

Living Well with Happier Cooking and Eating 29th July 2018

2.00 - 5.30pm Global Co-operation House, London

*All recipes used can be found on: www.inspiredstillness.com/blog

After a video of Amazing Nature, BK Sharon welcomed the 150 participants to the cooking demonstration saying that 'Wellness is the new must-have in today's modern world' and this would also be the focus of this afternoon's recipes.

The afternoon continued with the first 3 cooks presenting their topics addressing Mental and Emotional Health.

Cook 1 – BK Rajesh : Mental Health - Detoxing Mind and Body

Watermelon and Fresh Mint Juice

Ingredients

Chilled Watermelon chopped into large pieces, some with rind, some without.
Fresh Mint with large stems removed



As Rajesh prepared the watermelon, he reminded that of all the facilities we use in the kitchen, our body is the best machine of all and that it is necessary for us to maintain it well. He shared: 'In fact, if I choose plant-based food – that is, food that is alive – no matter my age, I can constantly feel as good as I did in my 20s. If the food I have eaten does not leave me feeling energized, then it is not good for my body.'

Method for Juicing

Place the watermelon bits without the rind into the processor to create the necessary juice, then add the bits with the rind and add mint to taste.

Cooks 2 – BK Amirah, Hannah and Sami: Emotional Health – Managing our Cravings



Healthy Vegan Banana Cake (sugar free)

Amirah, her daughter Hannah and her son Sami who are often cooking together, shared that cravings are a powerful desire for something that may be lacking in the body eg. a lack of certain nutrients. The most common



cravings are:

#Sugar is the number one common craving as it gives quick energy. The paradox is that the more sugar I eat the more I'll crave sugar. The craving could indicate a lack of minerals so eating more vegetables and fruit is a good place to start. 'Good nutrition' shared Amirah, 'is about making good choices of food as part of everyday life and finding what works for my body.'

#Chocolate is the second most common craving, and could indicate a magnesium deficiency.

#Carbohydrate cravings often indicate emotional distress, lack of comfort or lack of sleep.

#Salty food longings could indicate a lack of sodium, which can be found eg. in olives. When using salt, Amirah prefers pink Himalayan salt for her cooking.

#Caffeine cravings could indicate a lack of phosphorus which can be found in nuts. It may as well indicate that the body/mind needs more rest.

Cook 3 – BK Ranjan: Mental Health - Detoxing Mind and Body and Uplifting Thoughts

Buckwheat Detox Kitchedi



Ranjan was sharing her practical experience of the impact of her awareness on food while cooking: 'Before cooking, I can take a few moments to sit in silence and connect with what I am going to cook and who I am cooking for, and to create thoughts of peace, calm and kindness so that the fragrance of those thoughts can be absorbed by the food as I prepare it. Then the food that I cook will be

enjoyed by all who eat it. Along with the coconut oil, most of the spices used in this Kitchedi are good for digestion, so this food detoxes the stomach and my peaceful thoughts while I cook detoxes the mind. It is good for every meal to include all 6 tastes just as this recipe does. These tastes are: sweet, sour, salty, bitter, pungent and astringent.'

In the following part of the program BK **Ramita** presented a **Vision Board Exercise**. The audience was invited to reflect on two questions, to get in touch with the inner self, connect with the heart and intuition and think about which newness/change I would like to create regarding my lifestyle. What is my inspiration? What would I like to create in my own life?

Step 1: Create an intention - The seed to create anything I want in my life

What feeling do I want to bring into my everyday life to increase my overall sense of well-being?

Some examples are: *energized, relaxed, light, positive, stable, refreshed, strong, happy, peaceful*

Choose one and write it down on my sheet of paper.

Step 2: Make lifestyle choices

Holding that intention in my mind and allowing my intuition to guide me, I look through the lifestyle cards projected on the screen and choose 3 I am most drawn to

The Lifestyle Cards are: **1** Journal Space; **2** Just a Minute; **3** Sleep Well; **4** Positive Thoughts;

5 Inner Sanctuary; **6** Wake Up well; **7** Expression and Sharing; **8** Fresh Air; **9** Lots of Water;

10 Meditation Space; **11** Changing Habits; **12** Pause. Think. Act; **13** Conscious Eating; **14** Digital Detox

Step 3: Set a S.M.A.R.T. goal on how I can apply these 3 cards in my life to make my intention a reality

Set one goal for each card: **S**pecific; **M**easurable; **A**chievable; **R**elevant; **T**imely

Write down each goal under the title of each card and complete your vision board.

Reflect 'This is something I am doing for myself. Think about how to make these goals real.'

After a sweet video of a little girl choosing to be a vegetarian because it is not kind to cook and eat animals, BK **Sharon** welcomed everyone back and shared her personal story on becoming a vegetarian.

BK **Nicole** lead us in a guided meditation on creating a sense of calm and peace and love, allowing that love to emerge, reach out to all of humanity, animals and nature.

Cook 4 – BK Egils: Physical Health – Boosting the Immune System

Carrot & Seed Loaf with Beetroot Sauce

Egils talked about the importance of choosing *How-not-to-die* food, because choosing the wrong food causes us to be sick and to die prematurely. He shared that for him 'The basis of health is to stick to fruit, vegetables and legumes. Choosing and eating the right food is like taking medicine on a daily basis. Most of the food in the supermarket is not food and causes disease in the body. Eating the right food can be enjoyable, it does not need to be a sacrifice.'

The Carrot & Seed Loaf is tasty and good for special occasions. The beetroot sauce with its bright pink color has a pleasant tang from the limes and can be eaten with any other dish.



Cook 5 – BK Jasuben: Spiritual Health – Positivity in

my Thinking while Cooking

Cashew and Pistachio Treat



Jasuben talked about being creative when cooking and making it fun, which causes the food to take on joy and delight. She further shared 'Even if I need to rush with my cooking, I can still hold a mental state that is positive with that special

ingredient of the love and joy of sharing. When I put happiness into the food I take happiness into my body and so my output is happiness. To positively charge the food I then offer it to Baba, invoke His love and power and have him fill the food with His love and power.'



The audience then offered the food that had been prepared at the program together with Jasuben and everyone had a taste of the afternoon's demonstrations.

The event finished with sharing of blessing cards and a chance for the audience to meet, mingle and chat.

*** Om Shanti ***

