

## #PARENTING

### The Best Way to Get Your Kids to Actually Listen

Turn your parenting "commands" into these more effective declarative statements.

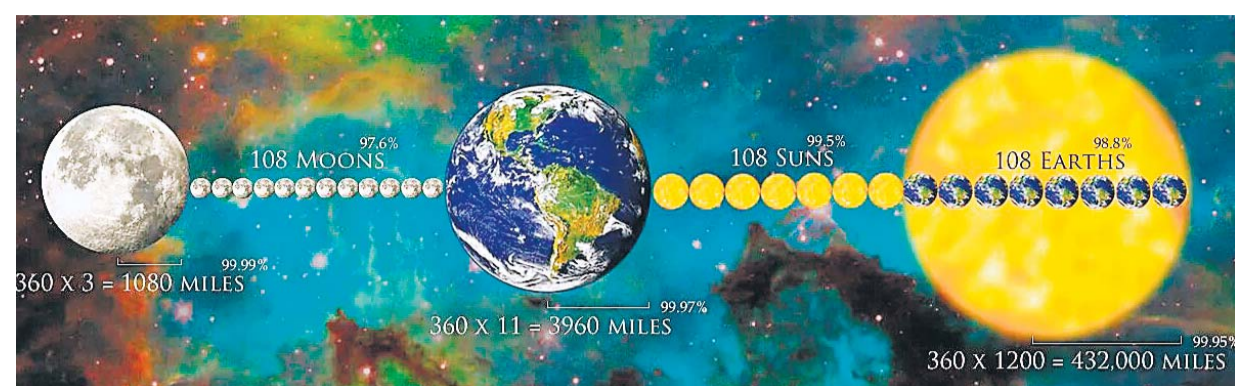


All the different parenting schools of thought (gentle parenting, attachment, etc.) tackle the age-old dilemma of how to get your kids to listen and follow your directions. Turns out, a simple language adjustment might be the key you need to turn a kid who defies into a kid who complies. Declarative language—using statements of fact instead of commands—can be the game changer you need to get out the door, get the homework done, and make your home more peaceful.

#### Declarative, not command

We spend our lives as parents being the boss of our kids, telling them where to go, what to do, and when to do it. This type of communication "does not foster relationship development," says Linda K. Murphy, author of *Declarative Language Handbook: Using a Thoughtful Language Style to Help Kids With Social Learning Challenges Feel Competent, Connected, and Understood* and *Declarative Language Handbook: Using a Thoughtful Language Style to Help Kids With Social Learning Challenges Feel Competent, Connected, and Understood*. However, she says, "Declarative language shares information without placing demands. It may share information related to an observation, a memory, a plan, an idea, a feeling, or an opinion."

- Observation: The dog looks hungry. (Instead of, "Feed the dog.")
- Memory: I remember that you had a math test today. I'd love to hear how it went. (Instead of, "Tell me about your test.")
- Plan: It's time to leave for school. (Instead of, "Get in the car" or "Go to the bus stop.")
- Idea: I think it would be fun to go to ride bikes



# 108

## The Universe And Us

Numbers can be seen as messengers. When the number 108 appears in our life it may mean that we are about to attain a long-desired goal or achievement. The number 108 consists of the individual numbers 1, 0 and 8. The number 1 represents authority and leadership. It also represents new beginnings, taking initiative, and embarking on a new path of progress. The number 0 is a mysterious one in that it represents both nothingness and eternity, but when combined with other numbers it will amplify the vibrational influence of the other numbers. The number 8 is related to power and influence, abundance and achievement and the power to manifest desired outcomes. When this vibration becomes dominant in our lives we can expect to wield a great amount of influence in the chosen area of interest or in our professional lives.



During a puja, have you ever chanted a mantra for ten minutes or 25 times? Probably not! You may recall being told to recite it 108 times.

Many Hindus have some form of 108 in their passwords, in their mobile numbers and license plates. Companies have made great marketing plans and logos with 108.

But why is 108 viewed as holy? The answer, just like every other answer you will get from your parents, is that it lies in math and science. Vedic sages, pre-dating modern mathematical formulas, had it all figured out! According to Vedic cosmology, 108 is the basis of creation, represents the universe and all our existence.

In Hinduism, we believe that our outer cosmology should mirror our inner spirituality because our ultimate realization is that we are one and the same. It is said that the number 108 units represent the distance between our body and the God within us. According to Ayurveda, we have 108 marma points (vital points of life forces) in our body.

So, this is why all mantras are chanted 108 times because each chant represents a journey from our material self towards our highest spiritual self. Each chant is believed to bring you 1 unit closer to god within. 108 has significance in meditation as well. There are said to be 108 styles of meditation. In pranayama, the yogic practice of regulating breath, it is believed that if an individual can be so calm as to only breathe 108 times in one day, enlightenment will be achieved. Furthermore, an average person is said to breathe 21,600 times in a 24-hour period. Half, 10,800, are solar energy (breaths during day), and the other half is lunar energy (breaths during night).

100 multiplied with 108 equals 10,800. Also, in Kriya yoga, the maximum number of repetitions per session is said to be 108.



Hindus also believe our body contains seven chakras, starting at the top of the head and ending at the base of the spine. Each chakra is said to be an energy centre within our body. The heart chakra, located at the exact centre of the chest, is associated with transformation and love energy.

### Spiritual Practice and 108

A principle teaching in Hindu philosophy is that spirit is the driving force behind all of creation. Everyone and everything is united by a shared divinity. Remaining informed of this principle, spiritual practitioners look upon all with equal vision, endeavouring to cultivate a consciousness of love and service. Hindu scriptures strive to remind people of this divine commonality by continuously highlighting the innumerable threads connecting everything in existence. One of these threads is the number 108. The primary purpose of true spiritual meditation is to bring one's consciousness to unwavering remembrance of the Absolute. It's about turning one's focus towards spiritual reality. Because there are many different types of meditations, and because many of them have some connection with 108, this simple number acts as a pivotal gateway to the various processes by which people can remember the Absolute. As a song has the ability to remind people of all the memories associated with it, becoming cognizant of 108 while performing one spiritual practice can remind people of the profound experiences they had while performing other spiritual practices. In this way, every type of meditation becomes connected and acts in unison in uplifting a person towards transcendental liberation.

Also, there are 108 Upanishads, the sacred texts of wisdom from ancient sages. Additionally, in the Sanskrit alphabet, there are 54 letters. Each letter has a feminine, or Shakti, and masculine, or Shiva, quality. 54 multiplied by 2 equals 108.

### BABY BLUES



### Back To The Future Day

Back to the Future was a sensation, and there isn't a person alive who has seen this movie that hasn't avidly awaited the arrival of our hoverboards and time machines. Back to Future Day celebrates the day that the DeLorean arrived in the future, October 21, 2015, at 4:29pm. The movie recounts the adventures of Marty McFly, having used Doc Brown's specially modified DeLorean to travel back into his past. He was just escaping the Lybians, but it led him on a series of crazy events in the distant past.

### Divine Personalities and 108

Hearing and learning about divine personalities, like Lord Krishna who is closely associated to 108, is a powerful form of meditation. Devotees who follow the path of bhakti, or devotion, worship Krishna, who spoke the Bhagavad Gita to Arjuna prior to the Kurukshetra war. Before moving to the city to become a great king and adviser, Krishna grew up in the village of Vrindavan as a cowherd boy. While each form of his is considered eternal and glorifiable, devotees see Krishna's appearance as a cowherd boy to be especially worshipable.

Though kings may be beloved by the public for properly looking after the welfare of a country, the public could never really know and love the king for who he truly is. But kings were once boys, who probably grew up in their respective hometowns, in which they were looked after by parents, had fun with friends, and experienced romantic exchanges with girlfriends. Vrindavan is Krishna's hometown, and it is the place where it is said he can truly be himself. He is a simple cowherd boy who herds his cows, plays his flute, jokes around with his friends, and falls in love with his girlfriends, the gopis. According to scripture, the entire village is sincerely devoted to Krishna, who feels forever indebted to them for this devotion. The love the gopis bear for Krishna is foremost, and of them, there are 108 who stand out as most prominent.

### The unity and wholeness of existence

According to the mathematician Leonardo Fibonacci, who was born around A.D. 1170 and after whom the Fibonacci sequence is (nick) named, it is believed that the number 108 has a way of representing the wholeness of existence. The Fibonacci sequence is also related to the golden ratio. The spiral arrangement of leaves or petals on some plants follows the golden ratio. Pinecones exhibit a golden



In Buddhism there are said to be 108 Earthly desires, 108 lies, and 108 delusions of the mind.

## #TRIED & TASTED

### International Day of the Nachos

A crunchy, cheesy snack that's perfect for sharing with friends and family, whether you're watching the big game or having a movie night!



The Cheesy Loaded Veggie Nachos Recipes is an all-time favourite Mexican snack, the corn chips are topped with spicy rajma, tomato salsa and cheese. It makes a great party appetizer and a perfect food for large crowd.

#### Ingredients

- For the Cheese Sauce**
  - 1 tablespoon Butter (Salted)
  - 1 tablespoon All Purpose Flour (Maida)
  - 1/2 cup Milk
  - Salt, to taste
  - 3 tablespoons Britannia Cheese Spread - Mexican Chilli
- For The Fresh Tomato Salsa**
  - 1 Green Chilli, finely chopped
  - 1/4 teaspoon Cumin powder (Jeera)
  - 1/4 teaspoon Red Chilli powder
  - 1 teaspoon Sugar
  - 1 tablespoon Tabasco Original - Hot Sauce
  - 1 Lemon, juiced
  - Coriander (Dhania) Leaves, small bunch, finely chopped
  - Salt, to taste
- For the Spicy Beans**
  - 1 teaspoon Oil
  - 4 cloves Garlic, finely chopped
  - 1 Onion, finely chopped
  - 1 cup Rajma (Large Kidney Beans), cooked
  - 1/4 cup Homemade tomato puree
  - 1 tablespoon Tabasco Original - Hot Sauce
  - 1 teaspoon Cumin powder (Jeera)
  - 1/4 teaspoon Turmeric powder (Haldi)
  - Salt, to taste

- Once the sauce has thickened add the Britannia Mexican Chilli Cheese Spread. Stir well until the cheese melts and the sauce thickens a little more. Turn off the heat, transfer the cheese sauce into a bowl and keep aside.
- Into a mixing bowl add the tomatoes, onions, green chilli, cumin powder, chilli powder, sugar, tabasco sauce, lemon juice, coriander leaves and salt to taste. Stir well to combine and keep aside.
- Into a preheated pan add oil, garlic and onions and saute until the onions soften and turn golden brown in colour.
- Once done add the cooked rajma bean, tomato puree, cumin powder, turmeric powder and salt to taste. Stir well to combine and cook till the ingredients come together for about 3 to 4 minutes.

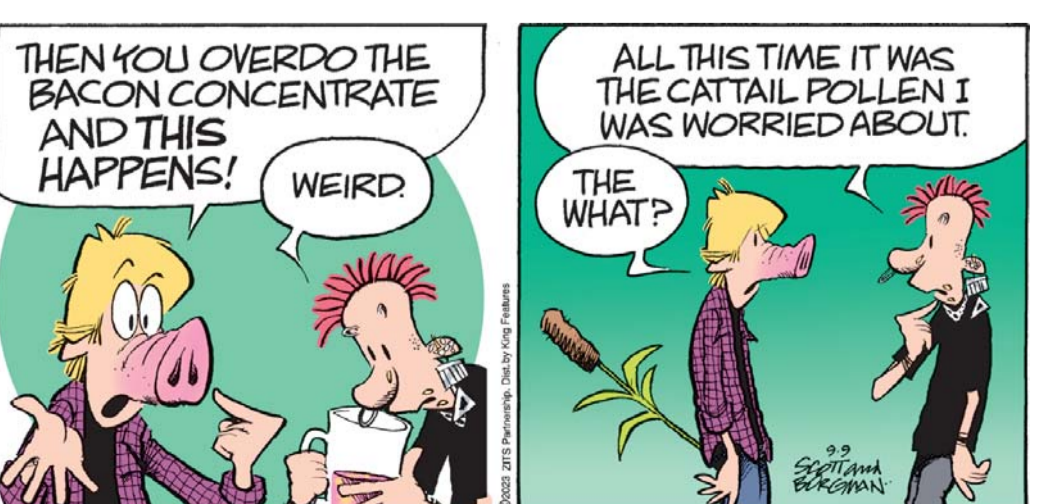
- To make the Fresh Tomato Salsa**
  - Spread the Nachos/tortilla Chips on a flat baking platter. Spoon and spread the spicy beans on the chips. Sprinkle the black olives over.
  - Next sprinkle the jalapenos over the Nachos and spoon a few tablespoons of the tomato salsa around.
  - Once done drizzle the cheese sauce over the Nachos.
  - If you like you can repeat another layer of chips, beans, salsa and creamy cheese sauce.
  - Finally sprinkle the grated Britannia Cheese Block over everything and place the platter in a preheated oven at 180 C.
  - Bake the Loaded Veggie Nachos for approximately 10 to 15 minutes or until the cheese melts.

- Other Ingredients**
  - Nachos, 1 standard size pack
  - 1/4 cup Black olives, sliced
  - 1/4 cup Pickled Jalapenos
  - 200 grams Britannia Cheese Block, grated
- Preparation**
  - To begin making the Cheesy Loaded Veggie Nachos Recipes, first make the cheese sauce.
  - To make the cheese sauce
    - Into a preheated saucepan add butter, flour, milk and salt to taste. Stir well to combine until the sauce thickens.

### ZITS



### THE WALL



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