

## *Time for Healthy Soup*

*On a rainy cold day of late October, we had our women's seminar in Chappaqua NY bundled in sweaters and coats. For lunch we had my healthy butternut squash soup. Several participants asked for the recipe and I shall now provide it for everyone.*

*As WFOHD mentions in our mission statement, we recognize the physical, mental, emotional aspects of our being. In keeping with our philosophy I will provide the complete recipe, not just the physical ingredients.*

*Step one: Have a desire to sustain/attain health and a belief that you can do so.*

*Step two: Develop a specific idea and an organized plan that will help you achieve your desire. (In this case, know the ingredients and procedures for making the soup)*

*Step Three: Have the willingness to make the effort and complete the task.*

*Step Four: Allocate the time to complete the task. (In this case you will need 30 minutes preparation time, 40 – 60 minutes cooking time, another 20- 40 minutes cooling down time, about 10 minutes to puree. The whole process will take at least 2 hours, yet, while the soup is cooking and cooling you can do other things, like read a book or rest.)*

*Step Five: Acquire the ingredients. (In this case you will need:*

*One medium butternut squash whole or precut fresh or frozen*

*Vegetable bouillon (for Vegetarians and Vegans) or Chicken Bouillon*

*Ginger (fresh is best but powdered works)*

*Chinese Five Spice (Clove, cinnamon, ginger, anise)*

*Garlic*

*Sage*

*Rosemary*

*Olive oil*

*Step Six: Take a deep breath. Think of those you are preparing the soup for whether it is for yourself, your family or for friends. Recognize this act of love, care and nurturing. Continue with consciousness of this act as you set a large pot of water to boil (about 6 cups of water or broth) peel and dice the butternut Squash. Also cut 3 or four slices of fresh ginger and slice 7 cloves of garlic.*

*Step Seven: Place bullion cube into boiling water and add the squash. Find gratitude for having the stove that you had and living in an age with the conveniences that our fore mothers could only dream of.*

*Step Eight: While noticing with gratitude the luxuries that you have, sauté the garlic in olive oil with about 2 teaspoons of whole leaf Rosemary (1 1/2 tsp of ground) and remove from heat.*

*Step Nine: Add Chinese Five spice, ginger, and sage to the boiling water. These are the magic healing ingredients, the medicine that nature feely provides us with.*

*Step ten: Let squash boil for 40-60 minutes until soft. Take a nice bath, read a good book or any other quiet non-activity. Meditation is the most concentrated complement to our high stress activity. Then remove from heat and let cool for 20 or more minutes.*

*Step eleven: Put garlic mix together with the other ingredients and puree in a blender or food processor.*

*Step Twelve: Reheat the soup gradually and take in the physical nutrients (high in vitamin A, the spices are warming, garlic has antibiotic qualities, ginger supports digestion). Accept the recognition that you accomplished the task of making this soup. Absorb the joy of the love put into the soup and let an experience of health be present.*