

Thinker's Leaf

An Initiative of Manava Bharati





I loved this analogy.....

You are holding a cup of coffee when someone's comes along and bumps into you making you spill coffee everywhere.....

Why did you spill coffee ☕?

"Because someone bumped into me"

Wrong answer....

You spilled the coffee because there was coffee in your cup...had there been tea.. you would have spilled the tea!!!

Whatever is inside the cup is what will spill out!!!!

Therefore, when life comes along and shakes you (which WILL happen), whatever is inside you will come out. It's easy to fake it, until you get rattled.

So we have to ask ourselves... "what's in my cup?"

When life gets tough, what spills over?

Joy, gratefulness, peace and humility?

Anger, bitterness, harsh words and reactions?

Life provides the cup, YOU choose how to fill it.

Today let's work towards filling our cups with gratitude, forgiveness, joy, words of affirmation; and kindness, gentleness and love for others.

(Shared from a friend whose cup is full of goodness and inspiration.)♥♥♥♥

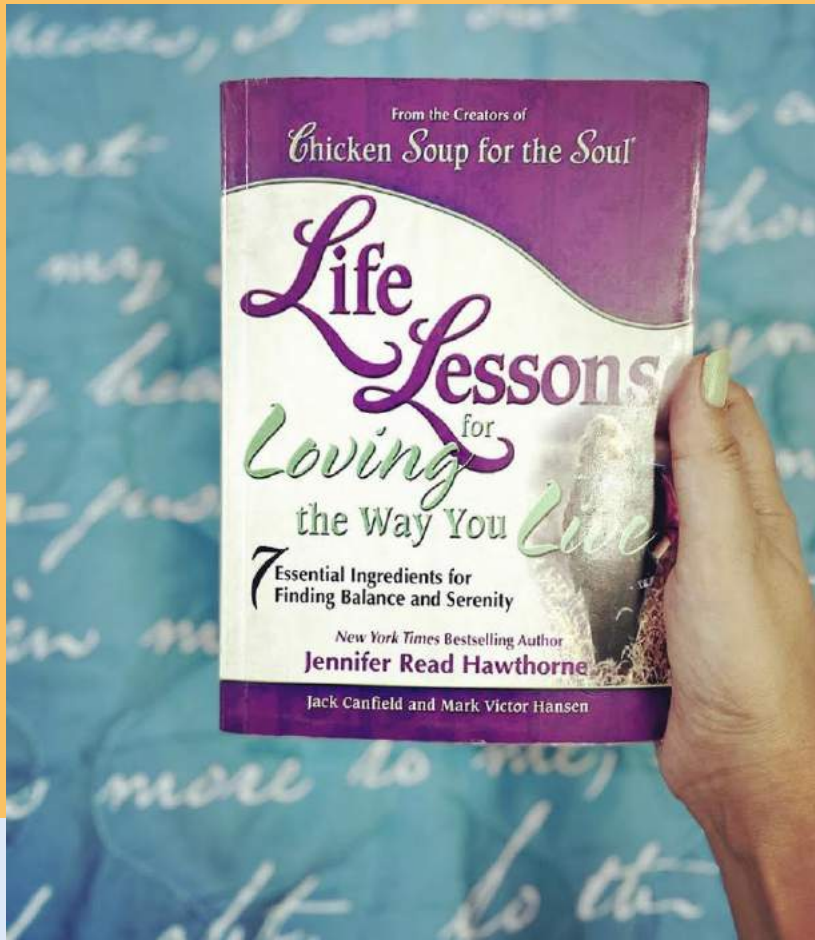
MY TEACHERS MY GUIDE

My teachers are my guide,
Who always remain along my side,
Teachers are the pillars, on whom we lean on,
Whenever difficulties are upon.
They are the one on whom we rely,
Who guide us to touch the sky.
They acknowledge us with moral values,
And fill our hearts with great virtues.
They are our necessities,
Who help us to overcome our difficulties.
A guide like a teacher is must,
Who prevent us from the rust.
Like a gold plate, they dig out our best,
A perfect guide on whom we can trust.

Anjali Negi, 8th B



Book Review



Life Lessons for Loving the Way You Live

- by Jennifer Read Hawthorne

Loving the way we live is the closest thing to happiness. Is it possible to be happy all the time? For most of us, happiness comes and goes. Life will bring pleasure one day and pain the next. But what if you could love your life no matter what the circumstances? It's possible – and Life Lessons for Loving the Way You Live shows you how. In this inspiring yet practical book, the authors share some of their most important lessons to help us adjust our attitudes, feel more balanced and experience the serenity that comes from doing the best – no matter what the outcome. Powerful stories illustrate each lesson, with themes such as:

- * Feeling more at home in the world.
- * Creating happiness from inside out
- * Turning fear into courage
- * Transforming your life through real honesty
- * Letting go of judgements
- * Leading with a heart.

There is the way to love your life - just by the way you live it. With Life Lessons for Loving the Way You Live as your guide, you have a blueprint for being in the world in a new way and experience it in a better way.

Cream Of Broccoli Soup

Ingredients

- 5 tablespoons butter, divided
- 1 onion, chopped
- 1 stalk celery, chopped
- 3 cups chicken broth
- 8 cups broccoli florets
- 3 tablespoons all-purpose flour
- 2 cups milk
- ground black pepper to taste



Process

- Melt 2 tablespoons butter in medium sized stock pot, and saute onion and celery until tender. Add broccoli and broth, cover and simmer for 10 minutes.
- Pour the soup into a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Puree in batches until smooth and pour into a clean pot. Alternately, you can use a stick blender and puree the soup right in the cooking pot.
- In small saucepan, over medium-heat melt 3 tablespoons butter, stir in flour and add milk. Stir until thick and bubbly, and add to soup. Season with pepper and serve.

Vekh Fareeda Mitti khulli

Vekh Fareeda Mitti khulli
Mitti Uttay Mitti Dulli
Mitti Hassay, Mitti Rovay
Anatt Mitti da Mitti Hovay.
Naan kar Bandiya Meri Meri
Naan ay teri naan ay Meri.
Chaar Dinan da Mela Dunya
Phir Mitti di ban gai Dheri
Na kar ithay hera pheri,
Mitti naal na dhoka ker tu
Too V miti, Zaat v mitti
Zaat paat di gal na kar tu,
Zaat sirf Khuda di Uchi
Baqi sb kuch mitti, mitti...



About Bulleh Shah

Syed Abdullah Shah Qadri or Syed Abdullah Shah Gilani, known as Bulleh Shah, was a Punjabi philosopher and Sufi poet during 17th-century Punjab. His first spiritual teacher was Shah Inayat Qadiri, a Sufi murshid of Lahore. He was a mystic poet and is universally regarded as "The father of Punjabi enlightenment".

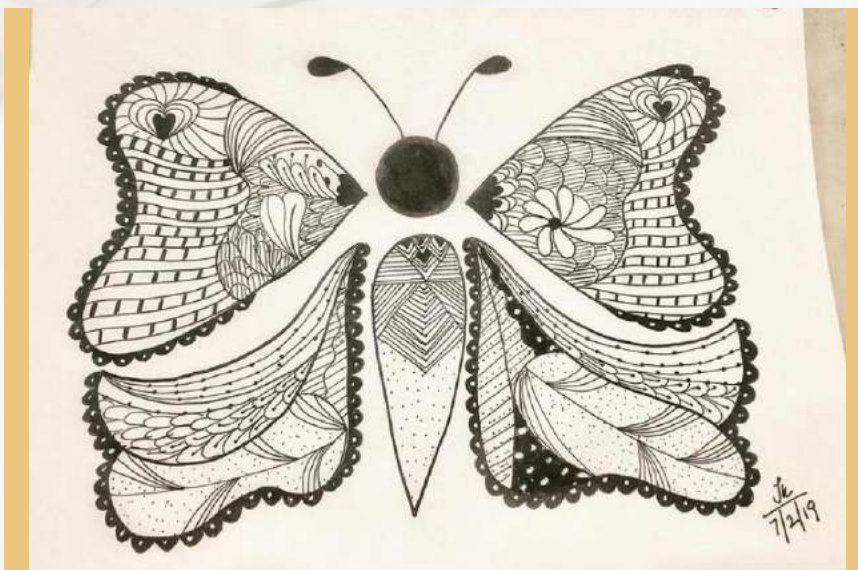
Born: 1680, Uch Sharif, Pakistan

Died: 1757, Kasur, Pakistan

Full name: Syed Abdullah Shah Qadri

Literary works: Mera Piya Ghar Aaya; Parts of Dama Dam Mast Qalandar

Parents: Shah Muhammad Darwaish, Fatima Bibi



By: Jasleen Kaur

Mythological Fact

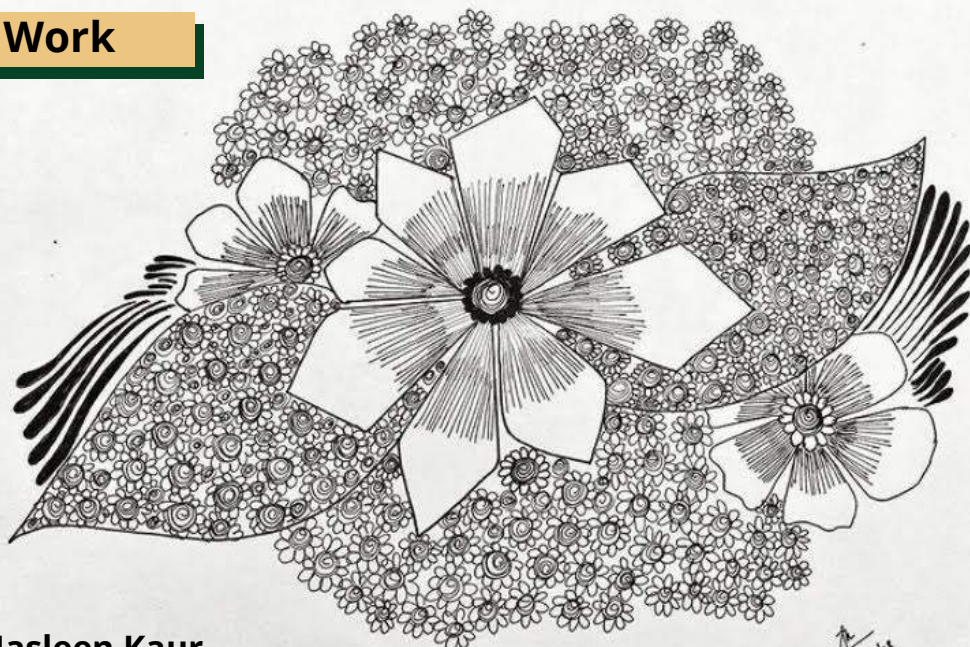
Deh siva bar mohe eh-hey subh
karman te kabhu na taro ॥
Na daro arr seo jab jaye laro
nischey kar apni jit karo ॥
Arr Sikh ho apne he mann ko, eh
laalach hou gun tau ucharo ॥
Jab aav ki audh nidan bane att he
rann me tabh joojh maro ॥231॥

देह शिवा बर मोहे ईहे, शुभ कर्मन ते कभुं न टरूं ॥
न डरौं अरि सौं जब जाय लड़ौं, निश्चय कर अपनी
जीत करौं ॥
अरु सिख हों आपने ही मन कौ इह लालच हउ गुन
तउ उचरौं ॥
जब आव की अउध निदान बनै अति ही रन मै तब
जूझ मरौं ॥२३१॥

Translation: Dear God, grant my request so that I may never deviate from doing good deeds. That, I shall have no fear of the enemy when I go into battle and with determination I will be victorious. That, I may teach my mind to only sing your praises. And when the time comes, I should die fighting heroically on the field of battle | |231| | ~ Sri Guru Gobind Singh Ji



Floral Art Work



By: Jasleen Kaur

Facts About India

No matter how much you learn about India, you can't know enough. The country's diversity has tons of incredible but true facts waiting to be revealed. Here are 12 surprising facts about India that will make you fall in love with the country



India introduced shampoo to the world

Among many facts about India, this one is the biggest source of amazement. The first ever shampoo was used by locals in India. Dried Indian gooseberry mixed with many other herbs was used to wash hair, a recipe that is still used in the country today. The word 'shampoo' is derived from the Hindi word, champo.

The earliest diamond in the world was mined in India



It is believed that the first ever diamond recognized and mined was found in India among huge alluvial deposits of the stone on the bank of rivers Krishna and Godavari. Some of the world's biggest diamonds, today, were also found in India.

The highest cricket ground can be found here

Another shocking fact about India is that the Chail Cricket Ground in Chail, Himachal Pradesh is the highest cricket ground in the world. It is part of the famous Chail Military School built in the 19th century and sits at an altitude of 2,444 metres.

India took part in the discovery of water on the moon



This fact is recalled with a sense of pride by Indians. For the first time ever, India discovered that there is water on the moon. The Indian Space Research Organisation's lunar probe, Chandrayaan-1 detected water using a Moon Mineralogy Mapper.

The first ever rocket launched from India

The first ever rocket launched from India was so light and small that it was transported on a bicycle to the Thumba Launching Station in Thiruvananthapuram, Kerala.



The woman nicknamed 'the human calculator' is from India

Shakuntala Devi from Bengaluru city in India earned a mention in the 1982 Guinness Book of World Records when she multiplied two, thirteen digit numbers and gave the correct answer in 28 seconds. The genius mental calculator was aptly nicknamed, 'the human calculator'.



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