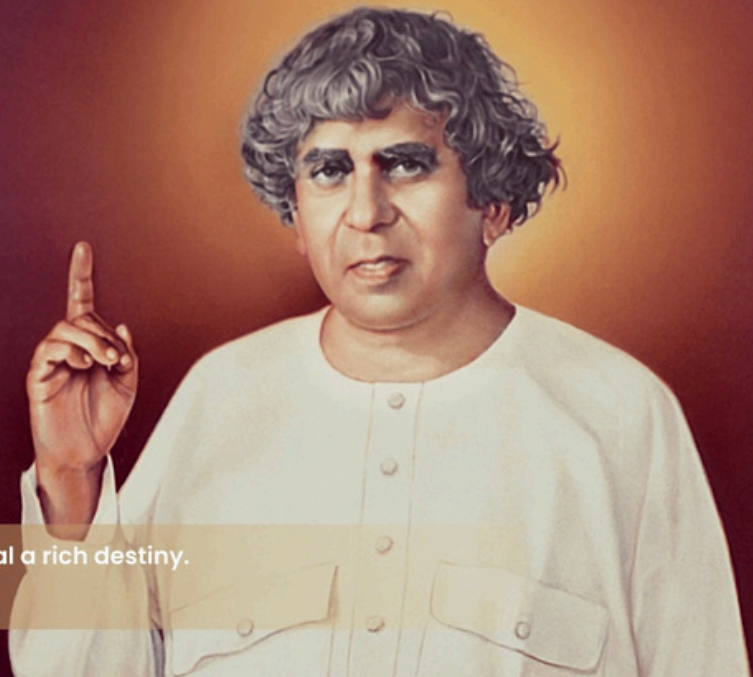


# Save the Planet

Sow little seeds of love and you will real a rich destiny.

**-Sadhu T.L. Vaswani**



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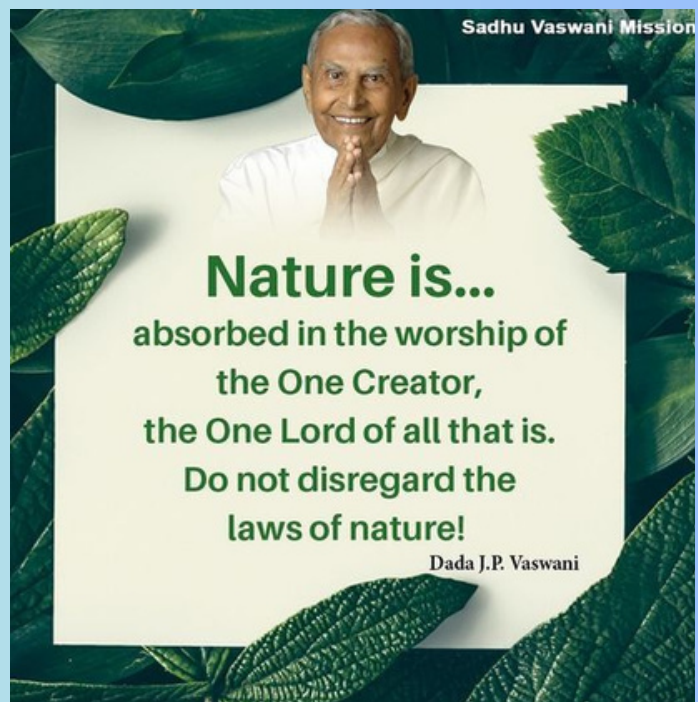
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”

THE BEST  
GIVING IS  
FORGIVING.

“

Rev. Dada  
J.P. Vaswani


Dear Readers,

In this edition, we delve into a topic that's increasingly pivotal in the global movement towards preservation of life on our planet: forgiveness.

“Forgiveness, a profound act of self-love, isn't just a choice or decision but a pathway to a serene and joyful existence.”

**“Together, let's make the world a happier place.”**


**GLOBAL FORGIVENESS DAY**  
**2nd AUGUST**


  
The Moment of Calm  
A Global Forgiveness Moment




**HAPPINESS BLOOMS IN FORGIVING HEARTS**

**#iforgive**

**“The true fragrance of life is forgiveness.  
If you want to be happy, learn to forgive.”**  
- Dada J.P. Vaswani





 [momentofcalm.org](http://momentofcalm.org)  
  [themomentofcalm](https://www.instagram.com/themomentofcalm)

## BENEFITS OF FORGIVENESS



## A LEAP OF FAITH

**Written by Didi Krishna Kumari, August 2014**

“Some people are born to give, to live only for others. Even in the midst of their own suffering, their focus is only on the healing and well-being of others. They are messiahs who assist those in pain and agony, bringing healing and joy in their lives. One such is our Beloved Dada, whose magnanimity, compassion and all-encompassing love I experienced during this last week, while he was unwell in the hospital.

For a few days Dada had been under the weather, but on Saturday the 26th of July, his condition worsened and he had to be rushed to the hospital.

Even though he was in physical pain himself, he kept on inquiring about the condition of some of the other devotees - one was undergoing a financial problem; another was struggling with some health issues; someone had passed away in the family and Dada wondered how the near and dear ones were coping and so on.

It was amazing how Dada....”

Read the full post by following the QR code or link below:



<https://tinyurl.com/LeapofFaithSVM>





<https://tinyurl.com/DrJagdishForgive>



The Creative Mystery of Life built a beautiful earth. But see what man has made of this earth! He has waged war against things of beauty. He has revelled in slaughter, murder, riotous living. He has stifled the joy of life, and creation. He "groaneth and travaileth in pain".

- Sadhu Vaswani



What the ancient Hindu scriptures regarded as *sattvic* food is now regarded ideal food – although by other names! Experts call it high-fibre, natural, anti-oxidant, etc. and we are encouraged to eat more of such foods. As for what the sages called *rajasic* and *tamasic* food, the very same foods are now labeled high-fat, high-cholesterol, carcinogenic, etc, we are warned to keep out of our diet to the greatest extent possible!

Vegetables are Mother Nature's marvelous products. Her divine garden truly presents a blaze of brilliant colours with the red and yellow, green and purple, pink, white, brown and mauve of these delicious wonders!

A Vegetarian connoisseur will be proud to tell you that you can effortlessly put together a balanced diet just by choosing a bit of each colour!

- J.P. Vaswani

## PAUSE AND PONDER

**Rev. Dada J.P. Vaswani**

"Why barter peace for a few pieces of meat?"

Life is like a mirror. What you put into it, comes back to you - perhaps more, never less!

The ancient Rishi of the Ishopanishad sang: "Ishavasyam idam sarvam." "All that is, is the vesture of the Lord!" God comes to us, putting on different vestures. Alas! We slay the Lord. We offer him worship in temples and churches: we chant hymns to His glory. But out in the streets we are cruel to Him. We slay Him and eat His flesh. For we forget that the animal, too, is an image of God!"

# PLANT-BASED RECIPES

Submitted by Asha Advani

## Broccoli Slaw Salad

Ingredients:

- 1 bag broccoli slaw (chopped into small strings)
- ¼ cup moong dal (soaked chickpeas, sprouted optional) - canned
- Optional Chopped Slaw additions: green onion, cucumbers, colored mini peppers, corn, tart apple (Granny Smith) or green mango
- Salt
- Pepper
- Lemon juice

Instructions:

1. Combine chopped broccoli slaw and moong dal in a large bowl.
2. Add your desired chopped slaw additions (green onion, cucumbers, peppers, corn, apple/mango).
3. Season with salt, pepper, and lemon juice to taste.
4. Mix well and enjoy!



**Green Moong Dal (Instant Pot)**

Ingredients:

- 1 cup green split mung dal
- Ginger, chopped
- Garlic, chopped
- 1 medium onion, sliced
- 1 tomato, chopped
- Turmeric powder
- Cumin seeds (whole)
- Red chili powder
- Cilantro leaves, chopped

Instructions:

1. Soak the green mung dal in water for 1 hour.
2. Heat oil in your Instant Pot. Add ginger, garlic, and cook for a minute. Add the sliced onions and cook until translucent.
3. Drain the soaked dal and add it to the Instant Pot. Add water, chopped tomatoes, and turmeric powder. Pressure cook for 10 minutes on high pressure. Let the pressure release naturally for 10 minutes, then release any remaining pressure manually.
4. Using a potato masher or immersion blender, mash the dal to your desired consistency (optional).
5. In a small pan, heat a drizzle of oil. Add cumin seeds and cook until they splutter. Add red chili powder to the pan and cook for a few seconds. Pour the tadka (hot oil mixture) over the dal in the Instant Pot. Add chopped cilantro leaves and cook on low for 2 minutes.
6. Serve hot and enjoy!





<https://tinyurl.com/MeditationForgiveness>

## FORGIVE AND FLOURISH

Forgiveness holds a powerful energy that can help both the forgiver and the forgiven flourish from inside out. When you forgive, your productivity increases, your positive impact on the planet strengthens, you come in tune with your inner-self.


To learn how, take a few minutes and watch the video above.

We are happy to welcome you to join us in celebrating Global Forgiveness Day – August 2nd from wherever you are.


Bloom into a happier, more peaceful YOU! Transform your life with FORGIVENESS!


**JOIN US FOR A MOMENT OF CALM**  
**SADHU VASWANI CENTER ATLANTA**  
**IN GLOBAL MALL**  
**@ 1:30 – 2 PM**  
**RSVP- 404-840-6662**

2<sup>nd</sup>  
AUGUST







**GLOBAL  
FORGIVENESS  
DAY**





*Forgiveness puts an end to the inner struggle that rages in the soul within.*  
**- DADA VASWANI**

  sadhuvaswani  
  themomentofcalm