

## CREAMY COURGETTE LASGNA:

- 9 dried lasgna sheets
- 1 tbsp sunflower oil (or oil of your choice)
- 1 onion finely chopped
- 700g courgettes (about 6, any colour or type), coarsely grated
- 2 garlic cloves, crushed
- 250g tub ricotta cheese
- 50g grated cheddar cheese
- 350g jar tomato sauce for pasta (or home made if you prefer)



### Method:

1. Heat oven to 220C,/fan 200C/gas 7. Put a large pan of water on to boil, then cook the lasgna sheets for about 5 minutes until softened, but not cooked through. Rinse in cold water. Then drizzle with a little oil to stop them sticking together.
2. Meanwhile, heat the oil in a large frying pan, then fry the onion. After 3 minutes, add the courgettes and garlic and continue to fry until the courgette has softened. Stir in 2/3 spoons of both the ricotta and grated cheese, then season to taste. Heat the tomato sauce in a pan until hot.
3. In a large baking dish, layer up the lasgna, starting with half the courgette mix, then pasta, then tomato sauce. Repeat and finish by topping with blobs of the remaining ricotta and scatter with the rest of the grated cheddar cheese. Bake on the top shelf of the oven for about 10 minutes until the pasta is tender and the cheese is golden.

4. Serve with a lovely salad of your choice.



Recipe adapted from Good Food Magazine, (September 2007)

P.S. Courgettes (and aubergines) also make a fantastic base for soups. Fry with onion and liquidise, then add you favourite ingredients and a good stock.

**Ancestral Patterning:** occurs in family groups as well as individuals; it enables us to recognise each other as well as the many species that inhabit the planet. It is believed that differences in species arise from a process of natural selection. The yogi believes that natural selection is initially a divine and conscious process in an expanding and evolving universe. Inertia enables the intuitive and conscious life forms to continue in what is a mutually co-operative process.

Humans are unique as they combine the qualities of both devil and angel, as they can choose to divide, conquer and destroy, or work for the mutual benefit of every living thing. Of all the creatures on the planet, humans have the power to be reflective and think about their actions. They can assess what is profitable, and if necessary change direction. The yogi stands apart from the rest of mankind and takes their meditations to a different level, by working to evolve to the level of cosmic consciousness, so that their actions and *raison d'être* (reason for being), is for the good of not only themselves, but for every living thing.

Inertia, in the form of repetitive behaviours, can be useful if it ensures the survival and well being of the family group, but not so good when it is blind and reactionary, with self-interest as the only aim. The yoga student will soon recognise the battle that lies within, between that which is essential for the survival and that which is simply defending self image, or established centres defending their own interest, rather than the body as a whole.

The yoga student is fortunate if guided by an enlightened teacher, who will work not only to improve health, but to unify Mind, Feeling and Will so as to gain inner clarity. The modern yoga class tends to focus on physical well being and external attributes, while the traditional has a wider and more spiritual vision. The former inclined to be guided by external five sense organ data and the latter more intuitive and spiritually perceptive, seeking union and co-operation with the Divine intelligence that has initiated life.

Consciousness is not an attribute of what appears to be the mechanical complexity of life but is the first mover and initiator of life. To make decisions based only on ancestral impulses and information from the five senses, is to gradually move further and further away from the worlds of spirit. To develop the intuitive faculty and make consciousness your guide, will improve the quality of your life and the world in which you live.

Integral Yoga, which includes asana, meditation and introspective breathing, are all part of the means by which the yogi transforms the body he has inherited. All work done is also on behalf of the ancestors, as you are the leading edge of all their previous endeavours as they ascend with you towards eternal life.

All living forms, and this includes the apparently inanimate are not chance manifestations of a blind universe but intelligence or consciousness crystallising from out of subtle levels of reality and Indian Philosophy refers to the subtle essence of things in terms of the '*Tattvas*'. These subtle aspects of reality are expressed in one system in thinking in terms of the earth, water, fire, air and ether and as we read in the *Yogatattwa Upanishad*:

- from the feet to the knees is the region of the Earth,
- from the knees to the anus is the region of Water,
- from the anus to the region of the heart is Fire,
- from the heart to the middle of the eyebrows is the region of air,
- from the eyebrows to the top of the head is the region of Ether '*Akasha*'.

These elemental divisions of the body are part of an early complex system of meditation, enriched with the symbols prevalent at that time, which can still be used in a simpler form to integrate and refine latent levels of body consciousness. Start by meditating on the region of Earth, from the feet to the knees, intoning the mantra 'LAM', imagine golden sunlight enriching and purifying your Earth nature, gradually extend this refining upwards and outwards throughout your body. Next meditate on the element Water, from the knees to the anus, intoning the mantra 'VAM', imagine that the light of love as a purifying vitality, removing all negativity and all sins, then radiates upwards and outwards through the body. Next meditate on the region of Fire, intoning the mantra 'RAM' from the anus to the heart, feel that the spirit of energising Fire is warming and refining your entire body, before reaching upward and outward as the spirit of Fire. Next meditate on the region of Air, from the heart to the middle of the eyebrows, intoning the mantra 'YAM'. Let the spirit of Air, like the pure Air of the mountain tops, refreshingly clear, purify the mind of the heart; when you speak, 'let' the Truth that is in your heart speak. From the eyebrows to the top of the head is the region of Ether; intoning the mantra 'HAM', transcend all differences ... finally 'Let Go and Let God.

By practising these five meditations it is said, the proficient Yogi overcomes death.

Gordon Smith (Founder Member).