

# Making a DIFFERENCE

Edris  KHAMISSA

# Biodata: Edris Khamissa

Edris Khamissa is an international consultant in Education and Human Development. He began his career as a teacher of English. His passion and expertise for the subject culminated in his nomination as the Chairman of the English Society of South Africa. He has been a head teacher of three schools.

He has conducted numerous workshops in Australia, United States, Canada, England, Middle East, Nigeria, Lusaka, Mozambique, Botswana, Bangladesh and throughout South Africa. He was one of the founding members of the AMS-South Africa. He is an advisory member of IBERR - International Board of Educational Research and Resources. He is the co-author of the IBERR manual for Schools.

His expertise is in self-development and curriculum design. His creativity made him a dynamic lecturer in Didactic and Methodology at IPSA (International Peace University of South Africa). He also conducts in-service training for business corporations. As a Parenting Expert and a Marriage Counsellor he conducts workshops on these topics. Youth Leadership is another area of his focus. He is a regular guest on National and Community Radio Stations. His attendees find his programmes life changing. He believes that we should take ownership of our lives. This is clearly evident in his Personal Empowerment seminars/workshops.

One of his other specialities is motivating and training nursing staff. This has in many ways resulted in improved patient perceptions-in some instances from mediocrity to excellence.

If I do not change within the  
next 48 hours then it is unlikely  
I am going to change



If you focus on **results**,  
*you will never* **change.**

If you focus on **change**,  
*you will get* **results.**

**~Jack Dixon**

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I can understand when a child  
is afraid of the dark...

**but I can never forgive a man  
who is afraid of the light**

**I am the master  
of my own  
thoughts...**

**My mind will  
obey only me...**

**We do not see the  
world as it is  
but as we are**

**Is your life worth  
saving?**

**Why were you born?**

# The Power to Change

Everyday you ask for the Serenity to accept the things you cannot change, the courage to **CHANGE** the things you can, and the **wisdom to KNOW the difference**. Somehow that gets you through.

## The Serenity Trap

There are actual people out there, who seek the wisdom to **MAKE** a difference. Most of us lack is not the courage to change things, but the **SKILL** to do so.

# You Have ONE LIFE

- Time is a gift (present)
- Time is **distributed equally to all**
- Each of us gets 24 hours a day
- How you manage it depends on **YOU**

## Here's what Obama said about leaving a legacy:

“I saw myself as a relay runner.

I would take the baton and I would run my leg of the race.

And then I'd pass the baton to someone else. . .

Each generation tries to make progress knowing that what we do is not going to be perfect. . .

But, hopefully, we've run our leg of the race effectively – and the **world's gotten a little bit better.**”

# Why should you leave a Legacy?

**It is part of the ongoing foundation of life.**

- Those who came before leave us the world we live in.
- Those who come after will have only what we leave them.
- We are stewards of this world, and we have a calling on our lives to leave it better than how we found it, even if it seems like only a small part.

# Why should you leave a Legacy?

**It has the raw power for good and for bad.**

- There are people who have changed the world for good, people who have opened up new worlds for millions of others, people who have spurred others on to new heights.
- And, conversely, there are people who have caused massive destruction for countless millions, people who left a wake of pain behind them wherever they went.
- There are parents who have blessed their children with greatness and parents who have ruined their children's fragile minds and hearts. What we do affects others.
- Our lives have the power to create good or purvey evil. It is important that we choose to do good.

# Why should you leave a Legacy?

**It is an act of responsibility to leave a legacy.**

- Because of the power of our lives and the legacies we leave, it is a great responsibility to choose to leave a positive legacy.
- All good men and women must take responsibility to create legacies that will take the next generation to a level we could only imagine.
- Part of what makes us good and honourable people is having a foundational part of our lives based on the goal of leaving a legacy.

# Why should you leave a Legacy?

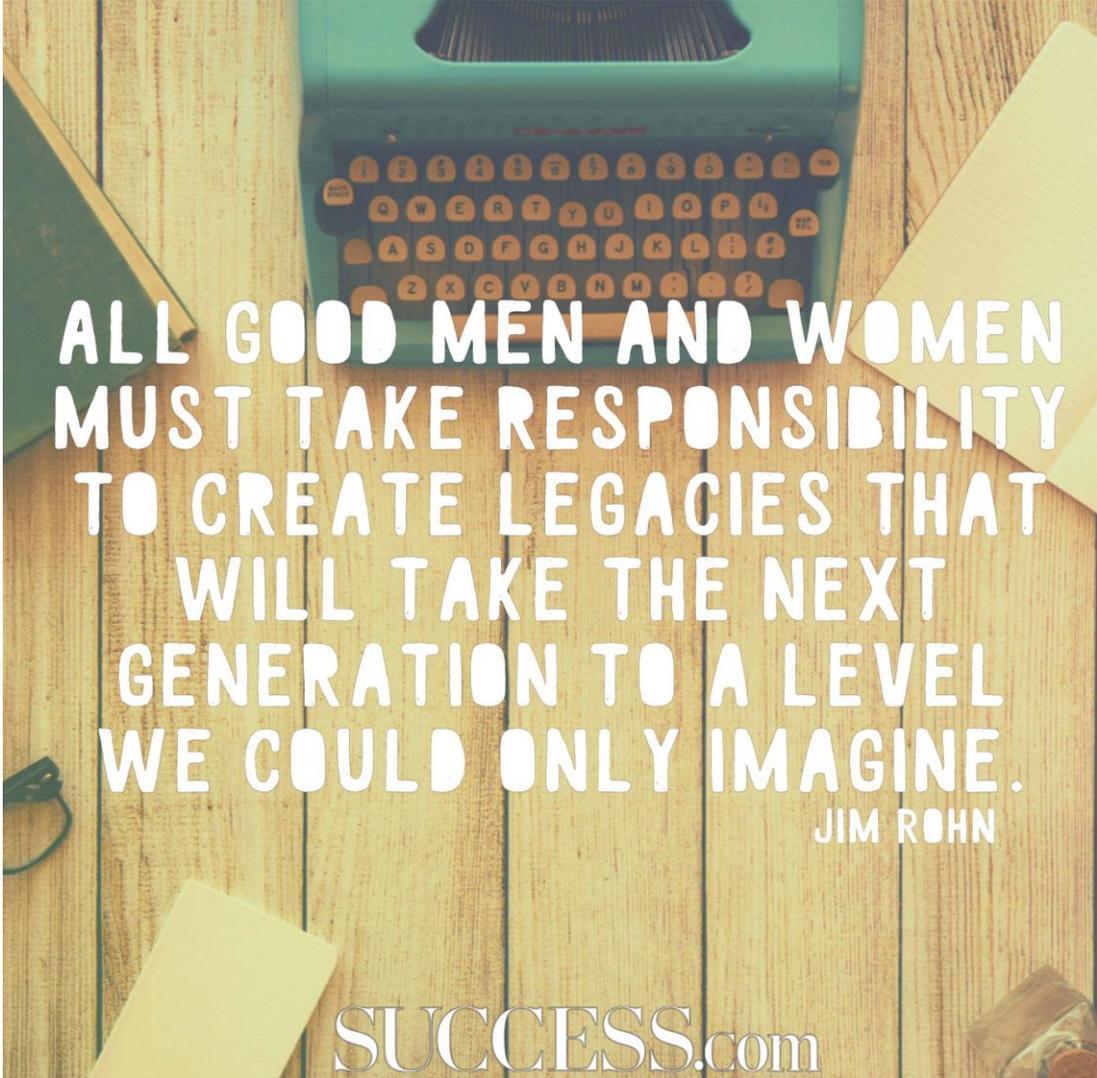
**It breaks the downward pull of selfishness that can be inherent in us all.**

- When we strive to leave a legacy, we are acting with a selflessness that can only be beneficial for everyone.
- Yes, I suppose someone could work hard to earn money so that when he or she dies a building is named after them, but that is not the kind of legacy we are talking about.
- We are talking about legacies that make life better for those who come after us, not about our own fame or recognition, but about helping others.
- After all, we won't be around to watch our legacy.
- To build that which will last beyond us is selfless, and living with that in mind breaks the power of selfishness that tries so desperately to engrain itself in our lives.

# Why should you leave a Legacy?

**It keeps us focused on the big picture.**

- Legacy building is part of the “big picture.”
- It keeps us focused on the long term and gives us values that we can judge our actions by.
- When we are acting based on selfishness, personal expediency and the like, we are focusing on the “small picture”—whatever is pragmatic right now.
- When we are building a life that will give for many years, we are thinking “big picture.”
- Ask yourself: *How does this action affect my overall goals? How will this affect people in the years to come?*
- Yes, your legacy is very important. Reflect on how you are going to use the lessons, information and skills from those before you to build a life that leaves a tremendous legacy!

A vintage typewriter with a green body and orange keys sits on a light-colored wooden desk. The desk is cluttered with several yellow sticky notes, a pair of glasses, and a small glass object. The quote is centered over the typewriter and desk.

ALL GOOD MEN AND WOMEN  
MUST TAKE RESPONSIBILITY  
TO CREATE LEGACIES THAT  
WILL TAKE THE NEXT  
GENERATION TO A LEVEL  
WE COULD ONLY IMAGINE.

JIM ROHN

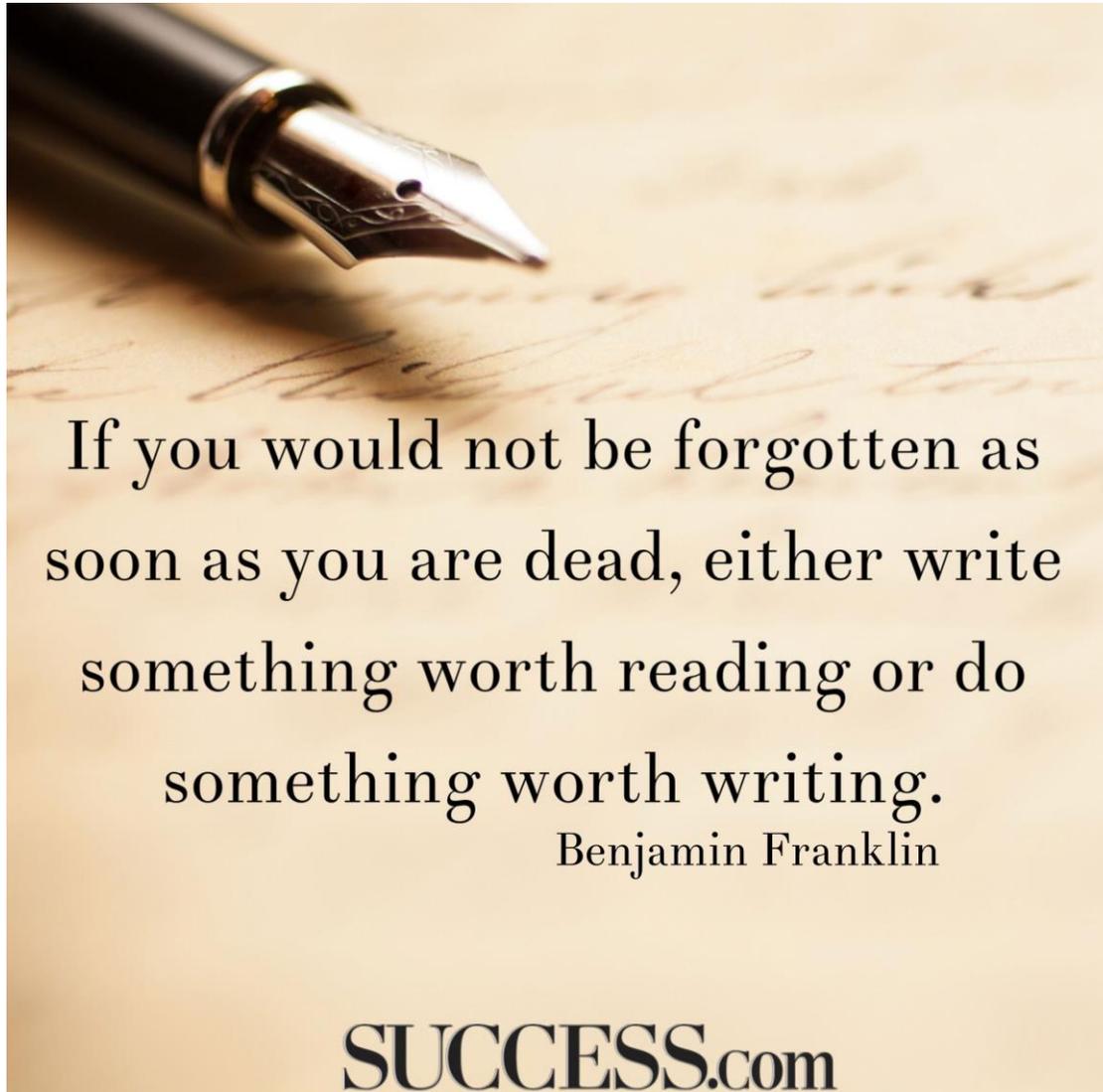
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# Leave a Legacy – Questions to Ask Yourself

- What do you want your life to stand for?
- How do you want to be remembered by your family and friends?
- What will those beyond your circle of family and friends remember you for?
- What kind of an impact do you want to have on your community?
- How will the world be a better place because you were in it?

# Leave a Legacy – Questions to Ask Yourself

- What contributions do you want to make to your field?
- Whose lives will you have touched?
- What lessons would you like to pass on to future generations?
- What do you want to leave behind?
- How can you serve?



If you would not be forgotten as  
soon as you are dead, either write  
something worth reading or do  
something worth writing.

Benjamin Franklin

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# Ways to Leave a Legacy

- Add knowledge to your field.
- Leave a legacy through your body of work.
- Write a book.
- Leave money for your descendants that serves as a foundation on which they can build their financial futures.
- Bequeath money to charities that are near and dear to your heart.
- Share your blessings with others.
- Be a mentor to others.
- Pursue your passions because they are infectious.

# Ways to Leave a Legacy

- Write down family recipes and family traditions.
- Serve as a good role model.
- Pass down a heirloom.
- Be a mentor.
- Volunteer.
- Support the people that are most important to you.

# Ways to Leave a Legacy

- Start a business or a non-profit organization.
- Write your memoir. You can also record video messages for your loved ones, create a scrapbook for them, or create a web site dedicated to your legacy.
- Endow a scholarship to your alma mater for future students.
- Write a legacy letter — write down everything you'd want to tell your loved ones if you knew you didn't have long to live. Be sure to capture the essence of who you are by writing about your life lessons, values, accomplishments and hopes. Think of it as an emotional heirloom.

# Ways to Leave a Legacy

- Start a blog.
- Pass down handmade items, such as quilts, cedar hope chests, or wooden crafts.
- Start a new program in your community, such as starting a recycling program; planting a community garden; or constructing a playground.
- Pass down skills and know-how.
- Right a wrong.
- Identify your strengths, develop your skills, and be true to who you are.

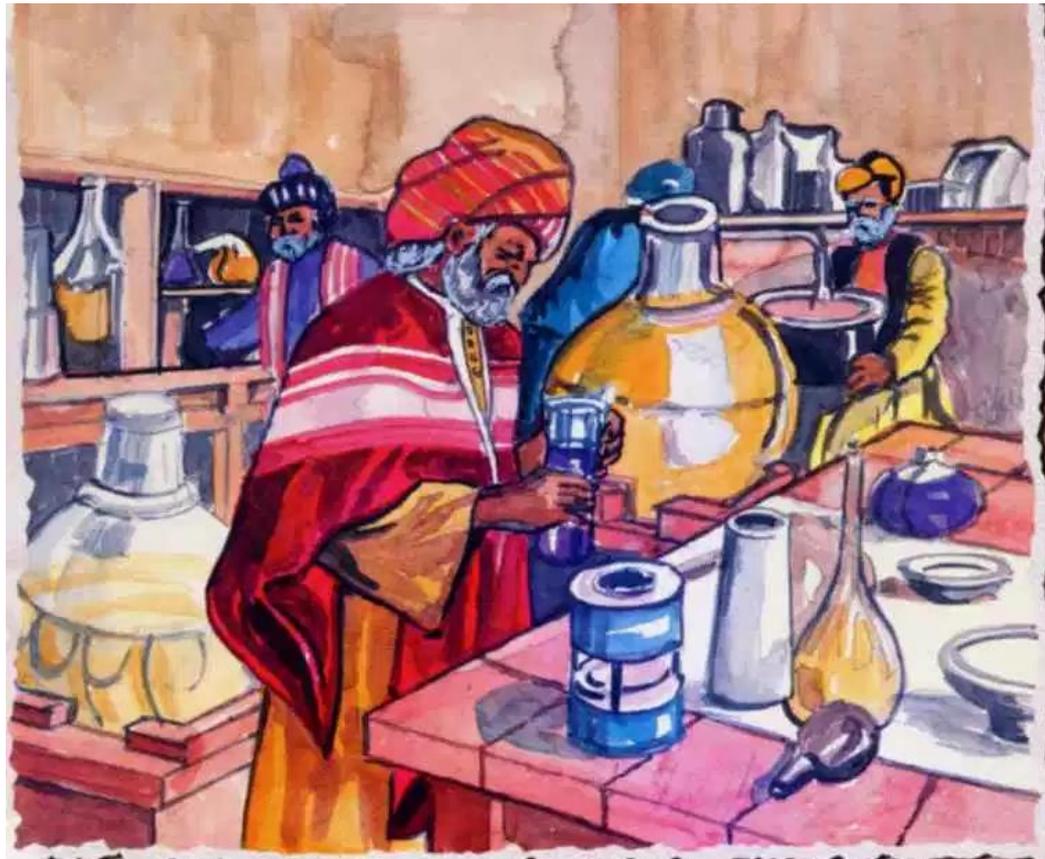
“We all die.

The goal isn't to live forever,  
the goal is to  
create something that will.”

~ Chuck Palahniuk

# Muslim Inventors

Abu Musa Jabir Ibn Hayyan is the Father of Modern Chemistry



# Muslim Inventor: Abu Musa Jabir Ibn Hayyan

- Jabir emphasised the importance of experimenting as follows: 'The most essential in chemistry is that you should perform practical work and conduct experiments, for he who performs not practical work nor makes experiments will never attain the least degree of mastery.'
- He designed different kinds of new vessels like the retort. His experiments with various chemical processes allowed him to trigger reactions like reduction (a reaction that involves the gaining of electrons), calcination (oxidation through heating, e.g. the burning of chalk) and perhaps the most important: distillation.

# Muslim Inventor: Abu Musa Jabir Ibn Hayyan

- Jabir created the image of chemical bonds as a link between elements, in fact small particles invisible to the naked eye. All without losing grasp of their original characteristics.
- Jabir also identified many new substances. It is often said he discovered strong acids such as sulphuric acid, hydrochloric acid and nitric acid. These discoveries are proven to be of great significance to modern chemistry, becoming even essential to the chemical industry.

# Muslim Inventor: Abu Musa Jabir Ibn Hayyan

- Jabir also laid the groundwork for what is known today as Mendeleev's periodic table of elements. He tried to create a table to classify the chemical elements, just like Mendeleev. This was based on the Ancient Greek idea of classifying the elements further into groups of metals, non-metals and substances that can be distilled. In that way his table somehow resembled the modern periodic table of elements, in which non-metals and gases can be distinguished.

# Muslim Inventors

Meet Qasim Khalaf bin Az-Zahrawi, the Great Surgeon who Influenced the Entire Medical Science



# Muslim Inventor: Qasim Khalaf bin Az-Zahrawi

- Known to the west by his latin name Albucasis, was born about 938.
- He was simply the greatest Muslim Surgeon, with European surgeons of his time coming to regard him as a Greater Authority than even Galen, the Ancient World's Acknowledged Master.
- His only written work: At-Tasrif liman 'Azija 'an at-Ta'lif (**The Method of Medicine**)
- At-Tasrif is a voluminous compendium of 30 treatises compiled from medical data that Az-Zahrawi accumulated in a medical career that **spanned five decades of teaching and medical practice.**

# Muslim Inventor: Qasim Khalaf bin Az-Zahrawi

- In *At-Tasrif*, Az-Zahrawi produced a **medical encyclopedia** covering a number of aspects of medicine with particular emphasis on **obstetrics, maternal and child health, and the anatomy and physiology of the human body.**
- *At-Tasrif* elaborates on the **causes, symptoms and treatment of disease, and discusses the preparation of pharmaceuticals and therapeutics, covering emetic and cardiac drugs, laxatives, geriatrics, cosmetology, dietetics, materia medica, weight and measures, and drug substitution.**

# Muslim Inventor: Qasim Khalaf bin Az-Zahrawi

- Az-Zahrawi's discussion of **mother and child health** and the profession of midwifery is of particular interest in the history of nursing.
- The last and largest volume of *At-Tasrif*, "**On Surgery**," was nothing less than the greatest achievement of **medieval surgery**. It was the **first independent surgical treatise ever written**.
- The work covers a wide range of surgical issues including cautery, the **treatment of wounds, the extraction of arrows, and the setting of bones in simple and compound fractures**.
- Az-Zahrawi also promoted the **use of antiseptics in wounds and skin injuries; devised sutures from animal intestines, silk, wool and other substances; and developed techniques to widen urinary passages and surgically explore body cavities**.

# Muslim Inventor: Qasim Khalaf bin Az-Zahrawi

- Az-Zahrawi is the first to detail the **classic operation for cancer of the breast, lithotrities for bladder stones, and techniques for removing thyroid cysts. He describes and illustrates obstetrical forceps, but only recommends their use with deceased fetuses, and provides the first known description of the obstetric posture now known as “Walcher’s position.”**
- *At-Tasrif* is also the first work in **diagramming surgical instruments, detailing over two hundred of them, many of which Az-Zahrawi devised himself. Many of these instruments, with modifications, are still in use today.**