

Playing Your Part

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.

Be thankful for the qualities you have been bestowed upon as they are not your own making.

In the same way, it depends on the part that you have been given to play.

Say, in a drama, you are given the part of a villain, and you play that role perfectly. A villain always knows that when I am playing the role of a villain, it's just a role I am playing. I'm very sincere to my role.

There is a saying in Sanskrit, Durjanam Prathamam Vande Sajjanam Tadanantaram. First, worship the bad person, and then the good man. The bad man is falling and giving you an example, "don't do what I did." Do not hate a criminal in

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jail, because he's a criminal. In prison, if there is a criminal, he is an embodiment of God. He has done you a greater service. Don't ever hate a drug addict, because he has given you such a beautiful lesson, and he has been given that role. He is just performing his role that way.

When you understand these basic laws of truth, then your inner perfection becomes so stable that nothing on this planet can shake your inner perfection. Nothing can shake you. Your knowledge of a mistake comes to you when you are innocent! The knowledge of a mistake dawns in the moment when you are 'out of the mistake'.

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Mistakes of the past are past. When this knowledge comes, that moment you are again perfect. Often, mothers scold their children and afterwards feel so guilty. Then they go on regretting, "Oh, poor thing. I got so angry and annoyed at this kid, poor child! I should not have done this." Then you prepare yourself to get angry again.

Smart Kitchen Tips Contest

Have a smart kitchen tip that you would like to share with our readers? Submit tips at contact@nripulse.com with 'KitchenTips' in the subjectline.

Selected tips will be published in the next issue of NRI Pulse.

Okay, you got angry with your kid once or twice. Why? Because of lack of awareness! Awareness was missing so the anger came up, it happened.

That's what Krishna tells Arjuna, "Arjuna, you think you are not going to do what you are supposed to do? I tell you, you will do it. Even if you don't want, you are going to do it!" In a very clever way He puts it: "You better surrender to me directly."

He says: "Drop everything. Surrender to Me, and do what I say". Then He says: "Well, I have told you whatever I have to say, now you think it over and do what you like, you do whatever you want to do, do however you like". But then He said, "but remember, you will do only what I want".

These last few sentences of Krishna were so confusing, and people have struggled to make sense out of them. There are thousands of commentaries trying to make sense out of these few words, three contradicting statements. First he says, Surrender everything, I'll do everything for you, or just do as I say. Then he says: Think, think and see what is right for you, do whatever you feel is right. And then in the third statement he says: But remember (anyway) you will do only what I want you to do.

All of our wanting to do— 'doership'—is there to eliminate the tamas or inertia in you. Once inertia is eliminated, then you are in activity. When you are acting, you become a witness to the acting. Then you know you are not doing. Things are happening through you. This is the final level of realization. You can see this in every action of yours. Have you noticed this? You are busy 'doing' when you accomplish something. In the beginning you think, "Oh! I have accomplished." But your accomplishment becomes more and more and more and as time goes by, you will begin to feel, "no, it's all happening. I did not do anything, I did not accomplish."

A writer will feel, "I did not write, it just started flowing, it started happening." All the creative work in the world - whether painting, dance, drama, music, anything - has all come from that unknown corner. It just spontaneously started happening. You are not the doer. The best sculptor will say, "I didn't do it, it just started happening." The best painter will say the same thing; the best music composer would say the same thing.

Knowledge of the Self is the only thing that can take you from imperfection to perfection.



WHAT'S COOKING?

BY P.S. LAKSHMI RAO

Variation: You can mix crushed pistachios, almonds, and little saffron also.

Healthy Mixture (Chivda)

Spicing

- 1 teaspoon ground red pepper
- ½ teaspoon cumin powder
- 1 teaspoon salt or to taste
- ½ teaspoon white or black ground pepper
- ½ teaspoon mango powder (amchur)
- ½ teaspoon crushed cumin powder (jeera)
- ½ teaspoon coriander powder (dhania)
- ½ teaspoon madras curry powder (optional)

Mix all these spice powders together and keep them in a bowl.

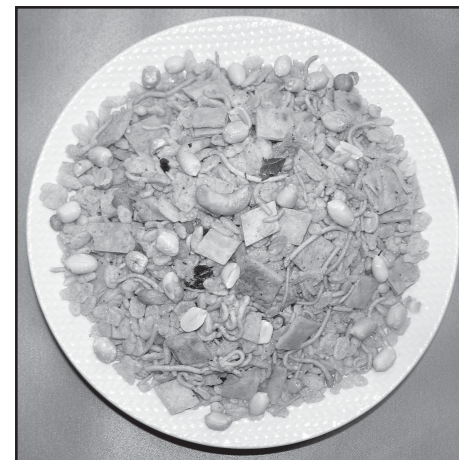
Rava Laddu (Cream of Wheat Laddu)

- 2-tablespoons ghee (clarified butter)
- ½ cashew nut pieces
- ½ cup raisins
- 2 ½ cups coarse rava
- 1 teaspoon crushed cardamom seeds
- 2 cups shredded fresh coconut or frozen (thawed)
- 2-½ cups sugar
- 1 ½ cups water



In a 3 or 4 quart-saucepan, heat ghee over medium low heat. Add cashews and raisins. Fry until raisins become plump and cashews are light brown. Add rava and stir continuously in low heat until it produces slight aroma. Transfer rava in to a plate and mix cardamom powder. Return the pan to the stove. Put the coconut in the pan and fry over low heat until all the moisture is evaporated and coconut feels dry. Save it in a separate plate. Mix sugar and water in the same saucepan and return it to the stove. Boil the sugar mixture on high heat until sugar is melted. Place a drop of syrup in a small plate. Pick it with two fingers and stretch; you should see a single string when syrup is ready. Syrup should not feel watery. Take the syrup out of the stove. Add rava and coconut to the syrup and mix.

Keep it for an hour and make lime-sized balls. If you have problem making the balls add little milk or water. Makes 45 laddus. These rava laddus are a little soft and they will not become powdery when you bite in to them.



- 1 cup oil
- 4 large flour tortillas cut in to ½ inch squares or diamonds
- ½ cup raw cashews
- ½ cup raw peanuts or home roasted peanuts
- 4 long curry leaves
- 3 inch long fresh ginger cut in to small pieces
- 3 long green chilies cut in to small pieces
- 1 bag of store bought Punjabi, Madras, or Karala Mix (available in Indian stores)
- 1 box of rice krispies (13.5 ounces)

Heat oil in a small frying pan. Drop one tortilla square in to oil. If the square floats immediately the oil is ready for frying. Drop a handful of squares in to hot oil and fry until light brown and crisp. Remove them from oil with a slotted spoon on to three layers of paper towels

to absorb oil from the squares. Repeat until all the squares are fried.

In same oil, fry cashews and raw peanuts until light brown. Don't fry the peanuts if they are already roasted. Remove nuts from oil on to paper towel. Add curry leaves, ginger, and green chilies one after the other and fry for two minutes each. Keep them on paper towel and blot them to remove any oil. Let them cool.

Mix all the spices, nuts, curry leaves, ginger, and green chilies together in a big bowl. Add fried tortilla squares, store bought mixture and rice krispies and mix well. Keep the mixture in a box with tight lid. If stored properly it will remain fresh for a long time.

Variation: You can eat this mixture plain or with lemon juice, chopped fresh green chilies, chopped coriander leaves, onions, date chutney, and yogurt.

With Happy Deepavali Greetings!