

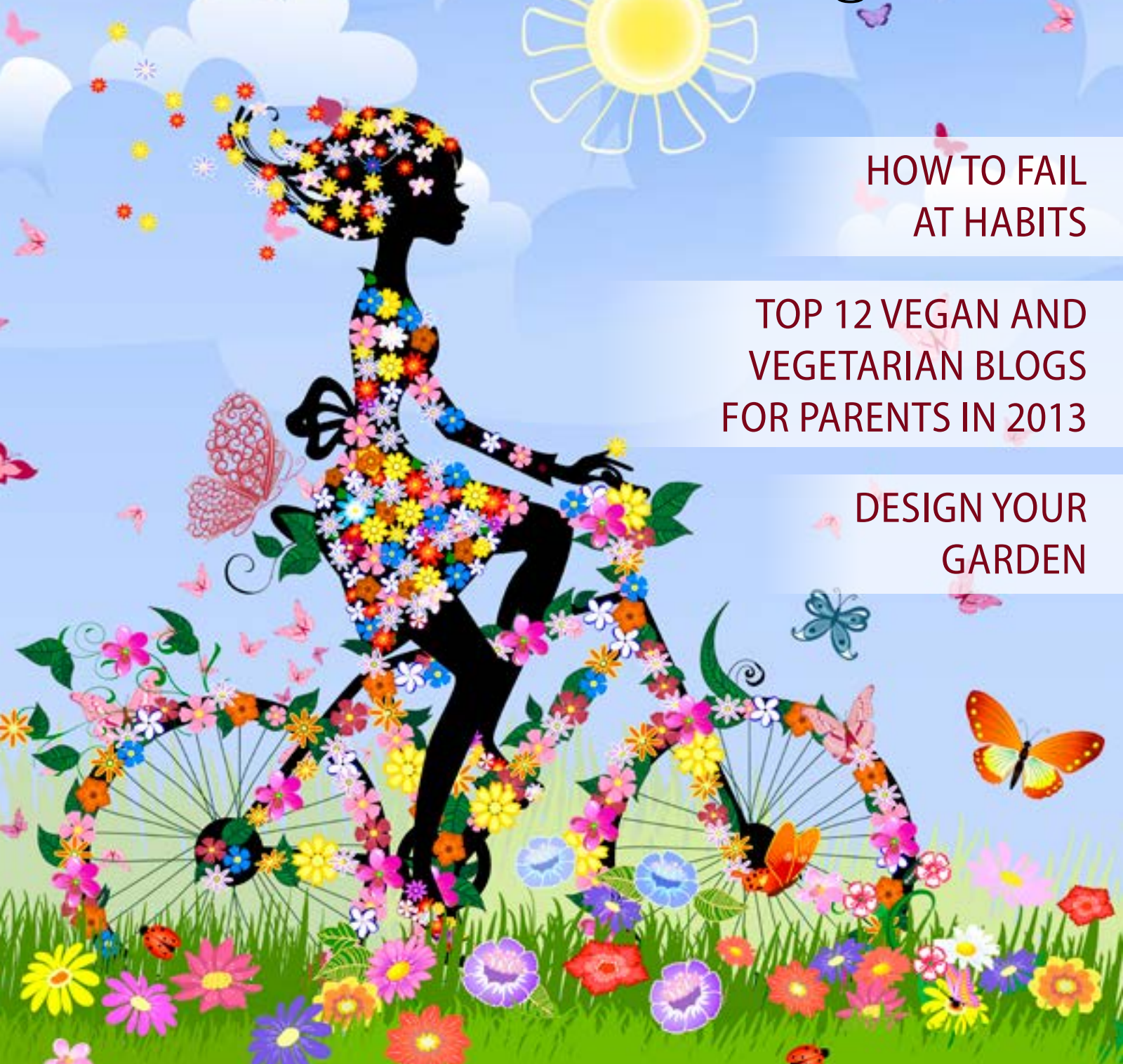
Soulfulness

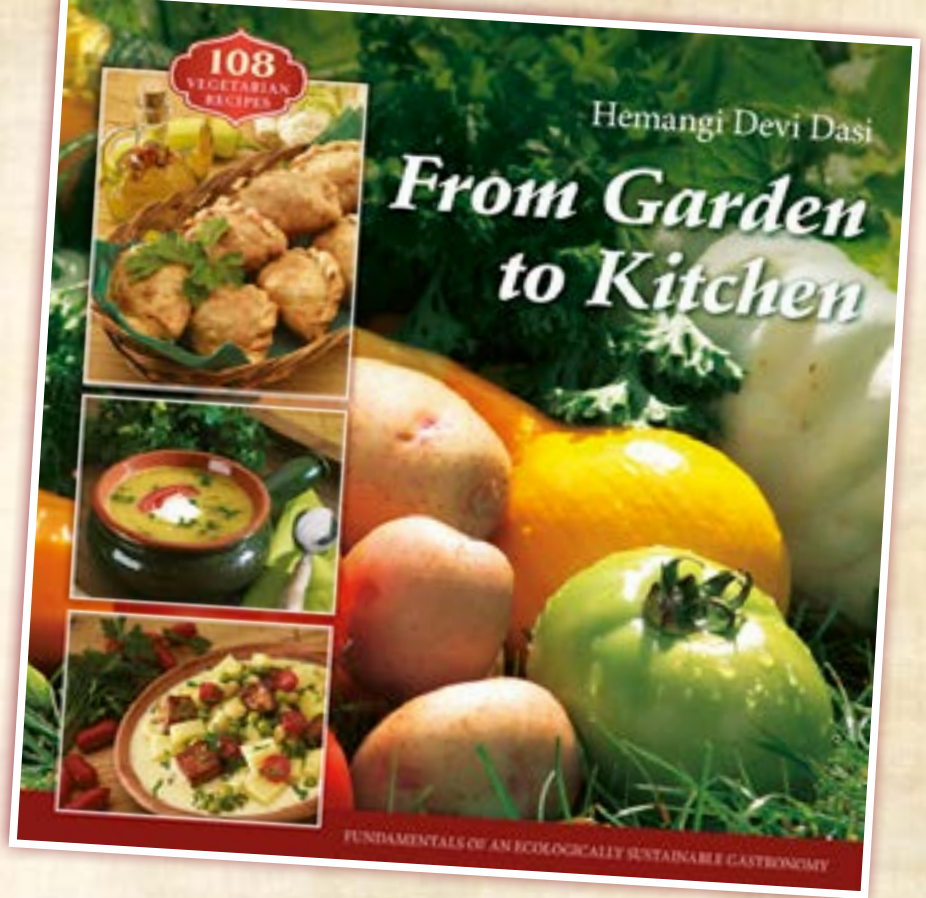
magazine

HOW TO FAIL
AT HABITS

TOP 12 VEGAN AND
VEGETARIAN BLOGS
FOR PARENTS IN 2013

DESIGN YOUR
GARDEN





For the Holistic Cook

Cooking starts in the garden: that’s the basis for author Hemangi Devi Dasi’s delicious new publication, “From Garden to Kitchen.” From city-dwellers to country cooks, this book is a must-have for anyone with a desire to understand how to develop their cooking, their kitchen, their garden, their consciousness...every aspect of cooking. The recipes are expertly constructed and presented, divided into seasonal references: summer, winter, spring and autumn, with a step by step guide to holistic cooking. Beautifully presented and published by Lal Publications, it offers traditional Vedic and Western cooking, including some wonderful Hungarian additions that can be made anywhere in the world. From beginners to experts, everyone will love this colorful, simple, and delicious guide to holistic cooking.



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Sour Cherry Pie with Vanilla Cream;

Stuffed Zucchini;

Pancakes with Strawberry;

Spinach or Mangold Pakora

Soulness

magazine

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Editorial: Braja Sorenson, Hemangi Devi Dasi

Contributors: Leo Babuta, Steve Pavlina, Mary Jaksch, Rachele Smith Stokes, Andras Kun, Braja Sorenson, Hemangi Devi Dasi, Renata Kalman, Szilvia Rev, Mahshid Deshi

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Hungary, 1137 Budapest, Szent Istvan krt. 6. III/12.

tel.: +36.30.231.8722, info@108publishing.com

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Welcome to the first issue of Soulness Magazine



Dear Readers,

The internet provides unlimited resources on how to become healthier, more beautiful, more productive, even more conscious about life and living. Yet the vast amount of information often makes it difficult **to know where to start**.

One of the **goals** of this publication is to **help guide you in that journey**. We filter all that information available to you and share it on **our site**, through **Twitter**, and on our **Facebook page**, but the best we'll save for our magazine.

Life is about quality, not quantity. The subtitle for Soulness is "**the magazine for quality life**." We believe that life is not measure by how much we can acquire but by what we become and how we develop our inner selves. The process is long and rugged and requires energy and effort. Soulness will provide information and practical guides on **holistic healing, simplicity, yoga, ayurveda, health, ecological gardening, and spirituality**. You will find delicious **vegan** and **vegetarian recipes** to cook for your family and guests.

And to **protect the environment**, Soulness is **available only online**.

If you are a writer or blogger, and you have some wisdom to share with other readers of Soulness, we welcome submissions. We aim to provide a channel, a medium, for those who are expert in communicating in the fields that Soulness values. Email us at info@108publishing.com

Soulness will always be free of charge, but if you feel our efforts worthy and would like to contribute to the ongoing publishing, then **our site** shows the way to do that.

We hope you enjoy Soulness and find it useful every day...



Let our journey begin.

Yours with love,
Mihaly Kozak
Publisher and Editor in Chief
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Top 12 Vegan and Vegetarian Blogs for Parents in 2013



Made of Stars - <http://madeofstars1.com>

Made of Stars is an excellent blog dedicated to raising vegan children. Ally shares the joys of raising “four tiny vegans” with her husband, Mat. Ally gives readers a unique perspective since her background is in social work and family violence. It’s not a surprise, considering her professional experiences, that Ally would be so passionate about

leading a compassionate vegan lifestyle. Ally shares wonderful tips on how to instill vegan values, e.g. compassion, in children, how to eat out as a vegan family and mouth-watering vegan recipes.



Veggietorials - <http://veggietorials.com>

If you are looking for a laid-back approach to veganism, then say Aloha to Veggietorials. Cobi, the blogger behind Veggietorials, provides top-notch “vegan-ish” recipes that are as beautiful as a Hawaiian sunset as they are delicious. Cobi doesn’t consider herself vegan per se because she doesn’t like labels. If you are interested in

the politics of food, e.g. non-GMOs and equal access, then Veggietorials is the blog for you. Veggietorials is also for food aficionados who can sit and admire yummy veggie meals all day. If you are a mom stuck in a creative food rut, then you need to check out Cobi’s veggietorials.



Chubby Vegan Mom

- <http://www.chubbyveganmom.com/>

If you didn’t think that vegans had curves, then you haven’t met The Chubby Vegan Mom. She reminds readers that all of life’s problems can be helped with a cruelty-free and guilt-free vegan cupcake. The blog follows The Chubby Vegan Mom as she balances a family with

two little vegans, an editing job, veganism and Karma, a border collie mixed dog. If you are interested in mommy drama rants and vents, vegan breakfast recipes and healthy side dishes that your kids will gobble up, then The Chubby Vegan Mom might be for you. The Chubby Vegan Mom is “certified chubby,” but all sizes are welcome.



It's hard to be a vegan or vegetarian parent in a non-veg world. While it's easy to feel alone, vegan and vegetarian blogs are proof that you aren't. Here are the top twelve blogs to help any vegan or vegetarian parent find practical advice, simple plant-based recipes and green living inspiration.



Veggie Beauty

<http://veggiebeauty.com/category/vegan-recipes>

Kristy Cutsforth, Veggie Beauty, can teach moms about the inner and outer beauty of veganism. Unlike other bloggers, Kristy has devoted her personal and professional endeavors to helping animals. A natural artist, Kristy began a vegan, cruelty-free and woman-owned cosmetics line, Pumpkin and Poppy Vegan Cosmetics. Many of Kristy's products use natural and high-quality ingredients. She creates stunning colors with her artistic vision and blending skills. Besides helping the beauty community, Veggie Beauty has a ton of meal recipes and educational resources that can help any mom.



Vegetarian Mamma

<http://vegetarianmamma.com/>

The Vegetarian Mama focuses on Cindy and her family. Cindy and her husband grew up as omnivores but they took the vegetarian leap together. The couple raised their children as vegetarians. Yet, their youngest son is allergic to gluten, dairy, soy and dairy, so the family eats more of a vegan diet. The Vegetarian Mama is an excellent resource for gluten-free information and gluten-free recipes. The Vegetarian Mama is dedicated to helping families with children with allergies.



Eco-Vegan Gal

<http://ecovegangel.com/>

Whitney Lauritsen, The Eco-Vegan Gal, can teach any mom interested in veganism and how to make the healthiest and environmentally sound choices. A vegan since 2003, Whitney has racked up years of vegan recipes, restaurant and product reviews and green living tips. Eco-Vegan Gal explores the in's and out's of an ethical, environmental and compassionate vegan lifestyle. For many practicing vegans, veganism is not just a diet, it is a way of life.



Top 12 Vegan and Vegetarian Blogs for



Organized Bites - <http://www.organizedbites.com>

If you are looking for vegetarian bento made to order, then Organized Bites is for you. If you are trying to convince to try a vegetarian meal, then the presentation is key, especially for kids. Venia, the blogger behind Organized Bites, shares her vegetarian journey. She was attracted to the bento because of her innate enjoyment of crafting and decorating. If you secretly ever desired to be the next Martha Stewart, then you will enjoy her vegetarian bento creations. Organized Bites teaches readers how to get creative with their vegetarian meals. Make your children feel nurtured, special and loved with inspiring bento vegetarian meals.



The Sweetest Vegan - <http://thesweetestvegan.com>

The Sweetest Vegan is your girl for vegan comfort food. Tasha Edwards began her vegan journey in 2009, but it wasn't a piece of cake. Tasha kept having "relapses." Fried chicken and desserts were the main culprits. Tasha soon realized that it wasn't the actual chicken that she missed, but it was the "fried-ness and the seasoning." Seasonings and a deep fryer later, Tasha conquered her fried chicken cravings. Practice and "The Joy of Vegan Baking" book helped her conquer her sweet tooth, and The Sweetest Vegan was born. Follow Tasha as she veganizes southern cooking that Paula Deen would enjoy and veganizes your favorite take-out menu options that rival McDonalds. The kids will definitely thank you when you learn Tasha's tips and tricks.



Dagmar Bleasdale - <http://dagmarbleasdale.com>

Dagmar Bleasdale opens her home to readers. Her blog follows how she raises her family vegetarian, her love of thrifty home decorating, her Do-It-Yourself (DIY) creations, green living, parenting and her obsession with vintage; there is something for every mom in a "momsensical" kind of approach. If you are looking to feel empowered as a woman and as a mother, then Dagmar Bleasdale's blog is a must-read.





Post Punk Kitchen - <http://www.theppk.com>

Isa Chandra Moskowitz began the Post Punk Kitchen in 2003. The Post Punk Kitchen combines Isa's love of cooking shows, her passion for veganism and her commitment to social justice. Isa's a prominent force behind "baketivism" where bake sales and benefit dinners act as "vehicles for change." Change isn't always revolutionary and it doesn't

always affect the masses. Often, change begins at home. Moms can begin a wave of change right in their own kitchens for their own families. A mother's homemade cooking shapes her family's taste buds and, ultimately, shapes her family's future choices. Isa's cookbooks and recipes can help any mom unleash her inner vegan cooking rock star.

Brown Vegan - <http://brownvegan.com/>

If you are looking for a down-to-earth and friendly approach to veganism, then the Brown Vegan is for you. Follow Monique, the blogger behind Brown Vegan, as she raises her family of three "chipmunks," or boys, on a plant-based diet. Her blog approaches veganism from a family perspective as they learn and grow into veganism. Monique's veganism stems from ethical and environmental reasons, but she has also lost weight thanks to her vegan lifestyle. Brown Vegan also explores veganism from a multi-racial, blended and minimalist family's perspective.



The Vegan Dad - <http://thevegandad.com/>

Ladies, by now you are aware that it takes a village to raise a child. Men should be part of that village too. If you want a "food education with no fillers," then you should read The Vegan Dad. Mike, the blogger behind The Vegan Dad, battled his heart disease with veganism. Mike thought he was destined to a life with heart disease because it ran in his family, and veganism revolutionized the quality of his life and health.

Today, Mike is creating his own vegan "revolucion." Mike's approach is based on scientific and medical facts. Sometimes moms need a dash of men's left-brain dominance, and Mike is the perfect vegan dad for that.





How to *Fail* at Habits

Before I learned how to change habits, I was stuck. I kept trying to change various habits — running, eating healthier, waking earlier, getting out of debt, ending procrastination — and I kept failing.

I got very good at failing, in fact.

Looking back on those days, given the power of retrospect, I now know that I did everything wrong. I was setting myself up for failure, and in failing often and not learning from those mistakes, I was learning to be good at failing. Failing became my habit.

And while I'm actually a fan of failing as a method for learning how to get better at something quickly, if you're not learning from your failures, it's not as useful. So in that spirit, I'd like to share what I've learned from my failures so that you might glean some useful information from my suffering.

How to Fail at Habits

I failed at creating new habits repeatedly. Here's what I did, and what most people also do:

1. *Take on multiple habits at once.*

We have lots of things we want to change, so we try to change them all at once. Of course, this spreads our focus and energy thin, so that we can't give our entire focus to any one habit. Habits are hard to change, and spreading yourself thin is a good way to make sure you fail.

2. *Bite off more than you can chew.*

Whether you do one habit or many at a time, try to do as much with each habit as possible, so that it takes up a lot of energy and seems really hard. Don't run for 5 minutes, try doing 30. That way it'll be a big chunk of your day that will get pushed to tomorrow when other urgent things come up, it will take a lot of your physical and mental energy, and it'll be something you dread doing because it's so difficult. Don't meditate for 5 minutes, meditate for 60. Do 90 minutes of yoga. Change your entire diet all at once. These are excellent ways to fail.

3. *Tackle habits you don't enjoy.*

Because habits should be something you do for moral reasons — they're good for you! And so it doesn't matter if you hate them, and if you dread doing them after awhile, because you're going to be disciplined. That works extremely seldomly, so it's a great strategy.

4. *Keep it a secret.*

Don't tell anyone you're changing your habit. That way, if you mess up, it won't be embarrassing. This means that you secretly think you're going to mess up, which is another excellent way to fail.

5. *Jump right into it.*

Decide today to start running, and just do it! This way you are treating it as if it's nothing, and not a big commitment. You don't plan for obstacles, don't set up a support system, don't give yourself rewards, and treat the habit change as lightly as you do putting on your socks. And when you quit doing the habit, it will be no problem either.

6. *Don't worry about how others have succeeded.*

Why read the success stories of other people? You know better than them. You can do it without learning from them. That's what I used to think, at least.

7. *Don't motivate yourself.*

You don't need motivation if you have discipline. Discipline is something you have or don't have, but motivation is something you can actually do.

8. *Give yourself plenty of opportunities to give up.*

Trying to eat healthy? Have your cupboards and fridge filled with junk food, and have it surround you at work, and go to restaurants filled with fried foods and sugary sweets. You'll definitely have the discipline to ignore those.

The eight steps above are a sure-fire recipe for habit failure, and I recommend you try all of them if you're looking to fail. Of course, if you're looking to succeed, you might want to avoid them and possibly try the opposite.

Leo Babuta is the creator and writer at Zenhabits.net, which was chosen as one of the 25 top blogs by Time Magazine.

DBA

death



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5 Thoughts You'll Have At The Time of Death



*No point
in avoiding
the inevitable.
So let's get on
with it,
shall we?*

FIVE THOUGHTS YOU *won't* HAVE:

1. "I wish I'd had more plastic surgery."
2. "I'm so glad I watched every episode of Desperate Housewives: it has given me a deep sense of fulfillment and inner peace."
3. "I really regret not buying those midnight blue Hardtail rolldown yoga pants."
4. "I have absolutely no fear of what is about to happen: I have money in the bank and good insurance."
5. "I'm so glad I chose this peach silk nightgown: it really works with my complexion...."

FIVE THOUGHTS YOU *will* HAVE:

1. "I wish I hadn't been afraid to think about what is going to happen next."
2. "I wish I'd been a better person."
3. "That was fast."
4. "I want another try."
5. "I think I left the oven on..."

FIVE THOUGHTS YOU *hope* YOU'LL HAVE:

1. "This is it: I have no fear, I am surrounded by love, and I accept this."
2. "I have the spiritual strength and understanding to face this moment."
3. "I don't want to come back..."
4. "Whatever state of being one remembers when he quits his present body, in his next life he will attain to that state without fail." (Bhagavad-gita)
5. "Bitch, get your hands off that diamond necklace."

Braja Sorensen is an Australian writer who lives in West Bengal, India. Her first book in the mainstream genre, *Lost & Found in India* (Hay House International) will be released in Summer 2013. You can find her at www.brajasorensen.com and on Facebook.



How to Stop Complaining

Perhaps the most important step in quitting the habit of complaining is to disconnect the undesirable behavior from your identity. A common mistake chronic complainers make is to self-identify with the negative thoughts running through their minds.

Such a person might admit, "I know I'm responsible for my thoughts, but I don't know how to stop myself from thinking negatively so often." That seems like a step in the right direction, and to a certain degree it is, but it's also a trap. It's good to take responsibility for your thoughts, but you don't want to identify with those thoughts to the point you end up blaming yourself and feeling even worse.

A better statement might be, "I recognize these negative thoughts going through my mind. But those thoughts are not me. As I raise my awareness, I can replace those thoughts with positive alternatives." You have the power to recondition your thoughts, but the trick is to keep your consciousness out of the quagmire of blame. Realize that while these thoughts are flowing through your mind, they are not you. You are the conscious conduit through which they flow.

Mental conditioning

Although your thoughts are not you, if you repeat the same thoughts over and over again, they will condition your mind to a large extent. It's almost accurate to say that we become our dominant thoughts, but I think that's taking it a bit too far.

Consider how the foods you eat condition your body. You aren't really going to become the next meal you eat, but that meal is going to influence your physiology, and if you keep eating the same meals over and over, they'll have a major impact on your body over time. Your body will crave and expect those same foods. However, your body remains separate and distinct from the foods you eat, and you're still free to change what you eat, which will gradually recondition your physiology in accordance with the new inputs.

This is why negative thinking is so addictive. If you keep holding negative thoughts, you condition your mind to expect and even crave those continued inputs. Your neurons will even learn to predict the reoccurrence of negative stimuli. You'll practically become a negativity magnet.



The trap of negative thinking

This is a tough situation to escape because it's self-perpetuating, as anyone stuck in negative thinking knows all too well. Your negative experiences feed your negative expectations, which then attract new negative experiences.

In truth most people who enter this pattern never escape it in their entire lives. It's just that difficult to escape. Even as they rail against their own negativity, they unknowingly perpetuate it by continuing to identify with it. If you beat yourself up for being too negative, you're simply reinforcing the pattern, not breaking out of it.

I think most people who are stuck in this trap will remain stuck until they experience an elevation in their consciousness. They have to recognize that they're trapped and that continuing to fight their own negativity while still identifying with it is a battle that can never be won. Think about it. If beating yourself up for being too whiny was going

to work, wouldn't it have worked a long time ago? Are you any closer to a solution for all the effort you've invested in this plan of attack?

Consequently, the solution I like best is to stop fighting and surrender. Instead of resisting the negativity head-on, acknowledge and accept its presence. This will actually have the effect of raising your consciousness.

Overcoming negativity

You can actually learn to embrace the negative thoughts running through your head and thereby transcend them. Allow them to be, but don't identify with them because those thoughts are not you. Begin to interact with them like an observer.

It's been said that the mind is like a hyperactive monkey. The more you fight with the monkey, the more hyper it becomes. So instead just relax and observe the monkey until it wears itself out.

Recognize also that this is the very reason you're here, living out your current life as a human being.

own thoughts against yourself to avoid that awesome responsibility. And you'll continue to remain in a negative manifestation pattern until you're ready to start accepting some of that responsibility back onto your plate.

Negativity needn't be a permanent condition. You still have the freedom to choose otherwise. In practice this realization normally happens in layers of unfolding awareness. You begin to accept and embrace more and more responsibility for your life.

Assuming total responsibility

You see... the real solution to complaining is responsibility. You must say to the universe (and mean it), "I want to accept more responsibility for everything in my experience."

Here are some examples of what I mean by accepting responsibility:

- If I'm unhappy, it's because I'm creating it.
- If there's a problem in the world that bothers me, I'm responsible for fixing it.
- If someone is in need, I'm responsible for helping them.
- If I want something, it's up to me to achieve it.
- If I want certain people in my life, I must attract and invite them to be with me.
- If I don't like my present circumstances, I must end them.

On the flip side, it may also help to take responsibility for all the good in your life. The good stuff didn't just happen to you. You created it. Well done.

Pat yourself on the back for what you like, but don't feel you must pretend to enjoy what you clearly don't like. But do accept responsibility for all of it... to the extent you're ready to do so.

Complaining is the denial of responsibility. And blame is just another way of excusing yourself from being responsible. But this denial still wields its own creative power.

Conscious creation is indeed an awesome responsibility. But in my opinion it's the best part of being human. There's just no substitute for creating a life of joy, even if it requires taking responsibility for all the unwanted junk you've manifested up to this point.

When you catch yourself complaining, stop and ask yourself if you want to continue to deny responsibility for your reality or to allow a bit more responsibility back onto your plate. Maybe you're ready to assume more responsibility, and maybe you aren't, but do your best to make that decision consciously. Do you want sympathy for creating what you don't want, or do you want congratulations for creating what you do want?



Steve Pavlina is a self-help author, motivational speaker and entrepreneur. He is the author of the web site stevepavlina.com and the book *Personal Development for Smart People*.



7 recession survival strategies

For many, this global recession is a time of anxiety. None of us knows what challenges we may face in the future. What we do know, though, is that at some point we will come out of this difficult time. The question is: how will we come out? Will we have made the most of our opportunities?

RISK VERSUS OPPORTUNITY

In challenging times we need to balance risk against opportunity. That's not always easy. I think that we often forget to look for opportunities in tough times because fear makes focus on risk and danger. But it's in uncertain times that we can find the greatest opportunities. Because we get shucked out of our safe pod and are then able to re-think our life.

So here are seven strategies that we can adopt in order to flourish in tough times.

7 WAYS TO SURVIVE A RECESSION

Deal with reality

When things get tough, we tend to seek refuge in denial. We think: "It can't happen to me." It's important to be realistic – as well as optimistic – in tough times. Take a close look at where you are vulnerable. Is your job in jeopardy? Are you struggling with your mortgage?

Focus on core skills

What are you good at? Are you honing those skills? Or is your focus on side issues?

Improve your productivity

Make each hour count. Check out how much time you fritter away in front of the TV or through other passive activities.

Let go of what holds you back

Are there activities you do that you don't particularly enjoy and that have no potential for the future? Let them go. Do you associate with people who hold you back? Choose to spend time with positive people.



Have a contingency plan

Have a set of plans ready for bad scenarios. You'll be much better prepared and can swing into action without losing important time.

Network with others

Strengthen your professional safety net through networking. Think of teaming up with others for projects. The power of synchronicity can magnify your potential success.

Develop new skills

It's important to keep on upskilling, especially during tough times. If you learn new skills or strengthen the ones you have, you'll have more career choices. Each new skill also opens up a window to more opportunities.

If you follow these seven strategies, you are likely to survive - and even flourish – in a recession. In fact New Zealand Trade and Enterprise recently studied multinational businesses that survived – and even thrived – during the economic upheavals over the past century and found that they employed seven similar key strategies: core business focus, efficiency, divestment, contingency planning, acquisitions, advertising, and research and development.

Mary Jaksch is a psychotherapist, Zen master. She is the author of goodlifezen.com and the book: *Start over: Create the Life YOU Want*

The background is a deep purple color with intricate, lighter purple floral and scrollwork patterns. The patterns include stylized flowers with multiple petals and long, pointed leaves, as well as swirling lines and circular motifs. The overall aesthetic is elegant and decorative.

WHAT
deep

IS YOUR

Best

DESIRE?



PRACTICE and All Is Coming

“Practice and All Is Coming” is a famous quote from Sri K. Pattabhi Jois.

I’ve been thinking on this quote and it hit me with a new meaning. I realized, I had not completely understood the word “all” or the meaning of “practice”.

Upon first hearing and thinking about these words they came across as speaking strictly about yoga practice. Practice and you’ll gain strength, asana and focus.

Basically, I was only considering the “inside” of yoga. It dawned on me, with some help from the Yoga Sutras, this quote could possibly expand to the “outside” of what yoga is as well.

By the inside of yoga, I mean the gross basics. Asana, the physical poses. The fact you are breathing. The fact you are gaining focus and learning how to meditate. Yes, if you practice, skills with asana will come. You will gain spiritual knowledge if you so wish. Yoga philosophy will be understood. That’s all great.

What about the rest?

The outside of yoga is what all of that comes to. Asana opens up your body so you can reach your mind. Your soul can come a little closer to the air and further away from your skin.

As you meditate, you start to think of nothing. Your mind is blank and you are transcending beyond your thought chatter. Not just your practice will evolve, **you** will evolve. Your **life** will evolve, grow and begin to connect in ways you didn’t think possible.

Even further examination of the outside of yoga is what other habits you begin to practice. Practice looking up at the sky every night to the moon’s Cheshire Cat grin in the middle of the month.



Practice compassion for yourself and how to spread it like dandelion seeds on the wind. Practice eating better and more mindfully so you can start to illuminate from the inside out.

Practice does not mean just practicing yoga. It means working on all the aspects in life that need to be transformed into better than what they are. Shed some light on the dark parts you've neglected in your life or have been hiding in a corner we forget to check for cobwebs.

All, well, it means All!

Though this may seem redundant, how many times do we confine words and ideas to one sphere in our lives instead of branching them out to others? All in yoga is coming and all beyond.

Here are some questions I've now begun to ask myself:

1. If I practice Yoga and all is coming, does that mean a job born out of my passions in life is coming?
2. Advancement in my writing skills and how I can touch the world with it is coming?
3. A Yoga Retreat in another country to explore, mold and grow with one of my inspirations is coming?

What questions can you now ask yourself? What could be coming to you?

If we practice "with all earnestness", with all our hearts, crack this physical shell to see what can be unleashed to the outside, be open to the universe and use all the good and bad that comes in the right ways then: **Life is coming!**

Not just life in general.

*The life you were meant to live.
The life that lives up and over your
fullest potential if you work at it.
The life you feel warming your
solar plexus like butterfly hums.
A tingling during brief moments of
paused thought and all of a sudden
you know you're on the right track.*

Perhaps I am the only one who finds this to be an amazing revelation. That's alright if it is. After only six months of being a yogi, it's quite an accomplishment. I just keep turning these words over in my head. "Practice and all is coming".

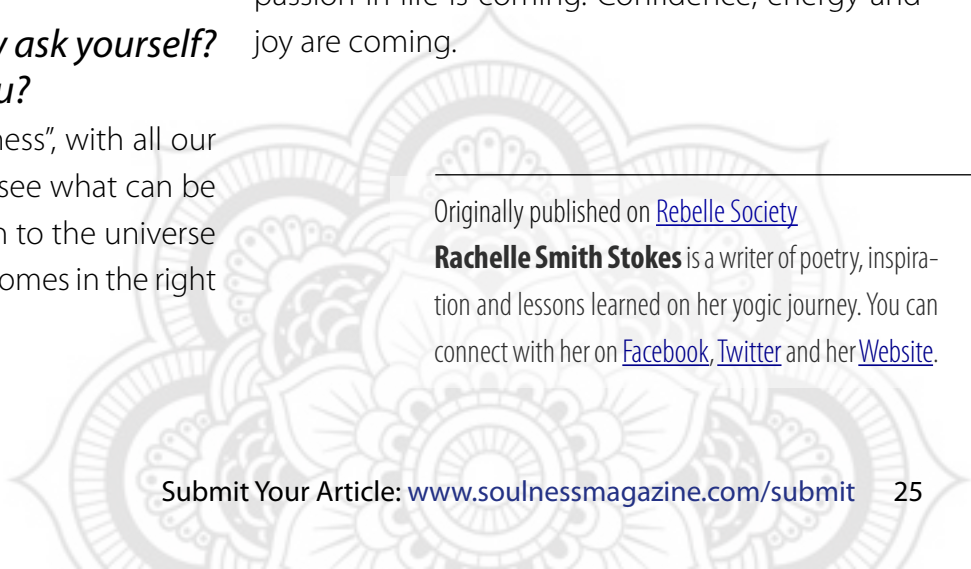
The more I practice, the better things get. The more yoga philosophy I'm introduced to, teachers I watch, read and have conversations with, the clearer things get.

If it does get muddled, it's a happy mess. A challenge I embrace to study and understand. The more I practice, the more I want to change for the better and do the same for others.

Practice and ideas are coming. Practice and your passion in life is coming. Confidence, energy and joy are coming.

Originally published on [Rebelle Society](#)

Rachelle Smith Stokes is a writer of poetry, inspiration and lessons learned on her yogic journey. You can connect with her on [Facebook](#), [Twitter](#) and her [Website](#).





JIAIDO

the body work
of Awareness

When you find yourself in the gap between two thoughts – that is said to be the moment of complete awareness. Jiaido, the new internal martial art by three fundamental elements, breath, focus, and awareness, will bring practitioners gradually to live this state of the human nature, which is expressed as Self (or “Ji” – in Japanese).

The word “Ji-ai-do” translates as “*the way of true love, or the way to love Oneself*”. Practitioners of Jiaido are learning movements of martial art, and a very new method of deep breathing (*kokyu*), while having the chance to submerge in the infinity of the short pause (*kime*) in between all the movements and breaths. These are the moments of practice which finally reveal all that is invisible, untouchable for the physical. The promise of Jiaido is extending awareness and transforming daily life of practitioners into a Universal existence.

The benefits of Jiaido appear on three parallel levels: on the physical level, the practice creates endurance, strength, balance, coordination, and vital energy; on the mental and emotional level, Jiaido creates stronger concentration and attention, disciplinary ability, confidence, calmness, self-esteem, and respect; on the spiritual level, the practice results in a higher sense of self-knowledge and self-realization.



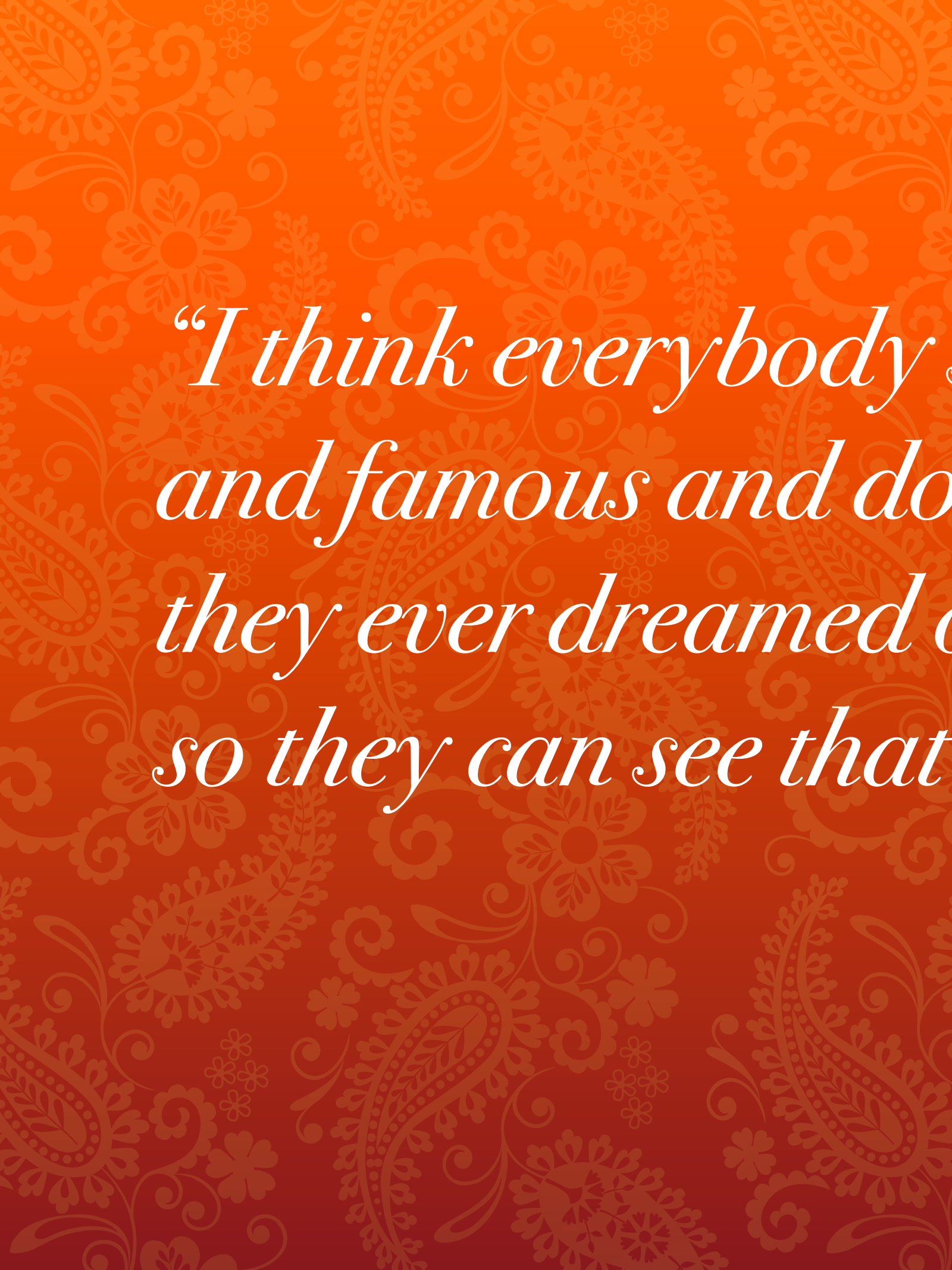
For those interested in spiritual evolution, the moving meditation that is Jiado offers a joyful yet very direct tool for self-investigation.

“Although the training is physical, you go beyond the mere physical; you discover what is to be natural. Your spirit (Awareness) gradually shines through in your training, and ultimately in everything you say and do.” – said founder of Jiado, **Ajit**, who, before his spiritual awakening was practicing and teaching in the system of karate for 25 years. – *“Next to the mental practice of Self-investigation, there is a great need for a powerful and effective body work practice, as a tool to develop focus and awareness.”*

The *International Jiado Association* welcomes everyone to experience what its benefits for a three month training period commencing in March 2013 in Budapest. The Jiado *dojo* (the school for practice) can be viewed during any of the open trainings held regularly.



More information: International Jiado Association:
www.jiido.org



*“I think everybody
and famous and do
they ever dreamed of
so they can see that*

*should get rich
of everything
it's not the answer.”*

Jim Carrey

Design Your Garden

Every garden needs to be protected in order to create its own climate.

For example, it is important that the wind cannot blow through, as there are little creatures which naturally help to maintain the ideal proportions of the soil and give protection against pests, and a wind-free environment encourages the presence of these creatures like lacewings, worms, and birds, who all like to live in a shielded place. If this condition is ensured, you can easily create a self-supporting garden.

The vegetable garden can be designed in a space-saving way. On a hundred square meters you can cultivate every vegetable and fruit needed by a whole family, even if you often feed guests and give feasts. You have to plan green crops, companion crops, and cover crops. If you use the released seedbeds properly, you can cultivate throughout the year, and so, you save space.

If you would like to plant a new kitchen garden, you should start small. While planning your garden you must consider your personal needs. First, make a list of those vegetables and herbs you want to grow. Plan where you will put the plants in your garden.

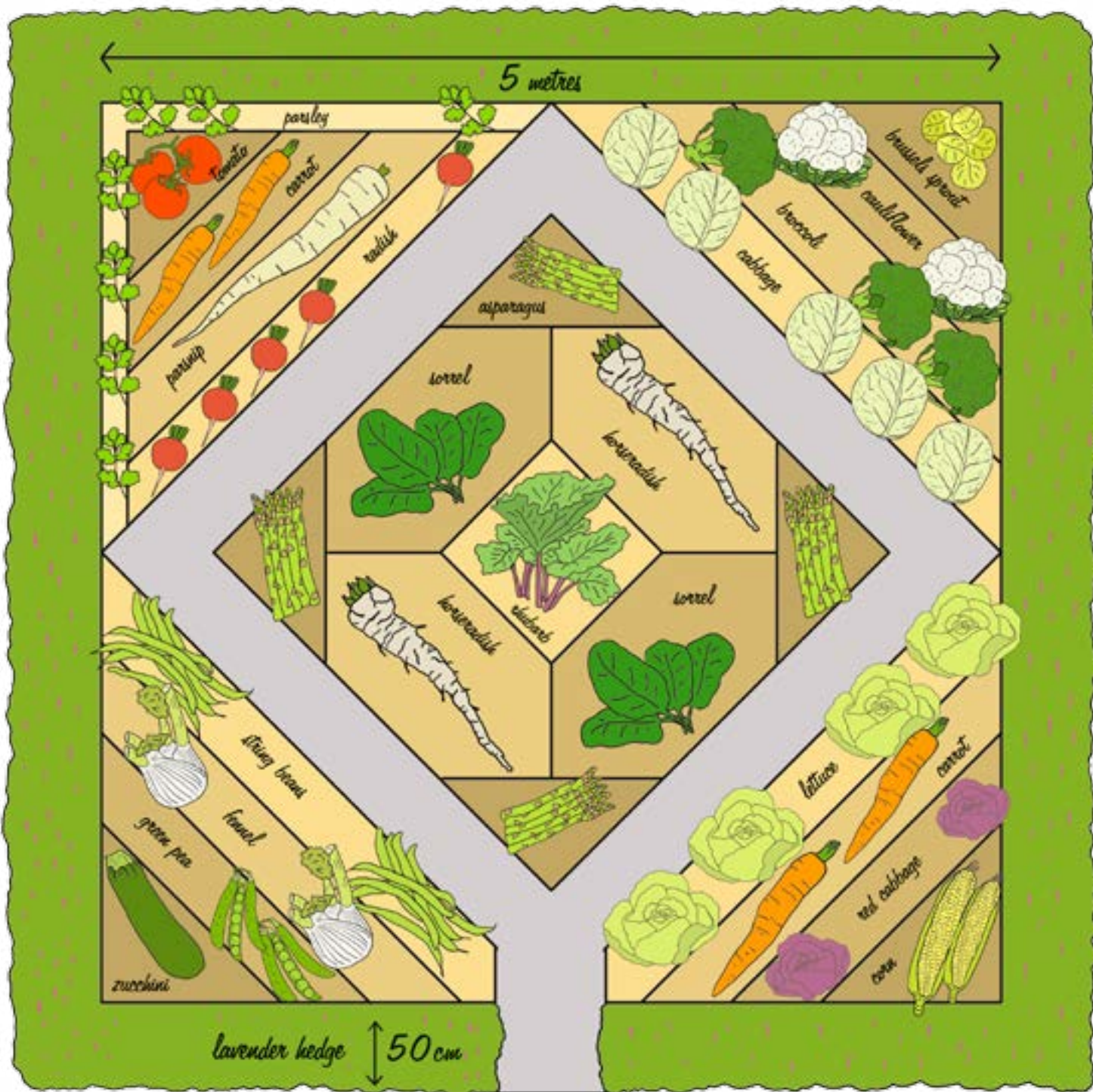
Planting Advice

- Plant when it is cloudy, or during the evening hours.
- Always plant into moist soil.
- Keep proper distance between the plants to ensure place for their growth. The information on the seed packets is very useful.
- Water the soil after planting.

Soaking the Seeds

As I mentioned, it is useful to soak the seeds before planting, because it gives the germination a boost and ensures the healthy, vigorous growth. For example, the seeds of the gourd family can be soaked in milk or whey, peas and beans likes camomile tea. Tomato, pepper, and sunflower should be bathed in valerian. There is an infusion from a mixture of herbal plants that can be used for every seed equally. Milfoil, camomile (these block the growth of harmful germs and fungi), valerian, common dandelion, oak root, and nettle (these have a stimulating effect on the microorganisms and the growth of the roots). The necessary soaking time is an hour in the case of most seeds, but cabbage and horseradish need only 15 minutes, for radish 30 minutes is enough, but carrot and celeriac need 1.5 hours.





Spices

Don't forget the herbs during the planning and planting. Herbs give unique taste to meals and have numerous curative effects. With their help you can explore the apothecary of nature, which in many cases (not always, of course) can replace the drugs

from the pharmacies. Furthermore, herbs are very adaptive, so it is worth taking time to raise some. You may plant them into conventional seedbeds, into the fringe of the seedbeds, or into pottery. Once you try cooking with fresh spices raised under your own hands, you will never be satisfied with the dried ones from shops.



Proper Coupling

PLANT	GOOD NEIGHBOUR	BAD NEIGHBOUR
broccoli	potato	radish, strawberry
cauliflower	lettuce	
cabbage	parsley, potato	onion
brussels sprout	cucumber, string beans	
corn	cucumber, gourd, dill	celeriac
tomato	cabbage, celery, spinach	cumin, red cabbage, carrot, parsley
		lettuce
parsley	cabbage, radish, mustard	
rhubarb	asparagus	
radish	lettuce, green pea	hyssop
lettuce	green pea, bean, radish	parsley
carrot	green pea, lettuce, dill	spinach, tomato
asparagus	rhubarb	
horseradish	potato, rhubarb	
string beans	radish, spinach, tomato	
green pea	potato, lettuce	tomato

Planting data

PLANT	SEEDING	DEPTH	DISTANCE	HARVEST
broccoli	March-April	3 cm	50 cm	10-12 weeks
zucchini	March-April	5 cm	100 cm	June
fennel	Spring/Summer (end)	2-4 cm	40 cm	16 weeks
cauliflower	March/July	2-3 cm	60 cm	12-14 weeks
cabbage	March-April	2 cm	40-50	12-14 weeks
brussels sprout	May	3-4 cm	50-60 cm	October
corn	end of April	10 cm	15 cm	September
tomato	March-April	2-4 cm	30 cm	end of June
parsnip	February-April	1-2 cm	densely	Autumn (overwintering)
parsley	March	3-4 cm	30 cm	Autumn
rhubarb	April	plant	100 cm	Autumn
radish	March-April	4 cm	10 cm	4-6 weeks
lettuce	March-April	2-3 cm	20-25 cm	4 weeks
carrot	March	2 cm	10 cm	12-16 weeks
sorrel	early Spring	1-2 cm	30-40 cm	continuously
asparagus	March	3-4 cm	30-40 cm	June
horseradish	Spring/Autumn	3-5 cm	25-30 cm	Autumn-Spring
string beans	mid-May	4 cm	50 cm	10-12 weeks
green pea	February-March	5-6 cm	15 cm	12 weeks

THE DESIRE MAP

Why setting goals without soul is pointless



How do you feel about goal-setting?

Love it? Can't get enough of planning and visioning your professional life, the growth of your family, finances, etc?

Or do you hate goal-setting, swear it never works and don't want to talk about it ever again? The Desire Map

is all about ditching the auto-pilot approach to life. You'll

get a print book, digital book, audio book, videos, audio contemplations, worksheets and 3 months of weekly email support to help you make desire mapping a true practice.

It's rich.

Simplify

Simplify is a celebration of living more by owning less. Written by Joshua Becker, who inspires hundreds of thousands of people on his personal blog, this is a book that calls for the end of living lives seeking and accumulating more and more possessions by highlighting the enjoyment of living with less.

It is based on a rational approach to minimalism. It will forever change the way you look at physical possessions. And most importantly, its approach will free you from the burden of clutter and provide you with the extra motivation to realign your life around your heart's greatest passions... however you choose to define them.

Be Ecotarian!

The haute école of environmental diet

Multi-national scientific institutions — like the IPCC (the United Nations body dealing with the climate change) or the World Watch Institute in Washington — recently announced that a meat-free diet is the most effective method of environment protection. Those who decrease their consumption of meat contribute to decreasing the emission of carbon-dioxide, pollution of the soil, water, and air, and destruction of rainforests.



This is good news for everyone who want to do actually do something for the earth's flora and fauna, and for our own future: that real results can be realized by changing one bad habit, by learning some tricks in the kitchen and in our diet. We only have to strive to eat seasonal food produced near our home and buy the least processed basic foodstuffs. One word encapsulates that entire lifestyle and philosophy: ecotarianism.

One of the main elements of ecotarianism, the seasonal diet, means eating fruits and vegetables when they ripen and can be harvested, and in winter we should take what can be stored easily or preserved



without any chemicals. The inner value of fresh plants is more auspicious than that of the imported or greenhouse-grown ones, and vegetables stored in the cellar contain more vitamins than deep-frozen ones.

Naturopathic doctors more or less agree that it is the healthiest possible form of diets since we are also the parts of nature, and it's not without reason that fruits ripen and vegetables are ready to harvest at a certain time. So

goodbye winter zucchini, goodbye Spanish eggplant and strawberry! Let's say yes to pumpkin, celery, potato, beetroot, dried beans, carrots, apple, pear and many kinds of grains.

Food grown near our home is transported a shorter distance and the environmental burden caused by transport will be less. It is another argument to say yes to Hungarian food. If there is a market in our neighbourhood, it is worth making good relationships

with some reliable growers and shop directly from them.

It is even better if we can grow some vegetables, fruits and pulses ourselves. Then we can be sure that we will get some food free of chemicals. Attention! It is worth trying in a "small garden" of the size of a balcony box. Experiences show that cherry tomato and parsley grown at home will have an incomparable taste.

András Kun and Szilvia Rév



*Did you know that those who choose a meat-free and eco-tarian diet contribute not only to maintain their health but to **decrease their ecological footprint?***



*Did you know that 150 people living in Krishna Valley eat lacto-vegetarian, chemical-free, ecological seasonal food grown mostly locally? Having solved the problem of storage they are almost **100% self-supporting of grains, vegetables and fruits.***





Stuffed Zucchini

This meal is an excellent opportunity to make the leftovers disappear. It is a quick, light summer lunch or dinner. Serve with rice or mashed potato, or even bulgur. The variations are numberless, especially in summer. It also can be served cold.

INGREDIENTS:

- 3 average zucchinis
- 2 tablespoons olive oil
- ¼ teaspoon asafoetida
- 1 teaspoon Provence Seasoning Mix (oregano, thyme, basil, rosemary, lavender)
- ¼ teaspoon black pepper, freshly ground
- Half a bell pepper
- 250 g cottage cheese
- 2 tablespoons fresh parsley, finely chopped
- Salt
- 200 ml sour cream

Wash the zucchinis, cut both the ends off and cut them in half lengthwise. Scrape the insides out with a spoon, so the halves look like little boats. Chop the insides finely on a cutting board, and chop the pepper too.

Warm the olive oil, add asafoetida and fry until aromatic. Add chopped zucchini and pepper, sprinkle with Provence Seasoning Mix and freshly ground black pepper, then continuously stir fry until soft, around 5-6 minutes. Add cottage cheese, parsley, and salt, and stir the mix together carefully for 1-2 minutes. Remove from heat.

Fill the zucchini-boats with this mix, spread some sour cream on the top, place them in a heatproof dish, and bake in pre-heated oven for 25-30 mins. Sprinkle with parsley and serve.

Hemangi Devi Dasi

Pancakes with Strawberry

Strawberry and heavy cream in sweet pancake rolls. Need any better dessert?

INGREDIENTS:

- 200 g flour
- 1 tablespoon oil
- 300 ml milk
- 300 ml mineral water, sparkling
- ½ teaspoon sugar
- 1 teaspoon salt
- Pinch of baking powder
- 400 g strawberry
- 1 tablespoon fructose (or sugar)
- 300 ml heavy cream
- 1 tablespoon castor sugar

Whip smooth the pancake batter with a beater. Let it stand for 30 minutes, then check its consistency. If it is too thick, add some more water, and if it is too thin, add some more flour.

Fry the pancakes as usual: pour a little oil into the pan and when hot, add a ladle of batter, tilt the pan around till the batter is spread evenly. Fry for 30 to 60 seconds, then turn over and fry the other side.

To prepare the filling, whip the heavy cream hard with the castor sugar. Wash and slice the strawberries and sprinkle them with fructose or sugar. Get the pancakes up directly before serving, because the creamy filling tends to collapse. A pancake needs 2-3 tablespoons of whipped heavy cream and some slices of strawberry, then roll up.

Hemangi Devi Dasi





Spinach is the perfect vegetable for pakoras (vegetable fries). It is a very quick and spectacular delicacy, fine with new potato and parsley, mashed potato, and a sauce made of yoghurt or sour cream.

INGREDIENTS:

- 80-100 bigger spinach or
- mangold leaves
- 150 ml chick-pea flour
- 250 ml water
- ½ teaspoons asafoetida
- ½ teaspoons turmeric
- 2 teaspoons salt
- Oil for the frying

Wash every leaf, but be careful to not break them. Drip-dry the leaves as much as possible. Mix chick-pea flour, salt, asafetida, and turmeric in a bowl. Slowly add water and stir til smooth. The batter has to be thick to stick onto the leaves. Heat the oil, set 5-6 leaves together and dip them into the batter, then fry until golden.

Note: If you cannot get good quality chick-pea flour, you can make pakoras with yellow pea flour, but one-third of it must be replaced with plain flour.

Hemangi Devi Dasi

Spinach or Mangold Pakora

Vegan

Sour Cherry Pie

With Vanilla Cream

Use plant milk and palm fat for the vegan (free of milk) version.

Ingredients:

Batter: 20 dkg palm fat or butter, 16 dkg cane sugar, 1.5 dl milk, 25 dkg flour (half of it is wholemeal), 2 teaspoons baking powder

Topping: 50 dkg stoned sour cherry, 5 dl sour cherry juice, 1 stick of cinnamon, crust of a half lemon cut in spiral, 5 dkg corn or wheat starch, 9 dl milk, 2 packs of vanilla flavored custard-powder, 3 tablespoons cane sugar



Preparation:

- Mix melted palm fat or butter with sugar, then add milk.
- Mix flour with baking powder and add this bit by bit to the mixture you made in the previous point.
- Pour the batter into a greased and floured (app. 32x39 cm) baking tin, smooth its top and bake it for 20 minutes in preheated oven on 200 Celsius degrees.
- Add lemon crust and cinnamon to the sour cherry juice, then boil it up.
- Mix the starch with some water and add it to the boiling juice, then boil it up again.
- Take the lemon crust and the cinnamon out of the mixture and add the stoned sour cherry.
- Make custard from milk, sugar and custard-powder.
- Spread the cooled custard onto the baked sponge-cake, then carefully smooth the sour cherry mixture on the top of the custard.
- Put it to a chill place for 2 hours.

Renáta Kálmán (www.lettudatos.com)

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