

Se dice que el peregrinaje es un estado fugaz del movimiento y un escape temporal de la identidad y del estatus. Yo veo el peregrinaje más como un continuum, una ruta espiritual que continuare andando. Espero seguir caminando en la dirección correcta en mi vida y mantenerme en contacto conmigo mismo al recorrer el laberinto de mi camino diario.

It has been said that pilgrimage is a transient state of movement and a temporary release of identity and status. For me, I see pilgrimage more as a continuum - a spiritual path that I will continue to walk. I hope to carry on walking in the right direction in my life, and to stay in touch with myself as I tread through the maze of everyday existence.

About the authors: *Simon Kenny is a lecturer at Saitama University. He has a deep interest in Asian religion and culture, and has carried out field studies in India, Pakistan, and Israel. He received his MA in Asian Religions from Lancaster University. Simon's current research is on Japanese views of the spirit world. Flora Lopez-Bray teaches Spanish in the Department of European Languages and Cultures at Lancaster University.*

Information Technology Tips

For many computer users, keyboard shortcuts save a great deal of time and movement. Being a devoted PC user, I've found the following to be very useful (and similar shortcuts exist for Macs, too).

1. Control + X = cut
2. Control + C = copy
3. Control + V = paste
4. Control + I = italicize
5. Control + B = boldface
6. Control + U = underline
7. Control + A = select all (everything)
8. Control + Z = go back one step (i.e., reverse your last action)
9. Control + Y = go forward one step
10. Control + L = left justify
11. Control + R = right justify (e.g., for the student name line on worksheets)
12. Control + E = centering
13. Control + 1 ("number 1") = single spacing
14. Control + 5 = 1.5 spacing
15. Control + 2 = double spacing
16. Alt + Tab = change windows
17. Alt + F4 = close open window
18. Mouse double-click = select word
19. Mouse triple-click = select paragraph
20. Windows + D = reduce / minimize everything (once more will maximize everything)
21. Windows + E = open Explorer (the tree diagram that shows all your drives, folders, and so forth)
22. Control + D = open font dialogue box (same as Format / Font); for example, a sequence of triple-click (#17, select paragraph) then Control + D lets me quickly change font in a paragraph.
23. Control + P = open print dialogue box
24. Control + S = save