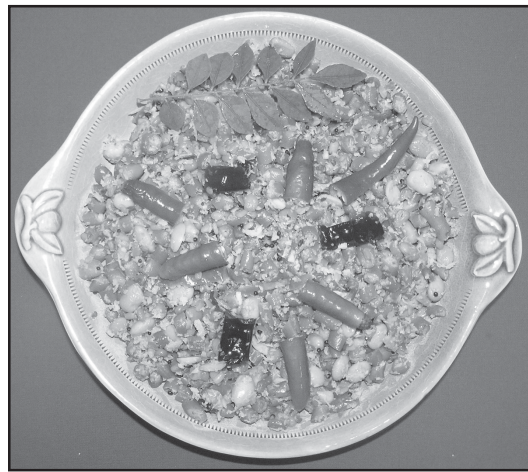




BY P.S. LAKSHMI RAO

Green Beans & Coconut Curry



2 pounds fresh green beans (washed, stems removed and cut in to ¼ inch pieces)
1 cup frozen shelled soya beans (edamame) optional
1 teaspoon salt (or to taste)
¼ teaspoon turmeric (haldi)
2 cups water

Tadka

1 ½ tablespoons oil
1 teaspoon red mustard seeds
1 tablespoon chana dal
1 tablespoon urad dal
2 dried red chilies (each broken in to three pieces)
½ teaspoon cumin seeds
1/8 teaspoon hing (optional)
¼ teaspoon turmeric
2 green chilies (each cut in to four pieces lengthwise)
2 stems curry leaves (remove leaves from the stems)
½ cup shredded fresh or frozen unsweetened coconut
¼ teaspoon home made ghee (optional)

Boil the water in a three-quart saucepan. Add beans, Soya beans (if using), salt, and turmeric. Cook for three minutes. Drain and wash the beans with cold water to stop from cooking further.

In the same pan, heat oil in medium heat. Add mustard seeds, chana dal, urad dal and red chilies. Fry until mustard seeds start to pop and dals become light brown. Add cumin seeds, turmeric, hing, green chilies, curry leaves, and coconut. Fry for a minute and mix beans and ghee (if using) with popu. Cook for three minutes in low

heat mixing often and transfer the curry in to serving dish. You can eat with rice, chapatties or plain. Makes four to six servings.

Variations: You can make this curry with cabbage; cabbage and carrot mixed same way except do not boil the vegetables for too long.

NOTE: If frozen cut beans are used, avoid the boiling process and add them to the tadka.

Toor Dal Soup

½ cup toor dal
3 cups water
Lime size tamarind (wash the tamarind and microwave with one cup of water in a microwavable dish)
1 large tomato cut in to ½ inch cubes
1 long green chili cut in to four pieces lengthwise
1 teaspoon salt or to taste
½ teaspoon turmeric (haldi)
1 teaspoon brown sugar or jaggery to taste
1 stem curry leaves

Seasoning

½ teaspoon whole black pepper
1 teaspoon coriander seeds (dhania)
1 teaspoon cumin seeds (jeera)
Crush black pepper, coriander seeds, and cumin seeds in a mortar or coarse grind in a spice grinder.

Tadka

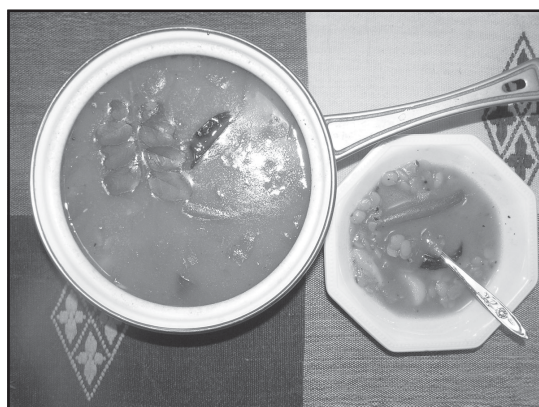
1 tablespoon vegetable oil
5 methi seeds (Fenugreek seeds)
½ teaspoon red mustard seeds
1 dried red chili broken in to three pieces
¼ teaspoon cumin seeds
10 peeled garlic cloves
2 teaspoons rice flour
1/2 cup water

In a 3 quart-sauce pan dry roast toor dal in medium low heat until light brown. Cook dal with 2 cups water for 8 to 10 minutes. Dal should not be too soft. Squeeze the juice out of tamarind and add it to dal along with tomato pieces, green chilies, salt, turmeric, brown sugar, and curry leaves. Cook for 5 minutes. Add seasoning and mix.

In a small pan heat 1 tablespoon oil. Add methi seeds, mustard seeds, chilies, and fry until mustard seeds start to splatter. Add cumin seeds and garlic and fry for a minute to see some blisters on garlic. Mix this tadka in to the soup.

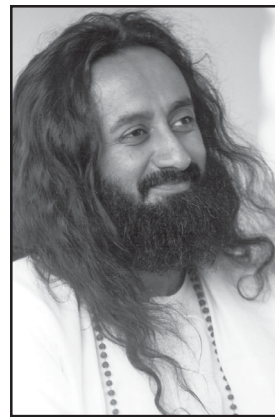
Mix rice flour and ½ cup water and pour in to the soup to give little thickness to the soup. Cook in medium heat for 2 minutes. You can add more water if the soup is too thick.

NOTE: This soup tastes fantastic with rice or chapatties.



Dip Into Knowledge

A Conversation with Sri Sri Ravi Shankar



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.

What is the importance of bathing in the Ganges?

It is believed to be good to have a dip in the Ganges. However, taking a dip in knowledge is even greater for it purifies the mind.

If a person feels emptiness inside in spite of having material prosperity and a good family, what should he do?

He should consider himself to be very lucky to feel that there is something more in life besides eating, drinking and sleeping. When you feel that emptiness within, then only the quest for the truth arises.

What is the difference between prayer-oriented and meditation-oriented religion?

Everything has its own place. Prayer is asking from God and meditation is listening to the God. Both are important.

Do astrology and planets carry any importance? There are so many television channels, which talk about stones and planetary effects. Should one believe in those?

Astrology is a science but astrologers are not scientists. So any astrologer cannot be trusted like that. What is shown on television is very general and not specific to one person. Planets do have their effects but know that you have much greater power than that. 'Om Namah Shiva' – this mantra is like a shield and it takes care of all planetary effects.

Can a person struggling for livelihood progress on the spiritual path?

Some people say that to walk on the spiritual path you have to abandon your professional life. But I say you can continue pursuing your profession or business, and progress on the spiritual path as well. In fact, they are complementary to each other. Pursuing the spiritual path makes it easy to accomplish tasks in your professional life as well. Only listening to this knowledge doesn't help. Doing your practices along with it is equally important.

What is difference between love and attachment?

Attachment is that which gives you pain. Love is that without which you cannot live. If love becomes attachment, then the same love which was giving you joy, starts to inflict pain. Attachment is when you want something in return. If you love and do not want anything in return, then that love doesn't turn into attachment.

If alcohol is obtained from a natural crop then why is it harmful and hazardous to health to consume it?

What I have observed is people who are into alcohol are very sad. Once the intoxication is gone, sadness dawns again and that too with greater

amplitude. The aim of life is not to lose awareness but to live in awareness. To get rid of sorrow, awareness is needed. Intoxication will only stop it for a while and then it bounces back with even greater intensity. Alcohol spoils your health, makes your brain dull and gives rise to so many conflicts in the mind. It not only makes your life miserable but also the lives of those around you. People in villages earn good income but they lose 60 percent in alcohol, and remain in poor financial and health conditions. You have a much better source of enjoyment – satsang. It gives joy to everybody – you and to people around. All other types of intoxications will seem dull in front of the intoxication you get in a satsang.

What do you advise farmers?

The crops, which were produced in abundance in India, are now being imported and hence their prices have also been raised manifold. Earlier three crops were grown in one field and even if the yield of one crop is destroyed, the others would give the farmers a living. So this system of growing multiple crops would never let farmers be in debt. But with the hybrid crops you get a good yield only in the first one or two years and then it decreases the soil fertility. It leads to depletion of es-

Pursuing the spiritual path makes it easy to accomplish tasks in your professional life...

sential salts in the soil. So I suggest to all to adopt the ancient methods of farming. Multiple cropping yields a good profit. We have also started a seed bank in Maharashtra. 1 kg seeds have been given to 50 farmers this year. 1kg seeds will give them a yield of 40–45 kg and next year they would be returning 2 kg seeds. This way 100 farmers can get free seeds next year. It will be good if such banks are started in Punjab and Haryana also. Farmers will be happy and we will also get a good crop. Otherwise the crops which we get with chemical farming cause pain and other illnesses in the body here and there. So multiple cropping and chemical free farming are the best solutions.

Doesn't there arise any conflict between different religious and spiritual organizations?

There are different methods and patterns but the ultimate aim is same – to uplift humanity. All are good. Inter religious seminars are conducted time and again. As far as my knowledge is concerned there are no conflicts between them.

What is ignorance and what does it mean to be in knowledge?

If you are bombarded by so many thoughts in solitude also, you are in ignorance. If you are calm even amidst a crowd then you are in knowledge.