland



## PAULO COELHO - LOVE TRAPS

### The Caliph and his wife

The Arab Caliph sent for his secretary:

“Lock up my wife in the tower while I’m away,” he ordered.

“But she loves Your Majesty!”

“And I love her,” answered the Caliph. “But I respect an old traditional proverb of ours that says *“keep your dog thin and he will follow you; make him fat and he will bite you.”*

The Caliph went off to war and returned six months later. On arriving, he called for his secretary and asked to see his wife.

“She has abandoned you,” was the secretary’s answer. “Your Majesty quoted a beautiful proverb before leaving but forgot another Arab saying that goes: *“If your dog is tied up it will follow anybody that opens its cage”*.

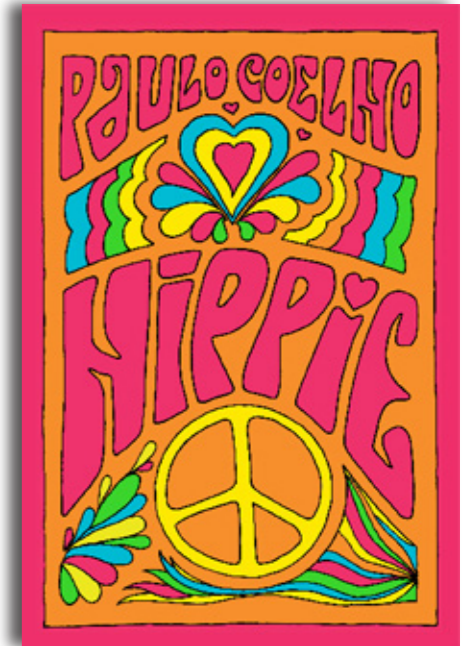
### Trying to control the soul

We often think we can control love. And then we catch ourselves asking the completely useless question: “is it really worth it?”

Love does not bother itself with that question. Love refuses to be priced like some piece of merchandise. One of the characters in Bertold Brecht’s play “The Good Person of Szechuan” tells us about true love:

“I want to be next to the one I love.  
I don’t care what this will cost me.  
I don’t care whether this will do my life good or bad.  
I don’t care whether this person loves me or not.  
All I want, all I need is to be close to the one I love.”

*Hippie*, the latest novel by Paulo Coelho  
[www.amazon.com](http://www.amazon.com)  
<http://santjordi-asociados.com/writing/?livro=20>



### The measure of love

“I have always wanted to know if I was able to love like you do,” said the disciple of a Hindu master.

“There is nothing beyond love,” answered the master. “It’s love that keeps the world going round and the stars hanging in the sky.”

“I know all that. But how can I know if my love is great enough?”

“Try to find out if you abandon yourself to love or if you flee from your emotions. But don’t ask questions like that because love is neither great nor small. You can’t measure a feeling like you measure a road: if you act like that you will see only your reflection, like the moon in a lake, but you won’t be following your path.”

### The contemplative quest

Linda Sabbath took her three sons and decided to go and live on a small farm in the interior of Canada, where she wanted to dedicate herself completely to spiritual contemplation.

In less than a year she fell in love, got married again, studied the saints’ techniques of meditation, fought for a school for her children, made friends, made enemies, neglected her teeth, got herself an abscess, hitchhiked in snowstorms, learned to fix the car, thaw out frozen pipes, make her alimony stretch out at month’s end, survive on unemployment money, sleep without indoor heating, laugh for no reason, cry with despair, build a chapel, make repairs to the house, paint walls, and give courses on spiritual contemplation.

“And I eventually realized that a life of prayer does not mean isolation,” she says. “Love is so big it has to be shared.”

Ulyseas has served time in advertising as copywriter and creative director selling people things they didn't need, a ghost writer for some years, columnist of a newspaper, a freelance journalist and photographer. In 2009 he created *Live Encounters Magazine*, in Bali, Indonesia. It is a not for profit (adfree) free online magazine featuring leading academics, writers, poets, activists of all hues etc. from around the world. March 2016 saw the launch of its sister publication *Live Encounters Poetry*, which was relaunched as *Live Encounters Poetry & Writing* in March 2017. He has edited, designed and produced all of Live Encounters' 132 publications till date (August 2018). Mark's philosophy is that knowledge must be free and shared freely to empower all towards enlightenment. He is the author of three books: *RAINY – My friend & Philosopher*, *Seductive Avatars of Maya – Anthology of Dystopian Lives* and *In Gethsemane: Transcripts of a Journey*. [www.amazon.com](http://www.amazon.com)



## Bảo tàng Mỹ thuật Việt Nam VIETNAM FINE ARTS MUSEUM HANOI

TEXT & PHOTOGRAPHS BY  
MARK ULYSEAS

Vietnam is a country of great beauty. Its vibrant ethos continues to shine through the bloody wars and occupations. Hanoi is home to many museums and temples with a book street, lively theatre scene and street musicians. It is truly the cultural capital of Vietnam.

The following photographs are just a glimpse into the stunning display of temple artefacts at the Vietnam Fine Arts Museum, situated next to The Temple of Literature (which will be featured in the next edition of Live Encounters Magazine).

The museum is also home to an extensive collection of artwork, sculptures and more.

For a truly enriching experience one needs to spend a whole day at the museum to view all the exhibits.



### Buddha Shakyamuni

Ne Chau Pagoda, Han Yen Province, 17th Century  
Lacquered wood



**17th Patriarch: The Venerable Sanghanadi**

Tay Phuong Pagoda, Thach That District, Ha Noi, 1794

Lacquered wood

**Buddha Shakyamuni**

Tay Phuong Pagoda, Thach That District, Ha Noi, 1794

Lacquered wood



**7th Patriarch: The Venerable Vasumitra**

Tay Phuong Pagoda, Thach That District, Ha Noi, 1794

Lacquered wood



**Thousand-armed and Thousand-eyed Avalokiteshvara**  
But Thap Pagoda, Bac Ninh Province, 1656  
Lacquered wood



**Young girl attending an immortal**

So Pagoda, Thanh Oai District, Ha Noi, Early 16th Century

Lacquered wood

*Mark Ulyseas*



**Buddhisattva Avalokiteshvara (Kuan Yin)**  
Hoi Ha Pagoda, Vin Phuc Province, 16th Century  
Lacquered wood



**Duke Nguyen The My**

Dong Duong Pagoda, Hai Duong Province, 1632

Lacquered wood



*Mark Ulyseas*

**Buddha entering Nirvana**

Bac Ninh Province, 17th Century

Lacquered wood

Bảo tàng Mỹ thuật Việt Nam Hà Nội

Working with minorities, women among religious cultures, the working-class, and those enslaved into poverty, Eleanor Moseman strives to immerse herself in the culture of the people. Creating imagery and stories to seek resolutions of the inflicted while sharing voices of the unknown, forgotten, and persecuted. Her time is divided between commercial work while pursuing long-term, socially conscious and meaningful photo-journalistic projects. You can generally find her roaming the plateaus of Tibet or the deserts of Xinjiang. Eleanor's photography and writing has been published internationally and a TEDxShanghaiWomen speaker in 2017.



## WHERE HAS HE GONE

TEXT & PHOTOGRAPHS BY  
ELEANOR MOSEMAN

In Xinjiang, an autonomous region of China, an estimated 900,000 ethnic Uyghurs have been placed behind "the black gate" (qara derwaza).

Communities are seeing a drastic loss of young men, generally between the ages of 15 and 40 to these re-education camps.

Women are now taking to the fields or other menial tasks in hopes to support often a household of 3 generations. Many Uyghur women can't speak Mandarin because at one time, there was no need for women to conduct business outside of their communities. Women also see daily difficulties like simply visiting a pharmacy where the doctor may not speak their language or helping their children with their school homework, as their language is driven out of school programs and replaced with Mandarin.

How will these women pass on their culture's traditions and religion? Will they choose to pass on language, dance, and prayer when it could lead a family member to prison? Will they continue to face these daily challenges with bravery and fierceness? Will they be the ones to fight for their identity?



© ELEANOR MOSEMAN

Women and a few young men enjoy an amusement park ride in Awat County, Xinjiang. Women are beginning to drastically outnumber the men in the cities and rural regions of Xinjiang.



Manzire (name changed), a four-year-old Uyghur, goes through a DVD of family photos and kisses an image of her father. Her father has been in prison for nearly two years because he was praying at a mosque.



© ELEANOR MOSEMAN

Women are becoming more and more involved in household duties and additional labor, as there is a shortage of men to take on the work.



© ELEANOR MOSEMAN

Aigul\* uses the light from her cell phone to help Subinur\* study her Mandarin homework, as Manzire rests her head on her mother to not be excluded. A sandstorm crossing the Taklamakan Desert has knocked the electric out of the entire city for the night.

*\*names changed*



© ELEANOR MOSEMAN

The great leaders still reign above. The powers of Beijing still reach the furthest west region of China. Years ago, this bazaar would have been bustling with Uyghurs but now because of tighter restrictions for movement in the region, many don't have the freedom to travel into cities for simple activities as shopping.

Mikyoung Cha is a graduate in Oriental Painting from Hyosung Women's University, Daegu, South Korea. She has participated in a number of group art exhibitions in South Korea and Japan. In 2016 she took up photography – the camera becoming her paint brush. This globe trotting photographer is a regular contributor to Live Encounters Magazine.



## TIBET

TEXT & PHOTOGRAPHS BY  
MIKYOUNG CHA

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On a recent trip to the roof of the world I was fortunate to see some of the fabulous monasteries of Tibet and encounter the people of this ancient land.

There is an aura that surrounds this place. Perhaps the rugged mountains touching the sky create a celestial display that enraptures the soul of every visitor.

The smiles, the obeisance to Lord Buddha and the chanting of prayers mingling with the aromatic incense creates a moving experience.

The following photographs are mere glimpses of this fabled land.



© Mikyoung Cha Photography

Going to pray at the Sera Monastery.



© Mikyoung Cha Photography

Genuflecting at Sera Monastery.



© Mikyoung Cha Photography

Prostrating at Jokhang Temple.



© Mikyoung Cha Photography

View of Drepung Monastery.



© Mikyoung Cha Photography

Nun at Drepung Monastery.



© Mikyoung Cha Photography

Monks at Tashihunpo Monastery.



Tashi Lhunpo Monastery.



© Mikyoung Cha Photography

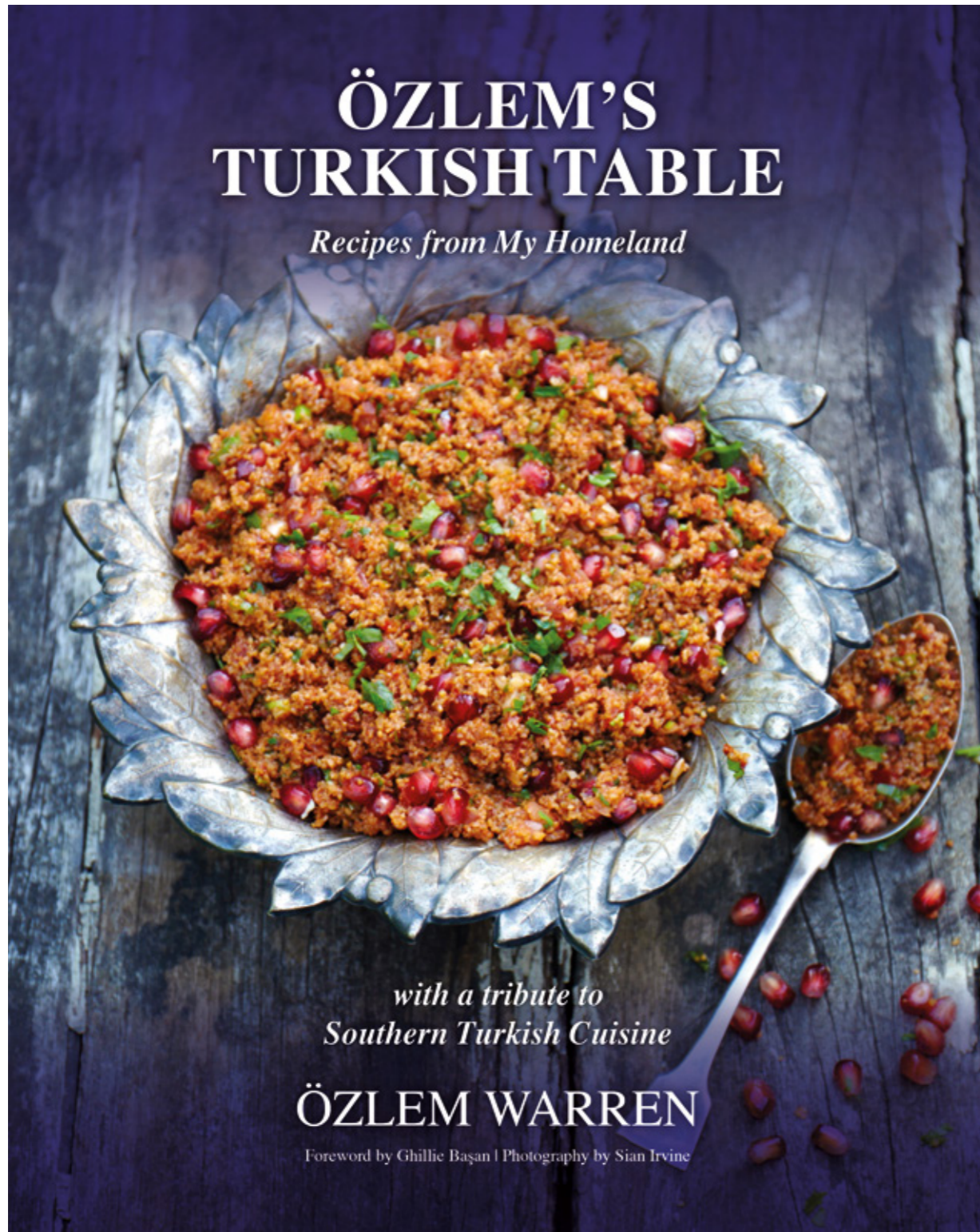
Pelkor Chode Monastery.



© Mikyoung Cha Photography

Potala Palace in Lhasa.

[www.ozlemsturkishtable.com](http://www.ozlemsturkishtable.com)



## ANTAKYA'S KOMBE COOKIE WITH WALNUTS Three Generations Baking

Kombe cookies are made in every special occasion in Antakya and surroundings; weddings, religious festivals, Ramadan or at any special gathering. They have a delicious, crunchy bite to it and I like that they are not overly sweet. There are variations of kombe cookies even in South-east Turkey; some has only nuts in it, some would have dates, as in the case of their Middle Eastern cousin, Mamul or Ma'amoul. Regardless of their variation, both kombe and ma'amoul have a special place throughout the Middle Eastern cuisines and have been a part of the celebrations in different religions; during Ramadan, Easter and Hanukkah. Indeed a special cross cultural cookie and I think that makes it even more special.

*Afiyet Olsun,*

*Ozlem*

Signed copies of  
**Ozlem's Turkish Table; Recipes from My Homeland**  
by Ozlem Warren is available at  
[www.gbpublishing.co.uk/product-page/ozlem-s-turkish-table-hardback](http://www.gbpublishing.co.uk/product-page/ozlem-s-turkish-table-hardback)



Anneanne, grandma and my daughter, shaping the Kombe cookies together. Pic © Ozlem Warren

### Serves: 8

### Ingredients:

- 500gr/4 cups plain, all-purpose flour
- 200 gr/ 7 oz. unsalted butter, melted
- 110gr/ 3.5 oz./ ½ cup granulated white sugar
- 2 egg white, beaten
- 10 ml/ 2 tbsp. vanilla extract
- 15 ml/1 tbsp. ground cinnamon or Kombe baharat
- 4 fl. oz./ ½ cup warm whole milk
- For the filling:
- 85gr/3 oz./2/3 cup crushed walnuts
- 30ml/2 tbsp. sugar
- 10ml/2 tsp. ground cinnamon

### Instructions

1. Preheat the oven to 180 C/ 350 F
2. Combine the flour and the melted butter in a large bowl and mix well.
3. Dissolve the sugar in the warm milk and add to the flour mixture.
4. Pour in the vanilla extract, egg whites and the cinnamon or kombe baharat, combine well.
5. Knead the mixture well for 2-3 minutes, until the dough is soft and smooth.
6. Take a small walnut size of the dough and press the dough gently into the mold to take its shape.



Antakya's Kombe cookies with walnuts and cinnamon. Pic © Ozlem Warren

7. Stuff this dough with about 1 ½ tsp. of the filling mixture.
8. Take another small piece of dough, about half of the size of the first one. Flatten and press this dough gently over the filling, to form a cap and close the dough. Press gently and seal the ends of the dough.
9. Remove the kombe cookie from the wooden mold by tapping the end of the mold with your fingers firmly and make sure to catch the falling cookie, shaped with the mold's intricate design. Place the cookie on a baking tray and repeat this with the rest of the dough.
10. Bake the cookies for about 20 or 25 minutes, until they get a nice light brown color. They are traditionally lighter in color.
11. Once cool, serve the Kombe cookies with tea, cay or coffee. Kombe cookies can be stored in an airtight container for at least 3-4 days.

Andrea Lamberti is a nature photographer, taking panoramic images as well as close-up perspectives of the natural world, above and below water. His main passion is documenting the geography and underwater plant and animal species of his local coastline in the UK. Andrea uses photography to explore his relationship with the environment, and the belief that humans should inhabit the planet primarily as curators rather than as consumers.

The fourth in a photo series by Andrea Lamberti  
as he explores his relationship with nature.



## EVENING SKY IN ALL ITS GLORY

TEXT & PHOTOGRAPHS BY  
ANDREA LAMBERTI

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The evening sky can really produce the most amazing colours, shades and shapes. From late afternoon onwards, I feel the atmosphere and sky start to give me some clues as to what will be on offer when the sun starts to descend westward. When an opportunity shows itself I grab my camera, head off to one of my favourite spots in the South West of England and capture nature's colour at its best. No camera filters are needed as the twilight can be so vivid and each individual sunset tells its own story.

Watching the shifting skies at dusk can be so mesmerising and for me, be therapeutic and calming. When the sun has finally dropped beyond its horizon I walk away feeling content and at peace with the world. What does a magnificent sunset provoke in you?



© Andrea Lamberti Photography



© Andrea Lamberti Photography



© Andrea Lamberti Photography



© Andrea Lamberti Photography



© Andrea Lamberti Photography



© Andrea Lamberti Photography



© Andrea Lamberti Photography



Mark Ulyseas  
**ON DUAL CITIZENSHIP**  
 One Person - Two Votes: A Mockery of Democracy

I personally believe that dual citizenship with its 'right to vote' is a travesty because it gives a *dual* citizen undue advantage over those that possess only one citizenship. I wrote to *David Morgan* (professional editor, journalist), *Dr Greta Sykes* (Poet, Writer, Artist) and *Vivek Mehra* (Author, Pathfinder, Managing Director and CEO of SAGE India) requesting them to answer the following question and to provide their valuable input on other matters related to this contentious issue:

**Does dual citizenship seriously impact voting in respective countries? Are citizens of both countries that do not possess dual citizenship at a disadvantage because of the external voting?**

*(Note: India has a good system: though it doesn't permit dual citizenship it grants special status - 'Overseas Citizenship of India' (OCI). Each OCI gets a special id. It entitles an OCI to live in India indefinitely without a visa, do business, marry, buy property (except agricultural property) etc. But it disallows voting rights/holding public office/or government employment. India has agreements with a number of countries on double taxation.)*

Why can't other governments follow the Indian model to avoid facing the apparent growing concern of people with one citizenship towards those who possess more than one citizenship - The rising tide of distrust, the question of loyalty (especially during elections) and the oft repeated allegation - evasion of taxes by dual citizens. Coupled with these problems is another volatile situation - the unchecked influx of illegal immigrants, and illegals already in a country working below the minimum wage and being exploited by unscrupulous people.

In the following pages *David Morgan*, *Dr Greta Sykes* and *Vivek Mehra* present their views on the growing contentious issue of dual citizenship.

David has been a professional editor and journalist for over thirty years beginning his career on the subs desk of the *Morning Star* newspaper. He is editor of numerous historical publications under the Socialist History Society imprint. David's interests and research include Turkey and the Kurds, literary figures like George Orwell, Edward Upward and William Morris, British anarchism, the 17th century English revolutionary era and the history of psychoanalysis. He has contributed towards many different publications and writes review articles, commentaries, opinion pieces, polemics and poetry.



## David Morgan ON DUAL CITIZENSHIP - A VIEWPOINT

Dual nationals may be able to exercise their voting and political rights to the advantage of their home country and hence to the disadvantage of their host country and the citizens of that country. In such circumstances, citizens with single nationality may feel resentful and turn against those members of the society whom they feel have privilege or divided loyalties. It is potentially a tinderbox in times of crisis and international tensions and can exacerbate the divisions that already exist within local communities.

In the UK, the issue of dual nationality has come to the fore as a result of Britain's planned withdrawal from the European Union following the 2016 referendum. Many Britons who have grown up in the EU and find free movement to be convenient for work and leisure naturally don't want to lose these advantages. Many in response are hastily seeking to apply for citizenship of an EU country where they may have some family connection however distant. And figures show that there has been a clear increase in people making applications for nationality of another EU country. According to figures obtained from 17 of the 27 EU member states, the number of British nationals who were granted citizenship of another EU country increased by 158% between 2016 and last year, that is in the wake of the Brexit vote. I am personally aware of European nationals who have lived happily within the UK for 30 or 40 years frantically applying for their foreign passports which they had let lapse. Providing all the documentary evidence that is required can be a stressful experience.

But all countries have different rules for the granting of citizenship and the process of applying can be a very complex one. This situation also adds to the inequalities that already exist between citizens of these nations. Italian citizenship for example is passed on from parent to child irrespective of the number of generations passed, even on foreign soil, so any Briton with Italian ancestry is at a distinct advantage in seeking to retain EU citizenship. All they need to do is to trace their family tree and find proof of their Italian ancestor.

There are some tangible advantages in having dual nationality. These are not only to do with the ability of travelling freely without the need to apply for a visa, although this is important. Some years ago, I travelled to Istanbul with a colleague from London and on arrival in Turkey we separated to join different queues: as a British passport holder only, I had to queue longer as I waited to pay my required £10 to purchase a visa to allow my entry into the country, while my colleague simply produced his French passport enabling him to walk right through. France has a different agreement with Turkey to what it has with the UK and my France-born colleague naturally took full advantage of the convenience despite the fact that he was a permanent UK resident, who also had a British passport and had not lived in France for several decades. This is quite a trivial matter when set against the political advantages that can be obtained by states through exploiting dual nationality. When millions of citizens of any one country with dual nationality also have voting rights they possess the potential to exercise a distorting influence on domestic politics.

A major controversy in British politics at present is the allegations of anti-Semitism within the opposition Labour Party and, while a degree of anti-Semitism definitely exists, it is also clear that the issue is being deliberately exaggerated to undermine the party leadership of the left-wing Jeremy Corbyn. Quite simply, Anti-Semitism has been “weaponised” for political advantage which is a very dangerous course of action because it needlessly creates social tensions that actually inflame and spread more anti-Semitism. At the same time as this two-year inter-party controversy has been raging, an increase in attacks on Jewish cemeteries has been reported, although direct connection between the two is not established.

Animosities between communities can ensue if unfair influence is perceived and political conflicts can be engendered if citizens are thought to be voting in order to sway domestic politics for the advantage of their home country. This can lead to accusations of divided loyalties and foster suspicions of foreign nationals even though there may be no real basis for such suspicions. This will become especially acute if tensions arise between the resident country and the home country. It is not too difficult to imagine a scenario where a dispute emerges between two countries where one has a large migrant population from the rival country and that community comes under pressure from the host country or from its home country to take sides, by exercising their votes in support of electoral candidates sympathetic to the home country.

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The question of dual nationality forms an integral part of this controversy. It is alleged that British Jews owe loyalty to two nations, the UK and Israel, not only because they have two passports, but also because their political allegiances are determined by their wish to defend Israeli interests. A disputed clause proposed to form part of a new code adopted to root out anti-Semitism within the Labour Party would deem it anti-Semitic for anyone to accuse Jewish members of being more loyal to the State of Israel than their home country. In substance, this charge is another variation of the notorious “cricket test” devised in 1990 by former Tory minister Norman Tebbit who argued that a true test of being British was which cricket team you chose to support. His target in this instance was UK citizens from the Indian sub-continent whom he inferred might prefer to cheer on India or Pakistan when playing against England.

In both these cases the issue of dual nationality is at the heart of the dispute. However, there is no easy solution to resolving the matter. It is a natural response of individuals to express fond feelings for the country of their ancestry and heritage. The fact is that the identity of every individual is comprised of a rich combination of layers depending on how far you are prepared to trace back your ancestry. A popular programme on British television, *Who Do You Think You Are?*, cleverly exploits this interest in our heritage and regularly comes up with surprising findings.

Given the great movements of people over the centuries as a result of war, conquest and trade, it is really not surprising that many people are the heirs to a rich and diverse background. It is impossible to change this reality. Nevertheless, political solutions are required to ensure fairness prevails and prevent foreign intervention in domestic politics.

Allegations of divided loyalties against minority communities will always be exploited by unscrupulous politicians especially in times of national and international crisis such as an economic downturn. Mass migration facilitated by free movement within the EU has witnessed an influx of millions of European citizens to the UK over the past few years. Such residents are granted voting rights within their host country although there is sparse evidence of them exercising a decisive influence on domestic elections. They are interested in earning a living rather than getting involved in British politics and they do not vote as a block. The Brexit controversy however has politicised the community and for example provoked mass rallies where many EU citizens have participated. It would be ironic if one outcome of Brexit were to see EU citizens exercising more influence on UK politics.

Furthermore, dual nationality holders are also able to stand for office in their country of residence, possibly even standing in both countries at the same time. This issue will need further investigation. If it occurs it would surely be unfair for those without dual nationality to find themselves represented by a candidate who might not even be permanently resident or who may owe loyalties to an overseas country.

The issue of foreign meddling in British and US politics has recently come to fore with the allegations, often erroneous and unproven, of the strategic posting of “fake news” on social media to sway the EU referendum vote and American presidential election. The effect of such repeated accusations has its inherent dangers and one effect has been to undermine faith in the integrity of the political process. Likewise, suspicions that dual nationals can exercise an undue influence on domestic politics by acting at the behest of their home country poses its own dangers of fuelling community tensions, racism and xenophobia. It is certainly possible that foreign political leaders could seek to persuade their nationals resident overseas to vote to influence politics in the interests of their home country.

For example, it is estimated that there are now five to seven million citizens of Turkish origin living in Germany. Many Turks are intensely patriotic and loyal to their homeland despite living abroad for decades even if they are the children or grandchildren of Turkish parents. In the event of tensions emerging between Berlin and Ankara it is not too alarmist to envisage a political mobilisation of Turks at election time to exert an influence. These are some of the dilemmas facing all nations in an age of globalisation, mass migration and the consequent inevitable dual loyalties of many citizens.

Dual nationality offers the individual certain advantages over those who only possess single nationality. Dual nationals have access to provisions of social security in both their home and host countries, which are not available to single nationality holders. They can also exercise additional political rights, such as, after a certain required period of residence, they are permitted to vote in their chosen country of residence while retaining the same rights in their home country. With the ever more frequency of postal balloting, the possibilities of dual voting is made that much easier; as is the potential for fraud, since how is it to be established who really has completed a ballot paper? The possibility of transnational voting irregularities are surely made much harder to detect and eliminate by the increase in dual nationality combined with the facility of postal voting, which means you can exercise your vote without even being resident in the country. Online voting might pose additional problems in this respect.

Furthermore, dual nationality holders are also able to stand for office in their country of residence, possibly even standing in both countries at the same time. This issue will need further investigation. If it occurs it would surely be unfair for those without dual nationality to find themselves represented by a candidate who might not even be permanently resident or who may owe loyalties to an overseas

country. There is certainly a potential for huge conflicts of interest. The existence of such cases, if exposed in the media, could further undermine faith in the political process, thus undermining the foundations of the democratic system. Everyone would be the victim if this were to prevail or become a norm.

As previously mentioned, dual nationals may be able to exercise their voting and political rights to the advantage of their home country and hence to the disadvantage of their host country and the citizens of that country. In such circumstances, citizens with single nationality may feel resentful and turn against those members of the society whom they feel have privilege or divided loyalties. It is potentially a tinderbox in times of crisis and international tensions and can exacerbate the divisions that already exist within local communities.

Poet, writer and artist Greta Sykes has published her work in many anthologies. She is a member of London Voices Poetry Group and also produces art work for them. Her new volume of poetry called 'The Shipping News and Other Poems' came out in August 2016. The German translation of her book 'Under charred skies' has now been published in Germany under the title 'Unter verbranntem Himmel' by Eulenspiegel Verlag. She is the chair of the Socialist History Society and has organised joint poetry events for them at the Poetry Café. She is a trained child psychologist and has taught at the Institute of Education, London University, where she is now an associate researcher. Her Particular focus is now on women's emancipation and antiquity. *Twitter: g4gaia. Facebook.com/greta.sykes. German Wikipedia: Greta Sykes.*



## Dr. Greta Sykes ON DUAL CITIZENSHIP - A VIEWPOINT

**One has to also bear in mind that more Turkish people voted in Germany percentage wise for Erdogan than in Turkey itself. So there are many issues that are worrying in this matter.**

I think this is a complex issue and there is no one answer. Citizenship is these days a highly emotional topic because of migration. Each person's identity is only guaranteed by their state, otherwise one is a non-person. So that is one thing to bear in mind - which is an issue that the power elites try to hide in their campaign for further globalisation. There is no such thing as an international passport. It's always a national one. I think many dual citizenships are easy or no problem. For instance there is the Irish citizenship. One can easily obtain it and have another passport as well. My partner has a British and an Irish passport. People might have a French and a British passport. There is no major migration of cultural difference attached in those cases.

However, the Turkish and German dual citizenship has been a major issue for a long time. First because one could not obtain it. Now, because people object to its existence. This is linked to cultural and migratory issues. The largest population of Turkish people outside Istanbul is in Berlin Kreuzberg. It is a veritable Turkish 'town'. There is evidence to show that integration is not working. I know a Turkish psychologist who researched the issues some years back. He found that the third generation of Turkish children knew less German than the second or first generation. They live in their own Turkish world.

As you can imagine this is a major issue also for schools. Then there is the latest story regarding the footballer (or two) who had himself photographed with Erdogan, saying 'this is my president'. He claims to have said it innocently. Now there is a storm because he has left the football team because of racism he says. There are criticisms of him and also of people who oppose him.

One has to also bear in mind that more Turkish people voted in Germany percentage wise for Erdogan than in Turkey itself. So there are many issues that are worrying in this matter.

In summary I would say one needs to look at each dual citizenship in its own right and then decide whether there are deeper complex issues at stake.

*PS: I do agree. India seems to have it quite fair. And as you (Mark Ulyseas) say voting in two countries gives an unfair advantage.*



Vivek Mehra

## ON DUAL CITIZENSHIP - A VIEWPOINT

The question on disadvantage and advantage of dual citizenship is best viewed from the lens of collective decision making. People who don't live in a country but have some affiliation to it, are not directly affected by decisions an elected government makes. For this reason alone the right to vote must be restricted to permanent residents of a country.

The question of dual citizenship hinges on the definition of the term "Citizen". The most common definition I have found is the one describing the citizen as belonging to **a particular country/nation**.

The concept of dual citizenship is therefore a technically wrong one. There could be many reasons why a country would allow its citizens to concurrently 'belong' to another country. It is this selective acceptance of citizenship that creates the hurdles in our thinking and what is seen in practice. A simplistic approach to rights of a citizen would be to classify rights as those that help the citizen be an active participant in decision making that affects him and his family directly. The right to vote for a government is thus given to those who are affected **directly** by the decision of the elected authority.

The question on disadvantage and advantage of dual citizenship is best viewed from the lens of collective decision making. People who don't live in a country but have some affiliation to it, are not directly affected by decisions an elected government makes. For this reason alone the right to vote must be restricted to permanent residents of a country. There are many approaches to dealing with this problem. There isn't any one approach that seems to be fool proof. But citizens opting for dual citizenship need to be prepared for this ambiguity.

Voting rights extended to non-resident citizens is clearly a practical conundrum more than a moral one. The resident is most affected by any decision a democratically elected government makes. His pain comes well before that of a non-resident. On this ground alone dual citizenship should rightly continue to deny rights to non-residents to vote.

There are the other moral rights that need to be considered.

Taxation or active contribution to the government is primarily the responsibility of resident citizens. Dual citizens could be contributing in an indirect manner to the exchequer. This raises the question of who pays for what. The lens of cash contribution to the exchequer is complex one and there are arguments on both sides.

What works for a country is relevant to the country's creation, resources and overall ability to provide for its citizens.

Dr. Bibhu Prasad Routray held the position of Visiting Professor and Indian Council of Cultural Relations (ICCR) chair, India Studies at Murdoch University, Perth between July-December 2017. He served as a Deputy Director in the National Security Council Secretariat, Government of India and Director of the Institute for Conflict Management (ICM)'s Database & Documentation Centre, Guwahati, Assam. He was a Visiting Fellow at the South Asia programme of the S. Rajaratnam School of International Studies, Nanyang Technological University, Singapore between 2010 and 2012. Article republished by permission of [www.mantraya.org](http://www.mantraya.org)



## Dr. Bibhu Prasad Routray, Director [www.mantraya.org](http://www.mantraya.org) SRI LANKA'S CANNABIS PROBLEM: ROOTS IN INDIA



(Drug Seizure in Sri Lanka, November 2016. Source: India Today)

### Abstract

*The volume of Ganja (cannabis) smuggling from India to Sri Lanka has risen significantly over the years. The demand for cannabis from Kerala in Sri Lanka has given rise to a robust supply chain that starts from states like Odisha, Andhra Pradesh, Telangana, and Karnataka, passes through Tamil Nadu and Kerala, through the Palk Straits into the Sri Lankan waters and its landmass. The trade has grown in sophistication and is closing the divide between the licit and illicit economies. Both countries' inability to control the illegal trade, due to logistical and capacities issues, has witnessed a trade diversification into other drugs like Hashish and Cocaine. If unchecked, a nexus between transnational drug smugglers and terrorists in the region cannot be ruled out.*

On 3rd March 2018, Sri Lanka's Naval Intelligence Unit received a tip off regarding movement of contraband in a luxury van from Jaffna to Colombo. A joint raid based on the information was conducted by the Special Task Force (STF) police and the Sri Lanka Navy which led to the arrest of a 51-year old suspect and recovery of 403 kilograms of Kerala Ganja (cannabis and KC hereafter) valued nearly Rupees 60 million in Telwatta, Negombo.[1] On 4 April, two persons were arrested with 220 kilograms of KC estimated to be worth around SR 25 million in Chilaw.[2] Further on 20th April, another 150 kilograms of Kerala Cannabis were recovered from four persons in Wattala. [3] Termed as some of the biggest hauls of narcotics made in recent times, incidents like these are repeatedly demanding attention to the problem of rise of Cannabis smuggling into the country, mostly from India's southern Kerala state.

Indian Customs sources indicate that while the country’s western coast was being used earlier as the smuggling route, rise in population density has made the route unviable. As a result, the eastern coast of Tamil Nadu has emerged as the new preferred route. Supply from other states are generally received at the inter-state border districts of Kerala such as Palakkad before being repacked and distributed.[9] These routes, however, keep changing. For instance, Virudhunagar which used to be the route for smuggling cannabis from Andhra Pradesh to Kerala, has given way to the route through Tuticorin.

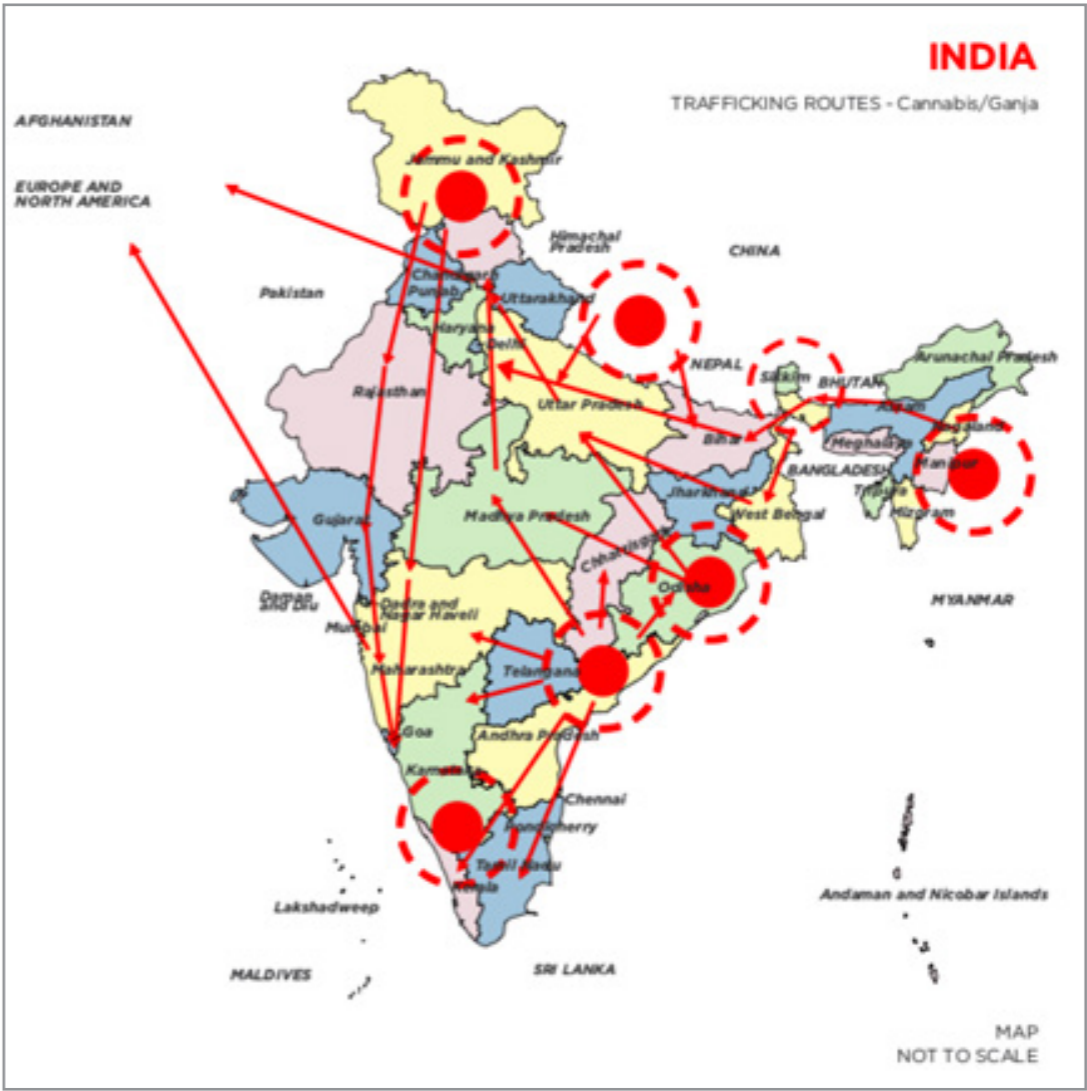
Arrests and seizures, some of which have mentioned earlier, corroborate this shift. A new dimension indicating a change in Kerala’s profile from a mere transit state for smuggling drugs abroad to a hub of such trade has also surfaced in recent years. In the aftermath of several seizures of drugs in state capital Thiruvananthapuram, enforcement agencies indicate the state’s slide into a preferred business location for international drug cartels. The city and its suburbs are turning into safe havens for drug trade.

Kerala: Route and Source

No mass cannabis cultivation takes place in Kerala, apart from the Idukki district, where it is grown privately in small scale. While the Idukki crop has fairly good demand internationally and has acquired a cult name- ‘Idukki Gold’, it is unlikely that any of this is being smuggled to Sri Lanka. Officials of Kerala’s excise department, which periodically destroys cannabis plants and arrest persons, insist that cannabis reaching Sri Lanka are from other parts of the country and could be using the KC trade name for better profit.

Such states where the drug origins are Odisha[4], Telangana[5], Andhra Pradesh[6] and Karnataka where they are illegally grown. Contraband from first three states usually travel through Tamil Nadu[7] before reaching Kerala, from where these are smuggled into Sri Lanka and Maldives. Supply from Karnataka takes a direct route as it shares a border with Kerala. Seizures of drugs from other states entering Kerala and arrests of smugglers is rather frequent indicating the large and uninhibited trade of cannabis. In April 2018, the Narcotic Intelligence Bureau (NIB) of Crime Investigation Division (CID) seized 102 kilograms of drugs worth over INR 1 million and arrested two persons who were smuggling it to Kerala from Andhra Pradesh near Meelavittan on the Tuticorin to Tiruchendur highway.[8] In December 2017, the NIB-CID personnel in Tuticorin had seized 110 kilograms of cannabis that was smuggled from Andhra Pradesh.

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(Cannabis smuggling route in India. Source: Narcotics Control Bureau, Government of India.)

Among seizures in 2018 (till May) are 27 kilograms of hashish oil, 200 kilograms of cannabis and synthetic drugs such as Lysergic Acid Diethylamide (LSD). Expanding clientele include local population as well as tourists. Significant quantity is smuggled abroad. Idukki's profile too has changed from small scale cultivation location of cannabis to a contraband processing and smuggling hub. In addition to seizure of cannabis, the Kerala Excise department is discovering that processing units that turn cannabis sourced from other states to hashish have come up in the district.

Among the arrested recently are three Maldivian nationals who allegedly attempted to smuggle the contraband to their country. Among seizures in 2018 (till May) are 27 kilograms of hashish oil, 200 kilograms of cannabis and synthetic drugs such as Lysergic Acid Diethylamide (LSD).[10] Expanding clientele include local population as well as tourists. Significant quantity is smuggled abroad. Idukki's profile too has changed from small scale cultivation location of cannabis to a contraband processing and smuggling hub. In addition to seizure of cannabis, the Kerala Excise department is discovering that processing units that turn cannabis sourced from other states to hashish have come up in the district. A fairly elaborate network of gangs comprising inter-state agents, drug traffickers, and distributors exist in Kerala with networks outside the state for supplying cannabis to their clientele which include schools, hostels, and colleges. On occasions, drug traffickers have used school and college students as couriers. In one such incident, in January 2018, two students were arrested with two kilograms of cannabis in Kasaragod. The contraband had been sourced from Andhra Pradesh and was en route Mangalore.[11]

### In Sri Lanka

For centuries, cannabis has remained an integral part of the underground as well as mainstream dope culture in Sri Lanka, like most South Asian countries. Although smoking and possessing the drug is illegal in the country, cannabis is grown in small quantities in the country since the 17th century and has been extensively used in traditional Ayurvedic medicines. According to the UNODC, in the beginning of the 20th century, Coca 'used to be cultivated in several Asian countries including Java (Indonesia), Formosa (Taiwan) and Ceylon (Sri Lanka). This largely came to a halt after World War II.[12] While Sri Lanka legally grows small amount of cannabis for export, illegal cultivation of cannabis is limited to Eastern and Southern provinces. According to a 2003 estimate, total area of land under cannabis cultivation was 500 hectares and the estimated number of cannabis users in the country was 600,000. The quantity of cannabis seized island-wide was 73,774 kilograms and the number of cases registered in 2003 was 9,556, of which three percent involved women.[13] In July 2013, authorities discovered cannabis plantation in Yala National Park in Uva and Southern Provinces. The plantation was not only large, but also was remarkably well-equipped, with solar cells, solar-powered irrigation systems and supplementary lighting. [14] Since 2002, however, the character of the problem has changed with a diversification in the drugs supply.

There are reasons to believe that cannabis smuggling has begun to transcend boundaries that divide the licit and illicit economies. People involved in the smuggling range from teenagers, older persons, and also some of the influential businessmen and politicians in Sri Lanka. Owner of the famous Jetwing hotel in Jaffna as well as a leading Private luxury bus owner from Jaffna were allegedly involved in the smuggling of KC to the South, in big quantities. In May 2018, in spite of public outrage, Prime Minister Ranil Wickremesinghe did not cancel his official dinner in the Jetwing hotel in May 2018, which led to an incident of stone pelting targeting the hotel.

Sri Lanka today lies in the transit route of drugs like heroin and cocaine, passing through the country to Africa. In 2016, a total of 36817 kilograms of cannabis, which is mostly for internal consumption, were recovered in Sri Lanka. For some reason, the relatively expensive KC, in addition to the drug smuggled from Pakistan and Afghanistan, has caught the imagination of the Sri Lankan dopers. Compared to a tola (ten grams) of local cannabis that cost around SR 4000 (approximately US\$25 at the prevailing rate of US\$1=SR158), a tola of KC costs around SR 12000 to 15000 in Colombo. The users include the locals as well as the tourists. This rising demand is feeding the export market in India. In 2002, India's Narcotics Control Bureau reported that seizures in the Indo-Sri Lankan sector rose from a mere 38 kilograms (6 percent of total Indian seizures) during 1998 to 350 kilograms (37 percent of total Indian seizures) during 2002. Since then the trade volume has risen significantly. On 30 May 2018, two persons were arrested while transporting 24 kilograms of KC in Mannar. The seized contraband was valued at SR 2.9 million.[15] Less than two weeks later, eight kilograms of KC was recovered from a 51-year old man travelling in a Sri Lanka Transport Board (SLTB) bus plying to Colombo, at Puliyankulam in Vavuniya.[16] Such incidents suggest that the drug typically originates from the country's north from where these are transported in luxury vans, three wheelers, and public transportation vehicles as well as motorbikes, depending on the volume and risks involved.

The role of the Indian smugglers involves delivering the contraband to their Sri Lankan counterparts on high sea via the Palk straits using small country crafts, which on odd occasions venture into Sri Lankan waters. However, distance of such incursions is kept to the minimum to allow smugglers time to return into Indian waters when challenged by the Sri Lanka Navy. Abandoned boats with KC packets have been periodically seized. Sacks filled with KC, buried on beaches like Kalpitiya on the Uchchimuniya Island, have been recovered.[17] KC packs floating in the Valvettithurai seas too have been recovered. Sri Lanka police sources indicate that 31 Indians were arrested for drug offences in Sri Lanka in 2016 and 2017. The first five months of 2018 have already witnessed arrest of seven Indian nationals.[18] There are reasons to believe that cannabis smuggling has begun to transcend boundaries that divide the licit and illicit economies. People involved in the smuggling range from teenagers, older persons, and also some of the influential businessmen and politicians in Sri Lanka. Owner of the famous Jetwing hotel in Jaffna as well as a leading Private luxury bus owner from Jaffna were allegedly involved in the smuggling of KC to the South, in big quantities. In May 2018, in spite of public outrage, Prime Minister Ranil Wickremesinghe did not cancel his official dinner in the Jetwing hotel in May 2018, which led to an incident of stone pelting targeting the hotel.[19]

Multiple agencies’ inability to coordinate their actions and work on a common agenda continues to be the crux of the problem. Isolated arrests and recoveries notwithstanding, smuggling of cannabis finding their way from India to Sri Lanka will continue unabated till these logistical and capacities issues are addressed. If unchecked, a nexus between transnational drug smugglers and terrorists is not difficult to foresee.

Conclusion

Till 2010, Sri Lanka had limited interdiction capacity along its lengthy 1340 kilometres-long coast-line since it did not have coastguard to guard its maritime zones and territorial waters. Even after the Coastguard was re-established and started operating, its capacities remain insufficient to control the rise of cannabis smuggling from India, thereby burdening the Sri Lanka Navy with the responsibility. India’s NCB and Sri Lanka’s Police Narcotics Bureau have a bilateral mechanism to cooperate in this regard and in May 2018 entered into an understanding to cooperate and exchange information to tackle smuggling of drugs in both countries. However, the NCB itself suffers from a range of deficiencies including drastic shortage of manpower and coordination issues with the state police forces. Multiple agencies’ inability to coordinate their actions and work on a common agenda continues to be the crux of the problem. Isolated arrests and recoveries notwithstanding, smuggling of cannabis finding their way from India to Sri Lanka will continue unabated till these logistical and capacities issues are addressed. If unchecked, a nexus between transnational drug smugglers and terrorists is not difficult to foresee.

End Notes

[1]“Sri Lanka Navy, STF seize over 400 kg of Kerala ganja in Negombo”, Colombo Page, 3 March 2018, [http://www.colombopage.com/archive\\_18A/Mar03\\_1520098356CH.php](http://www.colombopage.com/archive_18A/Mar03_1520098356CH.php). Accessed on 24 June 2018.

[2]“Two arrested in Chilaw with 220 kilograms of Kerala Ganja”, Sunday Leader, 5 April 2018, <http://www.thesundayleader.lk/2018/04/05/two-arrested-in-chilaw-with-220-kilograms-of-kerala-ganja/>. Accessed on 23 June 2018.

[3]“Four arrested with Kerala Ganja and hash in Wattala”, Sunday Leader, 20 April 2018, <http://www.thesundayleader.lk/2018/04/21/four-arrested-with-kerala-ganja-and-hash-in-wattala/>. Accessed on 25 June 2018.

[4]Pockets of Angul, Deogarh, Sambalpur, Gajapati, Kandhamal, Rayagada, Malkangiri and Boudh districts have traditionally grown cannabis. Although the Odisha police blame for the left-wing extremists for the illegal activity, very little evidence exists to link the extremists with the trade.

[5]Hundreds of acres of land in Adilabad, Nirmal, Asifabad, Sangareddy, Jogulamba Gadwal, and Manchiryal districts are used for illegal cannabis cultivation in Telangana. Reports indicate smugglers from Karnataka, Maharashtra, and Hyderabad are supplying seeds free of cost to the farmers to lure them into this. Farmers cultivate the crop in between other crops with similar leaves like cotton, chillies, subabul (*Leucaena leucocephala*) and marigold. ‘Telangana: Free seeds, high returns, lure farmers to grow drug’, Deccan Chronicle, 10 March 2017, <https://www.deccanchronicle.com/nation/current-affairs/100317/free-seeds-high-returns-lure-farmers-to-grow-drug.html>. Accessed on 04 July 2018.

[6]According to estimate by Advanced Data Processing Research Institute (ADPRI), which uses satellite data imagery, cannabis is grown in 10,000 square kilometres of Andhra Pradesh, especially in Visakhapatnam and East Godavari districts.

[7]Officials maintain eastern coast of Tamil Nadu rather than the thickly populated western coast is a safer route for smugglers.

[8]M K Ananth, “102 kg ganja transported from Andhra Pradesh to Kerala seized in Tuticorin”, Times of India, 15 April 2018, <https://timesofindia.indiatimes.com/city/chennai/102-kg-ganja-transported-from-andhra-pradesh-to-kerala-seized-in-tuticorin/articleshow/63769975.cms>. Accessed on 26 June 2018.

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[13]UNODC, 2005, [https://www.unodc.org/pdf/india/publications/south\\_Asia\\_Regional\\_Profile\\_Sept\\_2005/13\\_srilanka.pdf](https://www.unodc.org/pdf/india/publications/south_Asia_Regional_Profile_Sept_2005/13_srilanka.pdf). Accessed on 04 July 2018.

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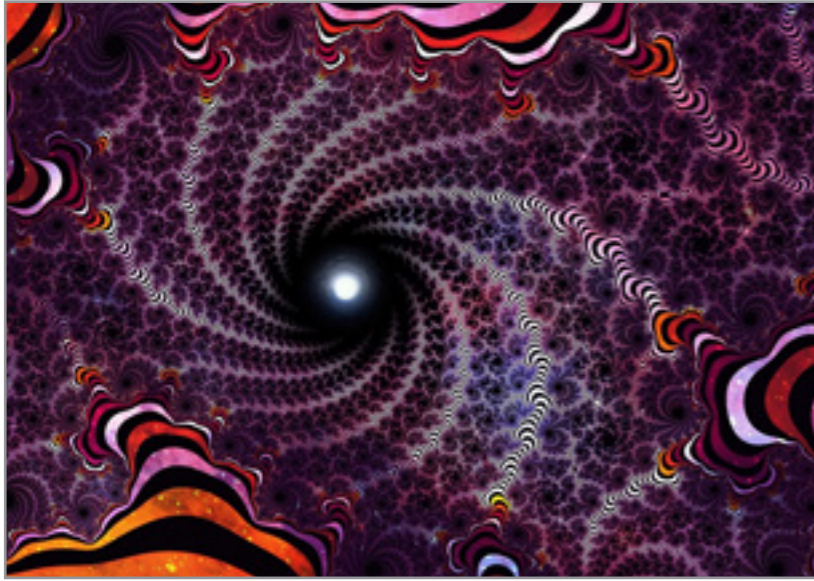
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# CREATING YOUR LIFE THROUGH TRANCE

Dr Candess M Campbell

In this series of articles I have been teaching you how to manage your energy system, increase your intuition, and create the life you desire. Another great tool is the use of trance. Many people go to hypnotherapists to learn to develop a strength such as playing sports, stop a behavior such as smoking, or be able to pass a test. It is important to know you have the ability to use this trance tool, a form of self-hypnosis for yourself whenever you want.

There are a several ways to enter trance. One is progressive relaxation, either active or passive. Active progressive relaxation involves tensing the muscles and then relaxing them while practicing breathing. Passive progressive relaxation involves focusing on a part of the body and relaxing through the use of imagery and releasing tension via the breath.

Eye fixation is another way to enter trance. You focus on a certain spot, preferably a little above eye level, while giving yourself suggestions to move into trance. You may say, "I feel relaxed and am moving deeper into relaxation." Allow your eyes to glaze over and slowly close.

You can also use imagery. Imagine a place you have already been or a place you would like to go. You see yourself walking down a path or a stairway. Imagine yourself walking slowly downward; notice your breath slowing. With each step downward, give yourself suggestions concerning things that you would like to accomplish, or see yourself experiencing what you would like to experience. The more you use trance, the more helpful it becomes. A while back, I experienced some mild anxiety and decided to close my eyes and imagined a ruler that went from 0 to 10. I started with my anxiety at 10, the highest number, and saw the ruler moving down to 0, or no anxiety. As I took a deep breath, my anxiety decreased and I felt more relaxed.

Music is one of my favorite tools for entering trance. Give yourself suggestions before you start the music concerning how you will respond when the music begins. You can also tie the suggestions into the rhythm of the music--for example, when the music is quieter, you may give process suggestions, such as My body relaxes with each note. As the music becomes louder, you may give the end result suggestion, such as I move easily and have the energy to complete my tasks each day, or post-hypnotic suggestion, such as When I have my tea in the morning I become pain-free. When you become familiar with a certain piece of music, you can orchestrate the self-hypnosis session to the music creatively. If this particular technique is not of interest to you, you can choose among many hypnotherapy CDs available on the market to find one that seems right to you.

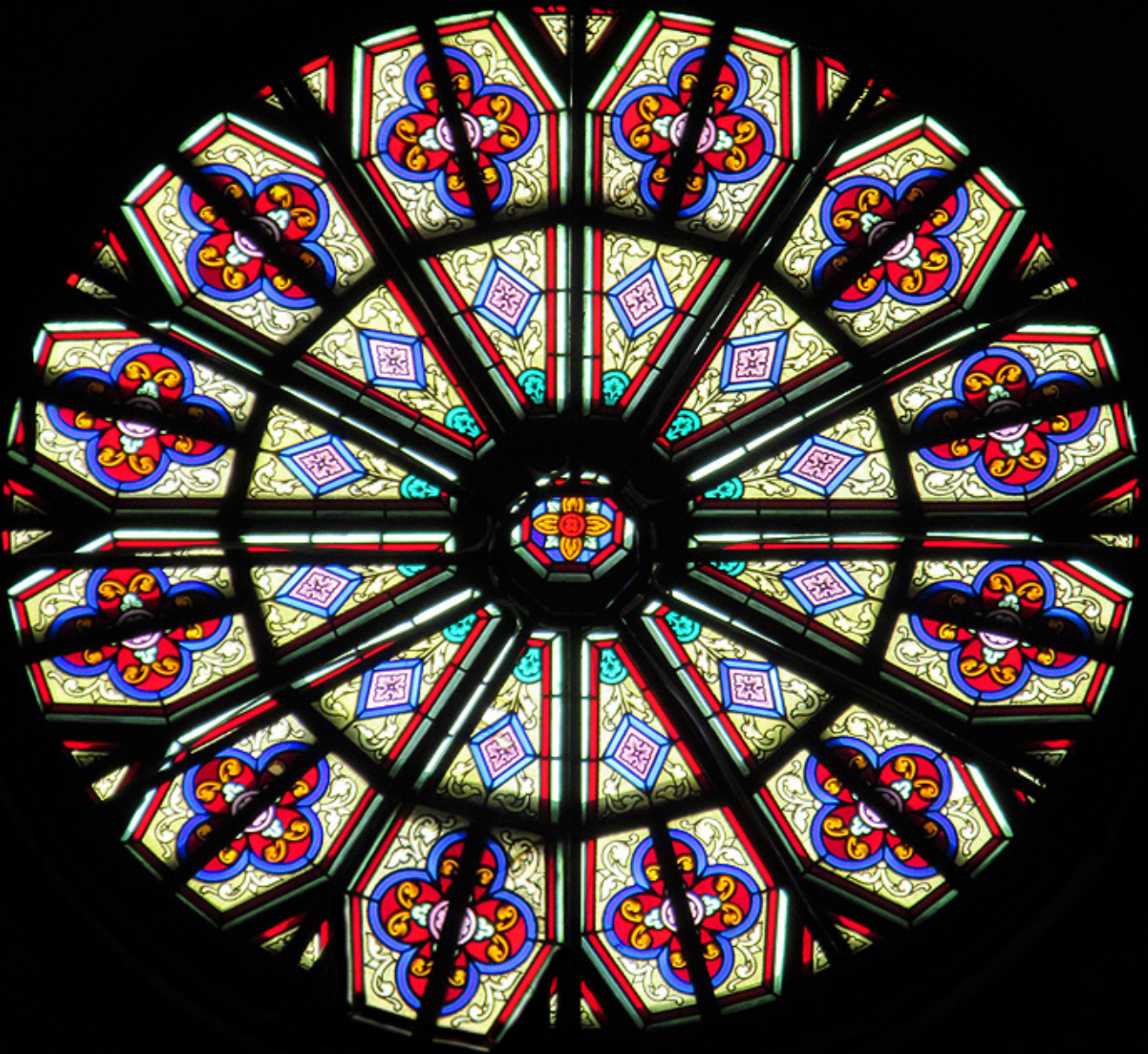
To increase your success with self-hypnosis, you may want to practice deepening your trance. This occurs naturally when you put yourself into and out of trance repeatedly. Each time you put yourself in trance again, the trance deepens. We are often naturally in trance when we first awaken and right before sleep. These are great times to give yourself suggestions, or to visualize the behavior you would like to accomplish. If movement is difficult for you, you may lie in bed and see yourself getting up easily. Imagine yourself going through your whole morning routine pain-free and with ease.

Enjoy practicing and creating what you desire in your life!

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