

For Week of May 04, 2015

### Cooking With Love

In the early days of London, Dadi Janki would do all the cooking – she is a very good cook! She would put a lot of yoga power into the food, so providing sustenance for soul and body. Once I watched her cooking dhal. She was adding a slab of butter to the boiling liquid. As I watched the butter slide down the spatula it was as if everything was in slow motion and I could feel the love and power sliding into the dhal with it.

Every Sunday we would have Brahma Bhojan with Dadi, Madhuban style, seated on the floor. That meal sustained us until the next Sunday arrived!

### Words of Wisdom

Remember: Whatever food we eat influences our minds. Pay great attention to your thoughts when you are cooking! The food we are cooking is the food of the yagya so do not waste it! Food can help keep the mind and body healthy. The main thing is that I have to keep my thoughts elevated. It is through elevated thoughts that others will recognize you as a child of God. One who has elevated thoughts will be recognized as a child of God wherever he is sitting.

The soul stays in the body and we eat food to sustain us three meals a day. From those three meals we receive a lot of power and energy. By eating well both the mind and body receive power. In the same way, we have to eat the nourishing food of powerful remembrance 3 times a day. It is the food of remembrance that

gives power. This is such a simple matter and it is very easy to understand. In the lokik world, if food is cooked with love in a family, that food helps to sustain the family physically and to increase the love in the family. If food is not cooked with love in a household, there is often conflict. Now do the exercise of becoming a complete Brahmin – one who can easily become an angel and then a deity!

Baba has given us the principles; eat pure food, have elevated thoughts. Don't come under the influence of anyone or anything. Keep good company. This is very important. Sweet words reach the hearts of others so pay attention to speak sweetly and with love. When cooking think pure thoughts. Food affects the mind a great deal. This is an important service. Cook, serve and eat food in Baba's remembrance.

### **Dhristi Point**

I see the world through patient eyes and respect each person as they play their role.

### **Karma Yoga Point**

As you prepare your meals each day, pay special attention to be mindful of each step in the process. Remember the power of thought can imbue the food with extra love.