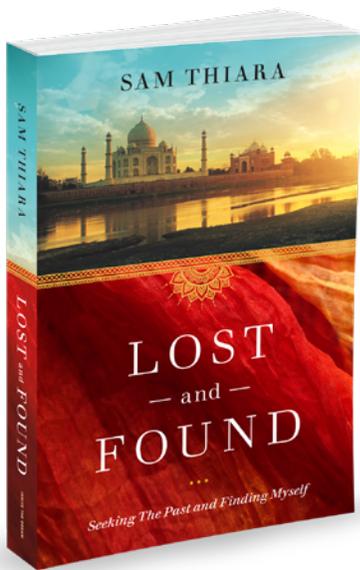




LOST — and — FOUND



IGNITE THE DREAM

“I feel the very pulse of India’s heartbeat through Sam’s heart.”

BIF NAKED, recording artist, author, and speaker

A SEARCH FOR THE PAST. AN IDENTITY RECLAIMED.

This moving memoir by speaker, educator, and entrepreneur Sam Thiara documents his seemingly impossible quest to find his grandfather’s village—armed with little more than a faded photograph.

Sam vividly recounts his adventure through India’s crowded roads—a journey filled with mishaps and surprising encounters, and a growing sense of purpose. Drinking in the beauty of the Taj Mahal and the Golden Temple, he finds himself connecting more deeply with his Sikh faith, while confronting the ugliness of the country’s poverty and injustice. Along the way, Sam also wrestles with his sense of self. A British-born Indian, living in Canada, whose parents came from Fiji, he questions: Am I Indian? Am I Canadian? Am I Sikh? Who am I?

As he begins to piece together the puzzle of his history, Sam realizes he is piecing himself together, too. Touching and inspiring, *Lost and Found* is a book for anyone who has felt adrift in the world, confirming that what was once lost can be found.

SAM THIARA



Seeking the Past and Finding Myself

ABOUT THE AUTHOR



SAM THIARA is a storyteller, writer, speaker, coach, workshop facilitator, educator, and entrepreneur. He appreciates the opportunity to share and learn from his adventures, whether it is travelling to a far-off place or somewhere local.

Sam is the founder and Chief Motivating Officer at Ignite the Dream Coaching and Consulting, a platform that engages people to define their path. His goal is to engage individuals in their personal and professional development. For his work, he was recognized by the Governor General of Canada with the Sovereign's Medal for Volunteers and the Queen Elizabeth II Diamond Jubilee Medal. Over the years, he has mentored hundreds, engaged thousands, and worked with more than forty-five non-profits.

Sam is a lecturer at the Beedie School of Business at Simon Fraser University, where he blends academic and professional experiences into a rich environment that captivates his audience. His current area of expertise is engaging with post-secondary institutions, administrators, and educators so that the student's experience is at the centre point. He also provides personal development to young professionals who are trying to better appreciate their journey. Equally, he is also called upon to help with organizational alignment and improvements in companies.

PITCH WHY & WHO SHOULD READ THIS BOOK

Anyone interested in better understanding their ancestry and family history. It is also about self-discovery and how one might better understand and appreciate who they are.

DESCRIBE THE KEY THEME OF YOUR BOOK

That we are a blend of cultures and that we are not defined by one or another but that we can embrace multiple aspects of who we are. This does not mean we are watered down but rather gain the ability to appreciate various cultures.



LOST and FOUND

Seeking the Past and Finding Myself

SAMPLE INTERVIEW QUESTIONS

REFLECTION QUESTIONS

- 1 We each have a unique background. I am a British-born Canadian with parents from Fiji and grandparents from India. Share what your background is. Are you kitchari, like me (a blend of flavours)?
- 2 I found a spiritual home at the Golden Temple in Amritsar. Where have you found a spiritual home in your life? Where have you found a moment that provided you with calmness and peace? Was it a church, or a place in nature? Describe the feeling you had when you visited the place.
- 3 Going to India, I should not have been a foreigner, but I was—both in my self-perception and in how I was treated. Describe a place you have been to where you did not feel entirely comfortable. How did you try to fit in? Did it work? What did you learn in the process?
- 4 I was persistent and relentless in my pursuit. Share a story about something that really mattered to you, or a goal you went after. Why did it matter? How did you tackle it? What was the result?
- 5 Where would you like to go for your next trip, and why would you choose to go there? How would you prepare for the journey?
- 6 For me, the soil from my village has become one of my most important treasures. Talk about an artifact you have that holds purpose and meaning. How did you come to possess it? Why is it important to you?
- 7 I did a TEDx talk about sharing stories, using a concept I came up with called “carpe”. Take a moment and think of situations and times for each word, and describe what they mean to you.
 - **CURIOSITY** We go through life with natural curiosity. What was the last thing you were curious about?
 - **APPRECIATION** There is a need for us to appreciate things for more than what they are. What or whom do you appreciate, and why?
 - **REFLECTION** Think deeply about everyday occurrences, and add purpose and meaning to them. Take something simple and see if you can assign a different meaning to it. For example, an hourglass is a vessel of time. Can you reflect on it and see how it also represents life?
 - **PERSPECTIVES** We each have perspectives. How have yours been shaped? Have you taken the time to identify what your perspectives are?
 - **EXPERIENCE** Capture your stories and experiences so they are not lost. Share a story about your favourite vacation or something that happened to you when you were growing up.