



BY P.S. LAKSHMI RAO

Dahi Vadas (Perugu Garelu)

1 cup skinless urad dal. (Remove if there are any stones and wash)
4 cups water to soak
1-teaspoon salt
½ teaspoon cumin seeds
1 green chili chopped
1 inch piece of chopped ginger
2 or 3 cups oil for frying vadas depending upon the size of the frying pan

4 cups yogurt home made or store bought
3 cups water
2 teaspoons salt
¼ teaspoon turmeric (haldi)



Tadka/Tempering

1-tablespoon vegetable oil
1 teaspoon small red mustard seeds
2 red chilies broken in to pieces
1-teaspoon chana dal (optional)
1-teaspoon urad dal
¼ teaspoon cumin seeds
¼ teaspoon asafetida (hing)
¼ teaspoon turmeric (haldi)
curry leaves from 2 long stems
2 green chilies chopped
1 inch piece of fresh ginger chopped

Soak urad dal anywhere from two to eight hours. Pour soaked urad dal in to a colander with small holes and wash again. Put half the dal in to blender and blend with 1/4th cup of water until urad dal becomes soft dough. (You can blend all the dal at once with 1/2 cup water if you are using food processor) Transfer dough in to a medium bowl. Repeat with other half of the dal. Add salt,

cumin seeds, green chilies, and ginger to the second batch after dal becomes soft. Blend again until the ginger and green chilies are chopped coarsely. Mix this dough with first batch. Whisk the dough with hand to make the dough fluffy. This process makes vadas soft and makes them absorb yogurt. Keep it aside.

Whisk yogurt, water, and salt in a large bowl. Sprinkle turmeric on top but do not mix.

Heat one tablespoon of oil in a small pan. Add mustard seeds to oil. Fry until seeds start to splatter. Quickly add chilies, chana dal and urad dal. When chana dal and urad dals are light brown add cumin seeds, asafetida, curry leaves, green chilies, and fresh ginger. Fry them for a minute. Add this tadka on top of yogurt and turmeric and mix.

Heat two (or three) cups oil in a small frying pan in medium high heat. Mix ¼ cup water and half a teaspoon of oil in a small bowl. Dip your hand in the water and take lime size dough in to your hand and make ball. Place this ball on a greased plastic bag, or parchment paper or small square of aluminum foil and pat it gently to make it into a two-inch round patty. Make a hole in the center of the patty with your finger. Slide this patty with hole (vada) slowly in to the hot oil making sure not to let the plastic touch the oil. Deep fry vadas on both sides until light brown. Remove vadas with a slotted spoon and put them in to the spiced yogurt.

Drench them with a separate spoon. Repeat this process with rest of the dough. Do not over crowd them. If you think yogurt is not enough mix some more yogurt with water (1 to 1 ratio) and a little salt. Add this to yogurt with vadas and mix slowly. One-cup urad dal makes about 20 vadas.

Note: some people put vadas in water before they put them in yogurt. Vadas absorb lots of water and they don't have room to absorb

yogurt.

If you soak extra urad dal you can make the following variations.

Aawadalu: Grind 1 teaspoon mustard seeds, 1-tablespoon warm water, ¼ teaspoon turmeric, and teaspoon of oil together in to smooth paste. Mix it in to yogurt before adding vadas to the yogurt.

Plain vadas: you can also make some plain vadas without soaking in the yogurt and eat with chutney.

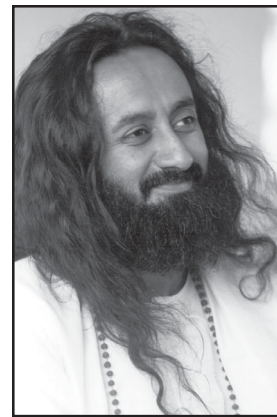
Medhu vadas: Mix 1-teaspoon of roughly crushed black pepper, small pieces of fresh coconut, and 1 teaspoon of chopped fresh curry leaves to vada dough. Fry vadas in hot oil.

Onion vadas: Mix finely chopped onions and fresh coriander leaves with vada dough and fry.

Spinach vadas: Mix finely chopped fresh spinach or fresh thotakura (callaloo, amaranthas) with vada dough and fry.

Sri Sri Speaks: Q&A

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.



Love is present everywhere. It is the intelligent who keep the love

from being distorted. Love when distorted becomes greed, jealousy, fear and hatred. Behind every emotion, positive and negative, there is love. There is no existence without love. We want love, pure love without misery, which brings joy and peace. Pure love turns into bliss. The spiritual path keeps love away from greed and puts you on the other side - bliss and joy. This is the usefulness of spiritual practices.

Guruji, can you speak on the power of words?

Thoughts are energy, they have power. When you are confused, your words don't have an impact. The clearer you are in your mind, the more powerful are your words. If you are in confusion, the power of words is very feeble. Pranayam and meditation make the mind clear. So the thoughts that come are straight and clear. One who is content, their words have power.

In India we have a custom of going to our elders for blessings. They are supposed to have a serene state of mind. From that space, when you give a blessing, it is more effective. For wedding cards, blessings are taken from the oldest member of the family. The same tradition exists in North America, Australia and New Zealand among the native people. All over the world, native traditions have the custom of respecting the elders. Without this, people above 50 are getting depressed. That has to shift.

Parents should also become more happy and vibrant. Be happier as you grow older! The older you are, the bigger can be your smile – satisfied and fulfilled. You have led a good life. Now you only have to bless people of the coming generations. That is maturity. That is satisfaction. This comes when you become detached from day-to-day things. Wash your hands off anything that makes you unhappy. Take on your responsibility. Act for it but don't worry for it. People who act don't worry, and those who worry don't act. This shift has to come. Otherwise, you keep complaining, so and so doesn't listen, daughter-in-law doesn't listen.

You should not go to your grave with complaints. Do only what you can. Stretch yourself little by little. Like this we need to re-orient ourselves. Either we are complacent or complaining. Either is no good. Then you remain without doing any action. On the other hand, till the last breath, if you find fault with others, that is also no good.

The more we violate the laws of nature, the body experiences pain. These things should not bother you. If at all you have to be bothered, be bothered about the world.

There are so many attractions and distractions and yet the youth are so bored.

Youth are bored and it's their fortune. If they were satisfied, then growth would have stopped. When

they are bored, then the quest comes in them. They are not satisfied with the things available around. This is the stage when they can take a step to look within, a leap in their inner journey, a step towards spirituality. An interest in higher growth gets kindled when you are bored with things around. When you find the source of joy within, then obviously everything around is also reflecting the same source of joy, then you find interest in everything. Continuous bombardment of senses by stimuli can cause inertia. Inertia is boredom, is a form of boredom. Again, when prana level goes up, you move from inertia to enthusiasm.

How important is prana (life force energy)? One, of course, is it gives life. How does one improve one's prana?

Prana is present in everything. In fact, we are floating in air, in prana, an ocean of prana. When the unit of expression varies, it makes a difference. Stones have got one unit of prana. Water has got two units of prana. Fire has got three units of prana. Air has got four units of prana. Plants have got five units of prana. Animals have got six units of prana. Human beings are capable of holding from seven to 16 units of prana. The expression of prana is the whole universe. When prana is lower than one, that's when you feel depressed. When prana goes further low then you feel suicidal. When prana is normal, you feel normal. When prana is higher, you feel enthusiastic. When prana is very high, you feel energetic and blissful. That is why when people are depressed or low just giving counseling doesn't work, what needs to be done is to raise the level of prana. When prana is high there is joy, vibrancy, understanding. When prana is low, then the mind starts complaining, depression, lethargy, suicidal tendencies arise. All is play and display of prana.

When we say accept situations, how we can we accept something like a robber entering your house?

When a robber enters your door, you start shaking, shivering, and questioning. It's of no use. Why did the robber rob you is a useless question. It's his job! Accept he is a robber. Somebody cheats you. When you are caught up in asking why did he cheat? You become upset, and you can't take action. When you accept the robber, then you call the police, etc. you can take action. Parents get upset over the child not studying. Accept. Then you can act better. If you don't accept, emotions rise, intellect is clouded and actions become regrettable.

How is meditation important for disaster victims?

Relief from trauma comes only through meditation. Counseling is only at the surface. The source of joy is deep within. Events are impermanent. You will not allow any event to stick on to the mind mirror. You are unfazed by events. Keeping the mind like a clean mirror – that is what yoga is all about. People not on the spiritual path never feel fulfilled.