



BY P.S. LAKSHMI RAO

## Matharies (Rajasthani crackers)



1 cup all-purpose flour (maida)  
1 cup whole-wheat flour (atta flour)  
1 cup coarse cream of wheat (soji)  
2 teaspoons dry methi leaves (kasoori methi)  
1 teaspoon salt or to taste  
1 teaspoon crushed black pepper  
½ teaspoon vamu (ajwain or ajman seeds)  
¼ cup oil  
1 cup water

Mix all the above ingredients together and make stiff dough. Keep it in a bowl covered for half an hour. Make large marble size balls and roll them in to three-inch rounds evenly but not very thin. (Tortilla maker or poori press can be used). Keep them on a paper towel. Prick the rounds with a fork in several places so that when you fry them they don't have any bubbles.

1½ to 2 cups of oil for frying.

Heat oil in a medium size flat frying pan in low heat. Fry matharies slowly on both sides. Matharies should be almost white or light brown when they are fried. Remove them from the oil and keep them on two layers of paper towel to absorb any oil left over. Matharies will become crisp after they are cold. This recipe makes about eighty matharies.

They stay crisp in an airtight container for long time if they are fried properly.

*Note: You can use these with chat, or eat plain or with some chutney.*

Thanks to Mrs. Girija Vijai for sharing this recipe.

## Sapota (Chickoo) Ice cream

1 packet frozen sapota (17.6 ounces available in Indian stores)  
4 ounces sweetened condensed milk  
1 cool whip, extra creamy whipped topping (8 ounces), or fat free whipped topping (thawed if frozen)

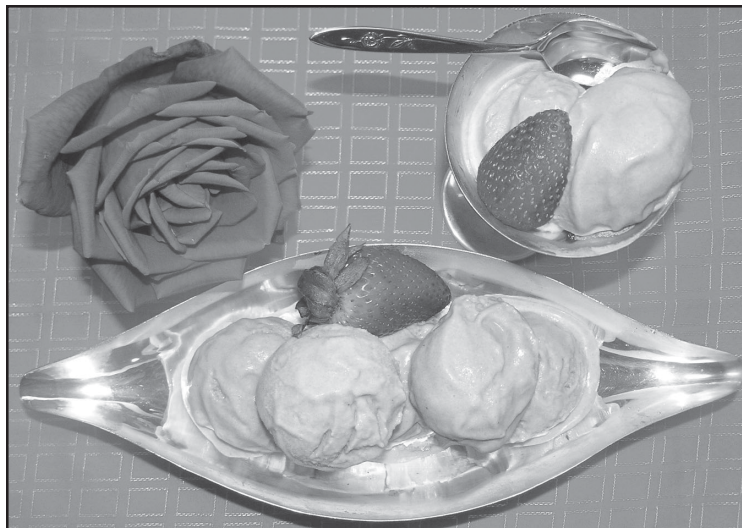
Empty sapotas in to a medium bowl and thaw them for an hour. Do not microwave. Discard if there are any seeds. Blend sapotas in blender until smooth. Add condensed milk and cool whip. Blend thoroughly. Pour the sapota mixture in to a plastic or glass container with lid and freeze for three or four hours before eating.

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Makes about 6 servings.

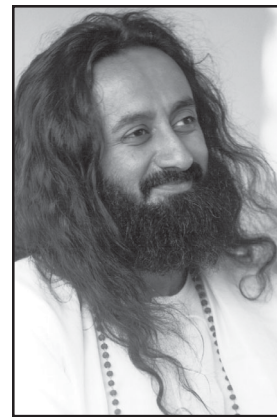
*Note: Since this is an easy dessert to make for mother's day you can get your children to surprise you with dad's help or vice versa.*

Happy Mother's Day!



# Truth In The Void

*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](http://www.artofliving.org/atlanta) or contact us at 877-AOLIVING or [atlanta@us.artofliving.org](mailto:atlanta@us.artofliving.org).*



When someone dies, a vacuum is created suddenly, and being totally with that vacuum you know that you also are that vacuum. What are you? What is your life? It's total void. Not just death is void, life is also void. That is Nirvana. The Buddha said that life is void and void is truth. He said the forms are illusive and they have no existence. The formless is the only existence. The formless governs the form.

Your mind has no form. Does your mind have

the fear of death.

Many secrets about your life will be revealed by attending to the breath. Knowledge of death will improve the quality of your life. Knowledge of your breath will do the same. It makes you stable and strong. That is called 'immortal life'. Your memory becomes so sharp that you know all that has happened thousands of years ago, and you will have intuitive thoughts about the future. At the last moment, all that we did in our life will come to us in a flash. If you always do things that are life supporting, the same impressions will carry on. That is why all human values, like friendliness and compassion, are given great importance; they are investments for the future. Why are some people born in violent environments and others in comfortable environments? It indicates the impressions one carries from the past. The human body is so precious because in this body you have the ability to erase all the unwanted negative impressions.

***The Buddha said that life is void and the void is the truth. He said forms are illusive and they have no existence. The formless is the only existence. The formless governs the form...***

any form or shape? Any color? Any taste? Have you tasted someone's mind? The Mind is beyond taste, sight, or any of the five senses. The Mind is formless, and is it not the mind that is ruling your body? For example, is the body or the Mind moving a car? It is the Mind. If the Mind is not in the body, the body alone cannot do anything. The body without the Mind is horizontal under the ground!

The formless is ruling your life. The formless is ruling the world. There is a greater formlessness that is ruling the entire Creation. You are the center of that greater formlessness whatever you call it, God, Consciousness, no mind, Nirvana, spirit, etc.

Death creates a void. In the ancient days people were asked to meditate in burial grounds. Do you know why? This gives you dispassion so your mind does not wander. Meditation is similar to this experience of void. In meditation you realize that you are not just the body, but you are more than the body. This realization annihilates

No one knows when his or her last moment is. When the last moment comes, you cannot have a new impression. The last impression or the strongest impression in the mind is what will pop into your mind at the last moment. Don't wait for the last moment to have a good impression!

In all religions there is a practice that when someone dies or is dying one sits and prays to send good vibrations and thoughts. There is some truth to this. When you meditate or pray, and when you are in that space of vastness, calmness and love, you emit certain vibrations. These vibrations transcend physical reality and reach the subtle levels of existence.

Prayer is not just sitting and saying so many words, but is being in that serene, calm, meditative state. When you meditate, you send out peaceful radiation and waves of light. Those who have left their body, who have reached the other shore, benefit from that in your life.

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