

Here is a recipe for a calming soup.

The most important ingredient is the calm mind of the cook.

I suggest these thoughts:

Relax.

Pay attention.

There is nothing to be done.

It is all covered.

You do not need to worry.

You will get exactly what you need in every moment of your life.

Your Great Perfection, liberating you into the Light, is already accomplished.

Relax.

Center your breath in the Heart making the sound of “Ahhh” and be grateful.

Trust Spirit,

put “other” in place of “self” and breathe deeply,

relaxing into the Great Presence.

Now make a peaceful soup.

The order is this:

Heat water (3-4 quarts)

Add seaweed Soup Mix (a teaspoon per serving) (to make a nutrients-dense broth),

Wash grain (three times), swirl and strain,

(half a cup oats, rice, or barley).

Add grain, shiitake mushrooms, ginger root.

Cut root vegetables (carrots, parsnips, rutabaga).

Dice an onion and some garlic, saute' with thyme.

(Choose your favorite oil: sesame, olive, coconut.)

When grain is softened, add root vegetables, tamari.

Finish off with a generous amount of greens: Kale, parsley, celery.

Add the onions. If you have fresh herbs, now is the time!

This soup gets better on the second day,

and you can add pasta sauce, noodles, and cut corn,

totally renewing the flavors. Enjoy!

Rest in the Light, abide in the Heart. -Larch Hanson www.theseaweedman.com