



Be Wise

You get wise from listening and regret from speaking.

Pure Cooking (cont.)

1. First, it is essential to develop a positive attitude towards cooking. Before undertaking any food preparation, ask yourself. 'Do you consider the project at hand to be an enjoyable, creative activity or an unpleasant time-consuming boring, repetitive *karma*?' Find a way of enjoying it, by playing spiritual songs or trying new recipes and having deep meditation while cooking.
2. Before cooking, make sure the kitchen is clean and in order. Take out all the things you will need to make the meal and place them where they will be used. This makes the process of cooking more smooth and enjoyable.
3. While cooking avoid doing other work in between. You will actually be saving time and the food will definitely turn out better.
4. As much as possible, remain in silence, paying attention to the quality of the thoughts you have. Try to have pure and peaceful thoughts. This creates a powerful atmosphere that fills the food with pure vibrations and brings personal benefits as well.

Soul Sustenance

Fears And Dependencies In Relationships (cont.)

With dependency in relationships (as discussed yesterday) we enter into an energy of pleasing others so that they might continue to appreciate us. We base our self-esteem and personal security on the appreciation of these people. We stop acting in a natural, free and spontaneous way because we are worried about pleasing the one from whom we are taking mental, emotional or physical support.

Into this energy of dependence enters fear: fear of losing the support of that person, fear they will get angry, fear that they might not like us any more, fear that they might reject us, etc. That fear is a signal that warns us of our emotional weaknesses and of our lack of self-esteem. Fear brings on a greater inner insecurity, which makes us carry on holding on to that dependence.

There are people who, after entering into a energy of dependence and suffering because of it, leave that relationship with the objective of freeing themselves from the pain it brings about in them. Then they begin another relationship, where they generate the same energy. The solution is not in a change of relationship with another person, although on occasions that might help us. If we don't change this energy internally and if we don't learn to have a solid base of self-esteem, we will continue to depend on the appreciation and affection of others in order to appreciate and love ourselves.

Message for the day

The one who has the spirit of service is free from wasteful thinking.

Projection: It is usually thought of as an additional burden to think of serving others. The usual thought is to think of first serving oneself and when one is content to think of serving others. But this thought makes one miss out on the fact that both service to oneself and service to others are complementary to each other, one helping the other in a positive way.

Solution: When we take on the responsibility of bringing benefit to others, i.e., when we consider ourselves as a humble server we will be free from wasteful and negative thinking. We will not waste our thoughts and energy on something that is not worthwhile, something that is not going to bring benefit to anyone. So each thought, word and action of ours becomes elevated.

Treasures

All of us have a lot of treasures-treasures of virtues, powers, knowledge etc., which we normally don't put into use. When they are out of use for a long time, they get wasted away. So at the time that we require to put into use these treasures they are not available to us. At such times we are not able to respond rightly to the situation. The more generously I use the treasures that I have with me for the benefit of others and myself too, the more these treasures are available for me at the right time. Also, for being generous with my treasures I find myself moving easily towards success with the blessings that I get in return.