

By Invitation

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When a year ends and another starts

During the last few days of each year everyone starts talking or posting about how good or bad that year had been. It was the same when 2017 was on the verge of ending and individuals started circulating comments, posts, and jokes all through the social media.

I started noticing that most of the comments were on how bad of a year 2017 was and in a way, everyone was glad for it to be coming to an end.

Under the influence of the common feelings, I also started thinking how bad it was and began preparing myself for a better year yet to come.

New Year night came along with its enigmatic fog and we celebrated the evening in an environment of good food, our favorite songs, and fore mostly amongst great friends and family.

It wasn't until a couple of days into the new year of 2018 that I sat down to look back into my events of the past year and started reading my 2017 Planner.

Allow me take a break here and go back in time to the start of 2017 when I had decided to journal my days and put down the events and the emotions associated with it. A friend had given me a perfect planner as a gift and I thought it couldn't have been timelier to have wished-for one.

The idea of journaling though had been passed on to me in one of my meditation workshops in which the facilitator was strongly advocating for us to put down our thoughts and emotions immediately after every session in order to have something written and concrete to come back to as reference any time in the future we needed to get the sensation of the occurrence we experienced in that moment.

And that's why when I sought for the truth of what my year had been like in 2017, my journal was the best source to go back to.

The first thing which I realized was that I stood true to my resolutions of 2017 and had managed to achieve 7 of the 8 tasks planned for. The feeling of accomplishment was so ecstatic that made me even more determined to bring forward the one task that was not achieved and include it in the resolutions of year 2018.

The second thing I realized was how many lovely events and fulfilling goals I had experienced during the year which had already gone down the memory lane but were recalled back through the documented journal in my hand.

Detoxing and getting fit, performing professional and self-development talks and presentations, deciding to continue with my PhD, youngest son graduation, lovely family trip after a long time, successful proposal defense, children doing well in their individual lives, lovely relationships, and last but not least ending the year with a trip that made me realize that I have arrived at the point which I have been aspiring to reach in regards to self-content were the highlights of year 2017.

All of the above made me realize what a wonderful year it had been regardless of its ups and downs because when you start looking at your ups and how lucky you are with family, friends, and your feeling that you have arrived where you have always aspired to be, you start looking forward to another wonderful if not better new year ahead.

Therefore, one should never say I am glad a bad year is over, but rather say looking forward to another good and better one ahead. Because no matter how bad the old one had been, once one goes back and reviews it there were wonderful events in it regardless.

(The views and opinions expressed in this article are those of the author and do not necessarily reflect the policy or position of this newspaper.)

BIC all set for Desert Beats music festival



Manama

The stage is set for an unbelievable day of live music and entertainment as the Desert Beats festival takes place on Friday at Bahrain International Circuit in Sakhr.

The highly anticipated event is set to feature some of the biggest stars in the music industry as well as a selection of top local talent.

The performers, beginning with Tom Abelis and DJ Gustavito, will start taking to the stage from 2pm and the show will go on until late at night. Music lovers will be able to enjoy a wide variety of food and beverages at the venue.

Tickets are now available for Desert Beats. They cost BD20 for adults and BD10 for those less than 15 years old, while children aged seven and below can get in for free.

Kool & The Gang

Kool & The Gang is a legendary American funk and R&B band. They have been a force in music ever since they first assembled in 1964, having sold over 70 million albums worldwide and having won multiple prestigious awards. Among their biggest tracks are "Celebration", "Get Down On It", "Cherish", "Joanna", "Ladies' Night", "Jungle Boogie" and "Big Fun", to name only a few. Today, the group enjoys global fame and recognition and a following that spans generations due in part to their widely sampled catalogue. Kool & The Gang's drum beats, bass, guitar and signature horn lines lace the tracks of numerous artists, including Jay-Z, Madonna, Janet Jackson, Cypress Hill, P Diddy and the Beastie Boys.

UB40

UB40 are a legendary British reggae and pop band. They have long been topping the international charts, with big hits such as "Food For Thought", "Red Red Wine", "Can't Help Falling in Love" and "I Got You Babe". Since their inception in 1978, they have sold over 70 million records worldwide, and have been nominated for the Grammy Award for Best Reggae Album four times. Since reuniting three years ago, all original UB40 founding members Ali Campbell, Astro and Mickey have developed into a formidable touring trio. They have done a world tour and have visited places such as North and South America, Nigeria, South Africa, Dubai, Europe and Papua New Guinea.

Unity

Unity are a Latin Tribute to Michael Jackson. They are a testament to the power of music and one man's indomitable spirit. The passion project of Peruvian-born, Miami-raised producer/multi-instrumentalist/arranger Tony Succar, Unity features more than 100 musicians, such Latin superstars as Tito Nieves, Jon Secada and Obie Bermúdez, and the mixing magic of Jackson's legendary engineer Bruce Swedien. Succar grew up listening to his parents play Jackson's music, and by 13 had begun his own music career. He has married Jackson's timeless pop and R&B tunes, such as "Thriller," "Billie Jean," "I Want You Back," "Man In the Mirror," "Earth Song" and "They Don't Care About Us", to his glorious salsa and tropical rhythms.

Adam Kadabra

Adam Kadabra is a popular Scottish street busker. Hailing from Glasgow, his talent has been heard all around the world. He is not your everyday acoustic player: using a technique called "Lap Tapping", he rests the guitar on his lap and powerfully taps the frets and strings to create a captivating cacophony. Learning this style came to fruition after a small accident which fractured one of Adam's fingers, making it difficult to play the guitar as normal. To this day, Kadabra has been true to this way of playing, giving him a unique and recognisable sound that can be heard wherever his music takes him.

Youri Menna

Youri Menna is an Italian singer, guitarist and songwriter. He is known to be one of the most famous "buskers" in the world, with over five million people attending his concerts and over one million views on YouTube in the past seven years. Youri has created his unusual worldwide celebrity status by constantly performing live in Paris (an average of 200 concerts a year) in extraordinary places such as Sacré Coeur, Saint Michel, Notre Dame, the Champ de Mars, Opéra Garnier and in the Parisian Metro system. Youri is an independent artist and has already sold 32,000 albums with original songs and popular cover versions to more than 80 countries around the world. He is known as a very talented singer, charismatic entertainer and a multilingual songwriter.

Majaz

Majaz is an earthy, four-piece Fusion/World/Progressive band from Bahrain. Their progressive-driven fusion of genres, forged by their unconventional blend of instruments, has been widely recognised, making them one of the island's most unique musical acts. Majaz performances deliver what can often be portrayed as a progressive trip that travels through different cultures, carrying its passengers towards a whirlwind of various dimensions of sound.

Mo Zowayed

Mo Zowayed is a Bahraini indie folk singer and songwriter. Combining vocal hooks with guitar-driven melodies, Mo creates a soulful, upbeat sound with cracking, memorable choruses reminiscent of The Lumineers and Mumford and Sons, whilst his lyrics evoke feelings of wanderlust and draw heavily on transient experiences. The

music is brought to life by talented, highly experienced musicians - some of whom have recorded for and toured with First Aid Kit, Angus & Julia Stone and Hurts. Mo Zowayed and his band have toured the US. In early 2017, Mo was one of the headline acts at Bahrain's pre-eminent musical event, The Spring of Culture, sharing the stage



with artists such as Tom Jones and UB40.