

# A Dream Called America

By

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Over thirty two years ago, my wife, daughter and I landed on the shores of this great land in pursuit of the American dream; a land that was just, fair, full of hope and possibilities. A land where I could make a difference in my life, my family's well being, make a contribution to my community and behold a spectacle where we would right the wrongs of this fragile planet, where we would realize the blessings of our ancestors and retire the curses of our civilization. Where all men and women are treated fair and equal, regardless of race, gender, national origin, color of their skin or religious orientation.

There is much debate in our nation about inflation, deflation, recession, depression, bailouts and rescues, war and peace, terrorism and extremism, Republicans and Democrats etc. However, in midst of this, I see a glimmer of hope. In this dark hour, the soul of America shines the brightest. This sparkle is easy to miss. However, it has been my life's work to decode what lies in between the lines, what is really said by not being spoken, what is latent underneath what is manifest. As a psychiatrist and a Jungian psychoanalyst, it is often my job to explore what lies beneath the surface, in depths of the psyche.

As I use my lens to peer into the depths of our national psyche at this crucial crossroad of our presidential elections, my heart is full of joy and hope. Lest we all get distracted by the din of the rhetoric, let me share with you what I see inside our nation's soul. For the first time in our nation's history, we have the most unlikely candidates for our highest office. We have a war veteran and a former POW - a senior, and a young black man, who spend his childhood on and off the shores of America, competing for the highest office in the land. We nearly nominated a woman as the nominee for the highest office and now we have a young woman - potentially a heart beat away from the presidency. We have crossed all thresholds of race, gender, ageism, illness (cancer and trauma survivor) to nominate our highest leader. Irrespective of which of these candidates we choose to guide us for the next four to eight years, America is already a winner in crossing these barriers and breaking these glass ceilings. That is the true essence of the American dream.

Join me in celebration of this dream; only possible in America. Yes, we have our problems in economy, housing, health care, social security, Medicare, energy etc., and we have different ideologies and programs to resolve it, and resolve these we will. But what makes us truly American is not our wealth and military strength, but our sense of fairness and opportunity for every citizen. This is truly the Dream called America, which attracted me to this great nation from my ancient land - India. I am proud to be part of this Dream.

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