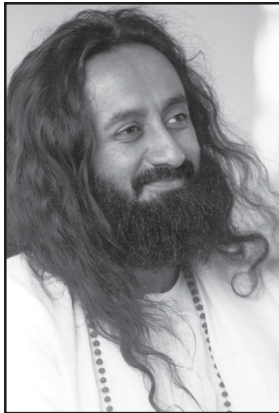


Love Moves The World



His Holiness Sri Sri Ravi Shankar is the founder of the Art of Living Foundation, a multi-faceted organization that offers a wide array of educational and humanitarian programs that uplift individuals, make a difference in local communities, and foster global change. To learn more, please visit www.artofliving.org/atlanta or contact us at 877-AOLIVING or atlanta@us.artofliving.org.

There is strength in peace. There is strength in calmness. There is strength in love... but it goes unnoticed. What you cannot win with a stick, you can win with love. What you cannot win with guns, you can win through love... and this power of love needs to be realized. The most powerful thing in the world is love! We can win the hearts of people through love.

The victory that comes out of ego is worth nothing. Even if you win in ego, it is a loss. Even if you lose in love, it's a victory! Making people realize this innermost strength that we all have is the challenge!

You cannot talk about love when a terrorist is at your door, but is there some way in which we can transform the world? Is there any alternative method that can bring sense to people who do not listen to anything, other than force? We can start thinking along these lines only when we realize that there is great power in love & inner peace. When we are peaceful, we radiate that peace to the people around us and they also become calm.

In these times of war and disease in the world, it's so important that we all meditate a little bit everyday. When we meditate, we nullify those vibrations, thereby creating a more harmonious environment around us. I would call war the Worst Act of Reason. In every war, there is some reason. Sometimes it becomes unavoidable, like an operation. If there is a wound or a cancerous cell in one's body, we operate. After the operation, nursing is very essential. We need to nurse that part which has been operated. It's the same in the world and in the psyche of people; a lot needs to be done to bring peace, love and confidence into hearts and minds.

So our being peaceful in a meditative, prayerful state will definitely help. Don't think, "what can I do?" or that you are insignificant. When the world is in a problem, you too have a role to play. Like a tiny homeopathic pill—which has 1/100th or 1/1000th potency—makes an impact on a body, which is sixty to seventy kilos! In the same way, every individual—everyone who is breathing, talking, walking, thinking—has an influence on this cosmos, on this planet. So we can all radiate peace, good thoughts, good vibrations, good wishes and that will definitely make an impact on the planet.

When there is a conflict and you interact with both the groups engaged in the conflict, they soften up! When communication breaks down, it causes turbulence, which in turn causes stiffness and rigidity, but when you re-establish communication through love, through peaceful means, through patience — it does yield.

One thing that is absolutely essential to avoid such fanaticism or religious terrorism in the world is a multi-cultural, multi-religious education for children. It is because a child grows up thinking

that other religions or cultures are bad or no good, that he/she is ready to give up his/her life for that cause; but when a child grows up knowing a little bit about all other religions, cultures and customs, then there is a sense of belonging with everybody.

Children take pride in being violent. If they lose their temper, they feel that it's normal — they take pride in it. One who is very aggressive in the classroom, gets more attention than one who is peaceful, isn't it? So children grow up feeling, "if I am aggressive, then I have my say."

We need to bring back the pride in being non-violent. If we could instill that pride in being non-violent, in children, their whole life will take a new direction. A pride in being compassionate, a pride in being available and helpful to others around us should be our new motto.

I think we need to do something to bring back those human values in society and smile

more! You look at a teenager or a boy or girl who goes to college — do they really smile? See the heaviness in their faces, the heaviness in their hearts. A child is

so happy — walking, moving, jumping around and then that same child goes through college and becomes so sad, upset and depressed! Is this the purpose of our education?

I read some research recently that a child, a baby smiles 400 times a day, an adolescent only 17 times and an adult doesn't smile at all! If you smile, do you think something might be robbed from you! When you smile, others get something and you don't lose anything! At least give yourself a big smile when you wake up every morning and look in the mirror!

Only a few people in the world cause terror, not the whole population. Of the six billion people on this planet, there'll be a handful that is causing problems in the world. There are hardly a few thousand who cause crime and the whole world is affected. Don't you think that with the same law, the reverse will also work? Just a few of us, a few thousand of us, being really peaceful and loving, caring for the whole planet — can we not bring a transformation?

When you point a finger at others, three fingers are pointing towards you! So if I say, "you are beautiful!" that means I am three times more beautiful! If I say, "you are ugly!" I am three times more ugly; but when I include you into me, then there is no you and there is no me. Then there is only one — that is ultimate victory!

Life is so short! We'll all live another 20-30 years and then one day, everybody will be dead and gone! But we cry for what we have and we're upset about what we don't. Is it worth living life like that? We ourselves get depressed and then depress everybody around us! We need to shake ourselves up! Wake up! And when we wake up from this slumber, then we have peace in our hearts and we can radiate that peace and love around us.

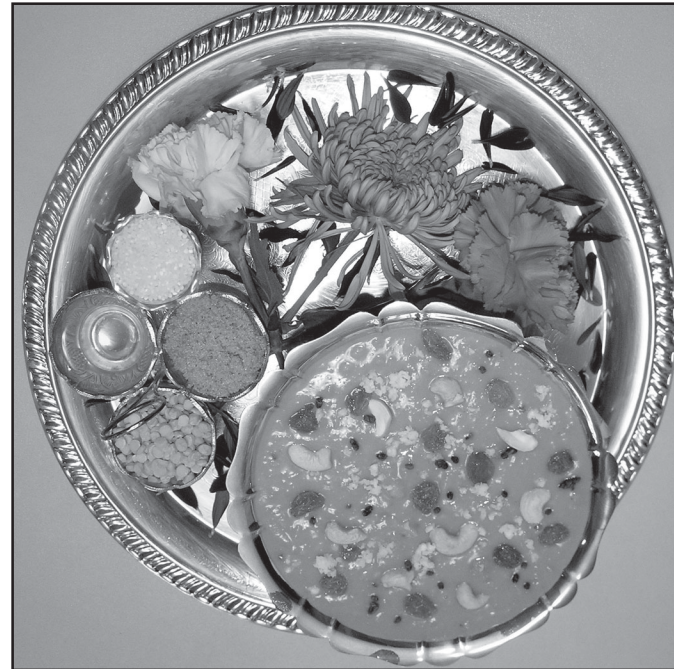
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WHAT'S COOKING?

BY P.S. LAKSHMI RAO

Onam Payasam (Kheer)



1 cup chana dal
1 1/2 cup water
1/4 cup ghee
1 cup brown sugar
1 cup fresh shredded coconut
3 cups water to make fresh coconut milk

Preparing fresh coconut milk: blend coconut with one cup of water. Strain and save this first batch of coconut milk separately. Repeat this two more times using same coconut and rest of the water until you have another two cups of coconut milk.

Garnish

1/2 tablespoon ghee or unsalted butter
1-tablespoon cashew pieces
1-tablespoon sweet golden raisins
1-tablespoon small coconut pieces
1/2 teaspoon crushed cardamom seeds (ilachi)
1/4 cup sattu biyyam (sabu dana, chauvarry, or tapioka)

Cook sattu biyyam in 1/2 cup of water and keep it separate. Fry cashews, raisins, and coconut pieces in 1/2 tablespoon of ghee, and set aside.

Wash chana dal couple of times and cook with 1 1/2 cup of water in pressure cooker inverter for three whistles and turn the heat off. Take dal out of the cooker after the pressure is gone to open, and let it cool.

Transfer cooked dal to a nonstick frying pan and fry it with ghee in low heat for six

minutes mixing continuously. Add brown sugar and second and third batches of coconut milk. Cook two minutes longer mixing often. Add the first batch of coconut milk, cooked sattu biyyam and fried cashews, raisins, coconut pieces, and cardamom powder. Cook for two minutes in low heat stirring. If the payasam is too thick add little water.

Note: Don't use any regular milk because it might curdle or break.

Our friends Leela and Dr. Sudersanan, from the state of Kerala, in India used to invite us for lunch every year for Onam festival and make this special payasam (kheer). Onam comes in the month of August. My thanks to Leela for letting me share this wonderful dish with my friends and readers.

Chegonies

2-1/2 cups water
1/4 cup yellow mung dal (skinless) washed
1-teaspoon salt
1/2 teaspoon ground red pepper
1/4 teaspoon crushed cumin seeds (jeera)
1-teaspoon ghee (clarified butter)

1-cup rice flour
2 cups vegetable or canola oil for frying

Boil water in a 3-quart saucepan. Add mung dal and cook for three minutes. Turn the heat off and mix salt, red pepper, cumin seeds, ghee and rice flour. Mix thoroughly. Adjust salt and pepper according to your taste at this time.

Knead the dough for two minutes with oily hands until the dough is free of any lumps. Make large marble size balls and roll each ball on oily smooth surface or in the palm of your oily hand to pencil thin four inches long sticks and join the ends to make a chegoni. Keep the chegonies in a cookie sheet or in a wax paper.

Heat oil in frying pan in medium high and fry the chegonies eight or ten at time (depending upon the size of the frying pan) until light golden brown. Remove them with a slotted spoon on to a paper towel to absorb any excess oil.

