

Cooking is just like life

What drives you to cook determines how fantastic dish you going to prepare (of course if you aren't the complete beginners.)same is with your work and life what drives you to do it is going to determine its quality.

When u cook something special you go through a process you see videos and follow procedures, with all required ingredients you give all your attention to the preparation of dish and you present it to people.....and you wait for applause, just like we take up a project work it from scratch to something and put in everything to please someone or rather for our own sake and we wait for it to be appreciated or rather recognised because that gives us a push to start a new venture otherwise one would have to be a little more positive ,whom am I kidding a lot more on your own.

Life can't be compared to a dish but surely to cooking .A dish is an activity a responsibility you take up and you put in all the ingredients not all at once but at proper time and in sequence you let things mellow down on a low flame when required and roast on high when needed similar demands the life . Sometimes one needs to slow down just to mellow the anger, disappointments to find solutions and sometimes one just toss their world just right, by their sheer spirit .

When oil seems to be separated you know the masala is readywhen u see those bubbles you know it's fermented ,when you see a dough has become fluffy ,you know yeast has worked just fine and it tells us it's time to bake so does life communicate with signs and indications the thing is ,one need to understand them ,grasp them and act accordingly . If your stomach gets upset you know you had wrong meal ,if your mind gets upset you need to figure out why

A chef doesn't look for time one needs to saute , the time one needs to stir, the time one needs to let the flame low and for how long he just look at the food and he knows with experience ,observation and his knack for it. In life every obstacle, unexpected misfortunes going to happen and solutions to them can't always be asked for, one has to figure out how to fix them, we have methods for everything just like we have recipes still someone makes a better dish out of it than rest the question is do you know methods are present since ages implementation is all where one faces the pit fall?

If you cook a horrible dish, do you fail?

No ,you don't unless you skip the step of knowing at which step things went south ,like which ingredient you put in excess or which you put less or did you lost track of time and let it burn straight up or you just had the wrong recipe . Analyse every mistake of yours and learn something out of it. Does this ensure you won't repeat them?

Of course at some point u will just like finest of chef sometimes makes it overcooked ,salty or too spicy ,as we practice distraction more than we do concentration although he will know how to do the damage control just like I add a little salt and sugar if I squeeze extra lime and people apologize when they act out of line.

Well at first even I didn't think all of cooking could be related to all of life but it could - for life is a process and so is cooking and I think we are processes toowe all are here as a result of some process and we are involved in different processes and will lead to different processes what would stay the same are the basic ingredients which give meaning to these processes : devotion for process ,awareness and the art of recognizing the suggestions ,the indications and the real needs life show us. That's why it's said follow your heart because it's most in sync with life, the challenge is to sync your mind with it too and see how life manifests itself through u.