

Liwanag - Tanglaw

International

Thinking About God

Thinking about God makes the brain healthy. This is what neuropsychologists Andrew Newberg (M.D.) and Mark Robert Waldman—authors of the book, “How God Changes Your Brain” (2009)—found out when they used “functional magnetic resonance imaging” or “fMRI” to scan the brains of people while meditating.

What is fMRI?

Researchers and scientists have been using a new technology called fMRI to map the brain. fMRI highlights on a computer screen which parts of the brain become active when actions or certain thoughts occur. It does this by detecting the increase of blood flow into different parts of the brain while a volunteer performs certain movements like lifting a finger or views pictures or movies that elicit emotion.

For example, when a volunteer is shown a picture of a malnourished child, the part of the brain called the “limbic system” lights up during fMRI. This signifies that emotions are processed in the limbic system. Similarly, when the volunteer is presented a problem or puzzle to solve, the “frontal lobe” becomes active signifying that intellect, logic, and reason reside there.

A person who uses the intellectual frontal lobe too often may over time be unable to feel another person’s pain and suffering. On the other hand, a person whose

emotional limbic system is overly active may turn into a religious fanatic. Persons who suffered brain damage in the frontal lobe or limbic system have exhibited behavioral changes that support these presumptions.

Stress

Stress is the number one killer in America today. It damages nearly every organ in the body. A healthy mind is the best defense against stress. Developing a healthy mind requires balancing a person’s emotional and intellectual sides.

Through fMRI, researchers found that fear, panic, anxiety, and other stressful emotions occur within a part of the brain called the “amygdala”, a part of the limbic system. When stimulated, the amygdala tends to dominate and deprive other parts of the brain the blood



Garden of Bro. Nel and Sis. Juvy Clemeña in Las Vegas, Nevada.

Message on

God’s Love

By Bro. Virgelio Carpio

What is God’s love? Is it something mystical? Is it something so profound that none of us could fathom let alone express? Will we recognize God’s love when we see it, or can only the most advanced souls experience the glory of God’s love?

I think not. I think that God’s love is as plain as day.

Jesus commands us to love one another. In the course of our daily lives, we experience many emotions. Pride, anger, joy, hate, wonder, lust, frustration, awe, and envy are just some. And love is one among perhaps hundreds more.

But of all these emotions, many will agree that only love guarantees peace and harmony.

Maybe then “love one another” is a reminder that in each one of us is an essence called love. We need only peel away the many layers of emotions that we go through and know that in every passing moment there lies an opportunity for this love to be revealed.

Volume 30, Issue 1

June 2009

**East Coast
Next Sesyon:**

**June 13 – Saturday,
2:00 p.m.**

Pag-gunita at pag-alaala sa pag-alis sa laman ng KGG na Gran Superma, Dr.Rosa Pena Tongko. Gaganapin ito sa tahanan ng mga kapatid na Bro.Eddie at Sis.Lota Cantada, sa:

3117 Bangor Drive,
Chesapeake, VA 23321
Tel. (757) 483-2103

West Coast:

Maaring tumawag kina:

- Bro.Louie & family:
(619) 264-4251
- Sis.Fia Zabat Swartz:
(619) 656-3138
- Sis.Amor &
Bro.Salvador Pia:
(619) *82-656-0325,
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Continued on p. 2

Continued on p. 2

Thinking About God

Continued from p.1

and oxygen they need. It is known that stress hastens Alzheimer's and memory loss because it severs connections between neurons (or nerve cells) that the brain needs to keep memory intact.

Meditation

Neuropsychologists Newberg and Waldman used fMRI to scan the brains of people while meditating. They found that meditating forms the neuronal connections that keep the meditator's mind calm and alert. They also found that meditation tempers activity in the amygdala, the brain's circuitry for stress.

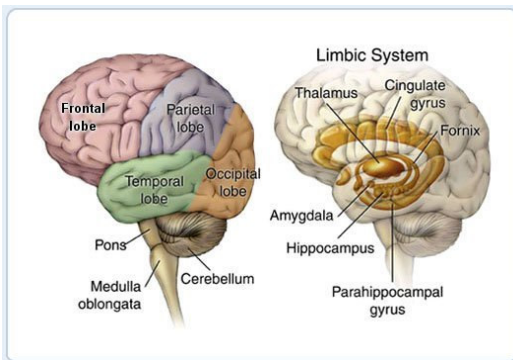
Not only that, but meditation also stimulates another part of the brain called the "anterior cingulate" which acts as the bridge between the intellectual frontal lobe and the emotional limbic system. So in addition to limiting stress, meditation also balances a person's intellect and emotion—a balance that may be a prerequisite towards generating compassion.

Newberg and Waldman found that the benefits of meditating regularly—reduction of stress, calmness and alertness,

balance between emotional and intellectual sides, and keeping memory intact—remain even when the person is no longer meditating.

There is still a lot to learn about how the human brain works. Compared to other sciences, brain scanning—whether through fMRI or some other technology—and neuropsychology are still in their infancy.

But for now at least, the authors are certain of one thing. By engaging in the ancient art



Anatomy of the Brain medical illustration courtesy of Alzheimer's Disease Research, a program of the American Health Assistance Foundation. <<http://www.ahaf.org/alzheimers/about/understanding/anatomy-of-the-brain.html>>.

of spiritual meditation—or quite simply, by thinking about God—we can gain control over our minds, bodies, and, ultimately, fate.

Sources:

- Newberg, Andrew, and Mark Robert Waldman. *How God Changes Your Brain*. Ballantine Books, 2009.
- Culham, Jody. "Introduction to fMRI". fMRI 4 Newbies. 1 Dec. 2008. University of Western Ontario. 7 May 2009 <<http://psychology.uwo.ca/fmri4newbies>>.
- "Amygdala" Wikipedia. 19 May 2009. Wikimedia Foundation, Inc. 20 May 2009. <<http://en.wikipedia.org/wiki/Amygdala>>.

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We Welcome Submissions!

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A Moment of Silence

Bro. Ernesto Tamayo, Sr.

Bro. Ernesto Tamayo Sr. of San Diego, California, born April 11, 1925, passed away on January 30, 2009. He was 83.

Bro. Ernesto Tamayo Sr. was originally from San Jose, Navotas and migrated to the US thirty years ago. His eldest son, Bro. Louie, continues the work of our Institution in the West Coast today.

Coast today.

Bro. Ernesto Sr. is survived by his wife, Sis. Paulina, and his children—Bro. Louie, Sis. Sally, Bro. Maximo, Sis. Josie, Bro. Jun, and Sis. Jullie.

Bro. Ernesto Sr.'s family wishes to thank everyone who for their sympathies.

Bro. Deogedeo Carlos

Bro. Deogedeo Pantig Carlos of Imus, Cavite passed away on April 6, 2009. He was 67.

Bro. Gedy, as he was commonly known, worked at NAWASA for ten years before moving on to other endeavors. He last worked as President of the Office of Senior Citizens Affairs (OSCA) in Cavite.

Bro. Gedy was a true Tanglaw, a real source of light. He lit up any group he belonged to with his fondness for singing, drawings by hand, and great sense of humor. His fine singing voice captivated IEVES members especially during Sunday afternoon programs and at carol-

ing at Christmastime. His engaging personality formed a bridge by making the younger Tanglaws feel at ease with the older ones.

Friends and family agree that there was never a dull moment when Bro. Gedy was around. While reminiscing about the life he had as a Tanglaw a few days before his passing—as if to say his goodbye—he told relatives that he "cannot ask for more." He was at peace long before his time came to pass.

For all the joyful memories he left behind, Bro. Gedy will be remembered fondly.

Bro. Gedy is survived by his wife, Estela Manela, and his two children, Katherine and Shiela.

God's Love

Continued from page 1

"For God so loved the world that He gave His only begotten Son, that whosoever believeth in him should not perish, but have everlasting life." It is said that the soul doesn't die and that only the body is "transitory and fleeting". The term "everlasting life" in this sense may then mean not eternal life but eternal happiness.

When the hour comes and it's time for us to leave this material earth, those who failed to express God's love in all its spiritual sincerity might die racked with guilt, misery, and remorse. While those who believed—merely believed as Jesus would tell us over and over again—will have reserves of strength to draw from.

However way we choose to go—whether in anguish or in bliss, with resistance or with joy, a twisted mess on our faces or the imprint of an eternal smile—that last breath we take may well define the meaning of our lives.

Love your neighbor as you love yourself—it does not have to be any more than that. Love your enemy as you love yourself—but definitely no less than that. The key, so it is said, is to love—love everyone and love at all times. Because, provided that we are strong and healthy, to love one another is to think about others with every breath we take.

A Father to Humanity

By Sis. Grace Santos & Sis. Fiel Zabab

Vicente Morales Zabab was born on October 24, 1906. The son of a branch manager for Singer sewing machines, young Vicente lived with his father, Dalmacio Zabab Jr., for many years in Gapan, Nueva Ecija. He and his father later moved to Manila to join his mother, Catalina Bayson Morales, and the rest of the family. The family would then move to Caloocan. Even as a

silent movies in theaters along Bustillos. He loved music. And he wanted to become doctor. These two passions will one day intertwine as one supported the other to fulfill his mother's dream.

Before he could become doctor, though, he had to finish high school. And after completing two years of pre-med, he found himself settling for a course in dentistry because the

saxophonist, they said, the ocean liner will not hire them to play for its luxury cabin passengers. The ship's owners wanted to hire another, more complete band instead. Vicente volunteered to play and after a quick audition playing a saxophone the band members provided, he was accepted. The band members were elated. So was Vicente. He got a job and saved theirs in the process.

Playing in the band gave Vicente the opportunity to travel wherever the ocean liner cruised—the Pacific, the US coasts, and other parts of the world. While in Japan, he decided to work as a musician playing in Japanese night clubs. The money he made as a musician, he was thrilled to learn, was more than what the President of the Commonwealth Republic made. With steady income now streaming in, his sights were set once again on medical school.

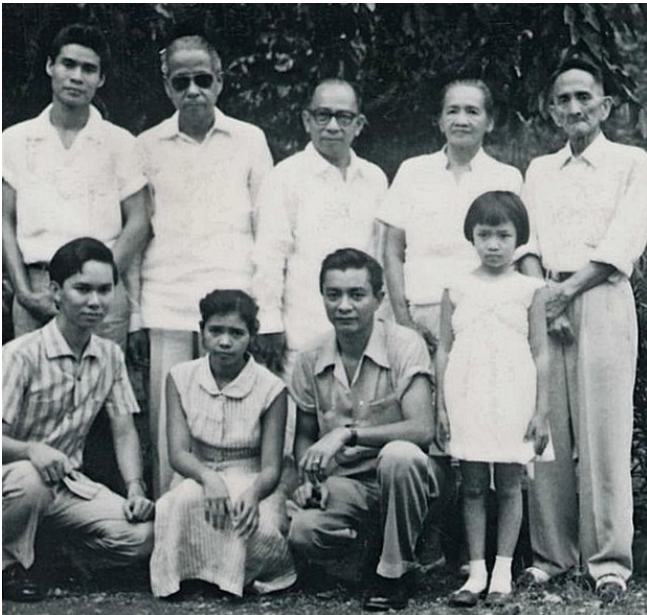
Attending Tokyo Jikkei Kai (Tokyo Imperial University) as a part-time med student—he played in clubs at night and studied in the day; recently married, his Japanese wife Hideko often washed and fed him in bed for he was too tired in the mornings—he finally graduated from medical school in 1936, completing in ten years what would otherwise take a student with means only six years. He graduated at the top of his class, besting even the top Japanese student. His love of music became a vehicle for his foray into the world of medicine and finally making real his mother's lifelong vision.

Perhaps Vicente, now a doctor, never intended to stay in Japan for good. Because after starting a family with Hideko—their two children named Masako and Hajime are now Lina

and Rafael—the family left Japan for the Philippines. The children were growing fast and Dr. Zabab was eager to show his parents his new family. Little did he know that upon leaving Japan, in short time the Japanese Imperial Army would bomb Pearl Harbor.

The war caused a rift between the young couple. Hideko's allegiance to the Emperor caused her to go back to Japan. She left behind their two children with Dr. Zabab who enlisted with the Philippine Army to help fight the Japanese. Dr. Zabab was inducted into the USAFFE (United States Armed Forces in the Far East) as Captain of the Medical Corp where working with Major Edwin Kagy of the US Army he fetched wounded soldiers from the frontlines and transported them to the US Base Hospitals in Limay, Bataan for medical care. Years later he would write, "I met many young American soldiers, brave fighters, with a devil-may-care attitude in fighting. But in their beds at night you could hear them cry and call for their mothers. My heart went out to them."

Dr. Vicente Zabab was in the thick of the fighting when in April 9, 1942 Bataan fell. He was among the 75,000 American and Filipino soldiers that surrendered and were forced by the Japanese to march on foot to a prison camp 60 miles north. Infamously known today as the Bataan Death March, Dr. Zabab saw prisoners shot or bayoneted along the roadsides. Those who made it to Capas alive were placed in prison camps fenced with barbed wires. There was little food, clothing, and medicine. Many



Dr. Zabab in the 50s. **Back row:** Lope Papa, Jose "Lolo Pepe" Matias, Dr. Vicente Zabab, Gran Superma, Atty. Stanley Tongko. **Front row:** Jim Nibungco, Pia Pantig, Dr. Fiel Matias, Rose Flores. (Photo courtesy of Bro. Jim Nibungco.)

little child, Vicente's mother always called him "my little doctor" perhaps ascertaining early on a vision she harbored for her son.

Growing up in Gapan, Vicente learned to play a variety of musical instruments including the violin, clarinet, and flute. He played them well enough that during high school in Manila, he earned pocket money playing saxophone in an orchestra that provided background music for

family could not afford to send a child to medical school.

Even then, when hard times hit, he had to quit dentistry and find a way to help his struggling family. While his mother ventured into the business of buying and selling clothes, footwear, and jewelry, Vicente wandered about looking for work.

His diligence paid off. Walking along Dewey Blvd. one day, he overheard a musical band's members talk about their sick saxophonist. Without their

Continued on p.4

Mountains of Tibet

By Sis. Videlfia P. Carpio

She dreams of the mountains of Tibet
Where "Ohms" of the orange robed monks
live alongside virginal nature.
Peaceful, harmonious, and innocent.

Hands pressed together, eyes glazed in a faraway stare,
she hums the tune residing within her soul,
a nonsensical tune,
but one that rings true

She meditates to fulfill the longing within herself
that longing to connect
after a day of trials, of alienation
and indifference towards the world around her.

She meditates to remind herself
Of that which she is part.

She dreams of the mountains of Tibet
Where nature, calm and content,
Contrasts with that of her dwelling.
Restless engines,
Troubled voices,
Sounds and noises all around her
The ringing of telephones,
Sirens,
Distant hammering, pounding, drilling.

In this dissolute city of chaos she resides,
It is here where she sits, cross-legged,
In this city,
And yet she is somewhere else
Lost in thought

We create structures that allow for alienation,
For a solitude that is lonely,
For a forged independence,
Though our lives depend on those around us.

No, she is not here.
She is elsewhere
In a better place
In a better abode.

She dreams of somewhere she can never be,
And yet she is there.
In her thoughts she has journeyed
To the mountains of Tibet.

A Father to Humanity

Continued from p.3

prisoners died from malaria, dysentery, and other diseases. The horrors Dr. Zabat witnessed took their toll. His children would later note that after the war, their father was sometimes easily startled when approached quietly from behind.

Sometime during the war, Dr. Zabat became Hospital Director in Lopez, Quezon. There he met Nellie who was working as a nurse. Love blossomed and Dr. Zabat and Nellie married. They raised five children—Virgelia, Emmanuel, Deogelio, Fiel, and Gracia. Four children—Virgelia, Lina, Emmanuel, and Deogelio—would find their way to America and settle there.

After the war, Dr. Vicente Zabat worked as doctor and teacher at the Sta. Teresita Hospital in Quezon City. In their home along Basilio in Sampaloc, he and Nellie opened a clinic where Nellie served as nurse and secretary.

Financial considerations took a back seat in their family business. When Nellie raised their consultation fee from 2 to 3 pesos, Dr. Zabat often gave back 2 pesos in change to his poorer patients so that in effect they were only paying one peso. Making ends meet for a large family such as theirs became a headache for Nellie and so she ended up checking her husband's pockets each morning to make sure they were empty and thus prevent Dr. Zabat from giving away their earnings.

In time, Nellie missed their children and longed to be near them. And so in 1971 she and Dr. Zabat migrated to America. With the help of an old friend, Dr. Sidelfie Guevarra—the son of old Mang Vale, a prominent member of IEVES in Sabang, Cavite—Dr. Zabat found employment at Weston State Hospital in West Virginia. Now involved in psychiatric disorders, Dr. Zabat continued to expand his knowledge and career. Dr. Zabat and Nellie became US citizens in 1973. Later, Dr.

Zabat moved to Spencer State Hospital where in 1979 he retired at age 73.

Dr. Zabat spent most of his retirement years in Martinsburg, West Virginia in the home of their daughter, Dr. Gracia Santos. He and Nellie made frequent trips to IEVES sesyons in both East and West Coast where Dr. Zabat exuded the faith and wisdom he garnered over the years. They visited their children often whose homes spread out across the United States. Always wanting to reach out and be near those he loved, Dr. Zabat looked forward to going home in Manila. He accepted and acted on his lifelong mission—a call to helping those in need be it medical or spiritual—always with glee, a smile on his lips, and a twinkle in his eye. He breathed his last at the age of 91.

Dr. Zabat—or “Papang” as he was fondly called late in life by everyone kin or not—was most happy when he was with his patients. He not only dispensed free care and medicine but more importantly he gave spiritual healing to all. He believed in Fate as he himself received many of life's blessings especially when he became doctor and realized his mother's dream. Often he would tell others facing life's hurdles, “Kung uukol, bubukol”—“What is meant to be, will be.”

Throughout his long and productive life, Dr. Zabat was looked upon by IEVES members—and indeed by everyone who met him—as a father figure that can be counted on for fresh new insights at life. He made people see clearly past their stumbles and difficulties. He encouraged everyone to take chances as a way of striving for a better life. And because of the unfailing love and strength he accorded the lives of those whom he touched, Dr. Zabat was, in every sense of the term, a father to humanity.

Contributions by Bro. Ariel Zabat

Join Our Discussion Group!

Send e-mail to Bro. Ed Nibungco at ednibun@msn.com to join *Linanag-Tanglaw* at *YahooGroups*.

If You Prefer...

... to receive your copy of the LTI Newsletter by e-mail only, please send e-mail to billy@billycarpio.com. This issue is also available at <<http://www.billycarpio.com/LTI>>

Coming Sesyons

Agosto 22 – Sabado, 5:00 p.m.

Pag-diriwang sa anibersaryo ng pag-angat sa kalagayang relihiyon ng Institution. Gaganapin ito sa tahanan ng mga kapatid na Bro. Virgelio at Sis. Vi Carpio, sa 5 Fortune Road, East Middletown, NY 10941. Tel. (845) 692-4561

Oktubre 10 – Sabado, 5:00 p.m.

Pag-diriwang at pag-alaala sa pag-silang na laman ng KGG na Gran Superma, Dr. Rosa Pena Tongko, at gayon din ang kapanganakan sa laman ng ating Gurong Ispirital, Dr. Vicente Morales Zabat. Gaganapin ito sa tahanan ng mga kapatid na Bro. Angel at Sis. Grace Santos, sa 390 Chestwick Drive, Martinsburg, WV 25401. Tel. (304) 267-7248