

Editor Voice - The Law of Karma

The law of karma has traditionally been viewed as the law of reward and punishment. It is based on retributive justice, the principle of an eye for an eye, a tooth for a tooth. It is a very effective tool to keep people from going astray, from breaking the law, and from performing immoral and unethical acts. This law proclaims that those who do good deeds will be rewarded by life and those who do bad deeds will be punished by life. But then who is to decide the quantum and type of punishment or reward and what are the yardsticks? For this we need to have an agency that is omniscient. So we created a supernatural one. This supernatural being is supposed to know exactly the quantum of punishment for bad deeds and how much of reward for good deeds and the yardsticks to use.



For those people who cannot keep their lower impulses in check this is indeed an effectual law. Like human laws it works on the fear principle. But if you are a person who operates from higher values and principles then you do not need such a law to keep you in check. You will not be unethical because you will be punished, but because you realize that is not the right thing to do. You will not steal because you will be put in jail, but because stealing goes against your sense of values. You will not cheat your friend because you will be cheated in turn by life in the future, but because cheating is not your way of life. You will not slaughter an animal as in all the fairness it required freedom to be alive, and not because you will be born as an animal in your next life and will meet the same ghastly end.

Instead life has been designed in such a manner that any transgression on our part automatically triggers guilt. You cannot prevent guilt from arising. It is this negative energy charges that attracts negative situations in our lives, which we call punishment. Similarly when we do good deeds the positive energies attract positive situations, which we call rewards. But what normally happens is that this guilt is rationalized, suppressed and pushed into the unconscious. The first time that we slaughter an animal will be difficult, as conscience will speak up, and our sleep will be disturbed that night. After a few more indiscreet acts, conscience seems to keep quiet. Guilt has now gone underground and we don't feel it consciously. But guilt is not something we can get rid of by suppressing it. It is a potent negative force that can cause silent damage. It is our most powerful enemy within. It can fester inside us for a lifetime. Guilt never dies. It is a time bomb that is waiting to explode. See about the destruction of human life, the number of clinics and hospitals that have mushroomed. Think again, we don't have to make too many changes in our life; just some incremental changes are required to follow the vegan lifestyle that will do our consciousness good. Go Vegan. We have no right or need to use animals for food, wear and experimentation.

Vegan Potluck - March 30th Saturday at 2.30pm to 5.30pm

We will be meeting at 2:30pm at Rani Park (lawn across the road from the Chinnaswamy Cricket Stadium, behind the Victoria statue, near the MG Road/Kasturba Road junction) and have the picnic spread there.



Recipe of the Month - Carrot Fry

This is a basic carrot fry recipe and you can play around with whatever ingredients you have on hand. I used toasted sesame seeds and coriander powder as the main spices which made for a good combination of flavors. You can add a dash of cumin powder and dry fenugreek leaves (methi) for a flavor variation. I would suggest using curry leaves during the tempering process as they lend a unique aroma to the carrot fry.

Prep time: 10 min

Cook time: 35 min

Yield: 4

Main Ingredients: carrot

Ingredients

Carrots - 2, large, peeled and cut into small pieces

Asafoetida - pinch (optional)

Green chilies - 2 or 3, slit length wise

Ginger - 1/2", grated

Curry leaves - 1 sprig

Coriander powder - 1 1/2 tsp

Toasted sesame seeds - 2 tbsps, lightly crushed

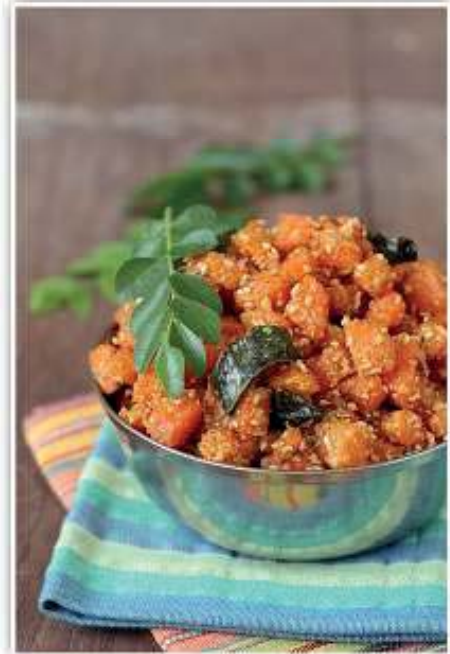
Red chili flakes - 1/2 tsp

Salt to taste

Oil - 1 tbsp

Method

1. Heat oil in a cooking vessel. Once hot, add the curry leaves, green chilies, asafoetida and ginger and saute for 5 to 6 seconds. Add the chopped carrots and mix.
2. Cook without lid on medium flame for 4 to 5 mts, mixing the contents once in a while. Reduce flame, add salt and cook till the carrots are soft, approx 25 mts.
3. Remove lid, add the coriander powder and mix. Cook for 2 to 3 mts. Add the crushed toasted sesame seeds and crushed red chili flakes and mix.
4. Turn off flame and remove into a serving bowl. Serve warm with rice or rotis.



ARF Wild life

ARF in collaboration with various stakeholders is undertaking diversified sensitization programs tailored to reach and sensitize all age groups. As a part of this initiative ARF Bangalore is undertaking ARF wild expedition program, the program aims to deliver practical knowledge about ecology and environment besides recreation. This "learn when you run- expedition program" will be held deep into forest for three days. Food, accommodation, security and other facilities are made available to the participants.

Interested participants are requested to enroll before 31st of March 2013, following are contacts for further information

HR manager and Project executive

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"Carrots, The Healthy Kitchen & Store"



"Carrots, The Healthy Kitchen & Store" is the first 100% vegan restaurant and store in Bengaluru. Carrots also focuses a lot on health and environment. "For Better Health, For Better Tomorrow" is our vision and guiding principle. We wish and strive for better tomorrow for all - for environment, for animals, and for us human beings. Being Creative-Conscious-Vegan is our mantra during everyday work and while coming up with long term plans. We believe in and promote Fair Trade & Organic Farming.

Our food is inspired from cuisines all over the world. We use mostly organic ingredients, focus on zero frying in oil, provide several raw and semi-raw options as well. We are sensitive to special dietary needs due to food allergies (ex: lactose, gluten) and diseases (ex: diabetes, hypertension). We have several dairy alternatives-vegan curd, buttermilk, cheese, lassi etc. We offer a variety of healthy beverages: organic coffees and teas, fresh juices and smoothies, nut milkshakes. Our unique and guilt free desserts (ex: non-baked cashew/sesame butter cakes) are highly nutritious and customers find the taste to be amazing too. Yes, we have ice creams too! While focusing on vegan and healthy food, we do not compromise on taste. We are confident that when you experience, you will agree with us. We are soon planning to start healthy lunch/dinner/brunch buffet also.



We have environment friendly interiors, and wi-fi enabled too, overall a homely comfortable atmosphere. We also have an integrated store where we sell various organic-vegan food and non-food items; at present we have products from brands such as Arya Organics, Organic Lifestyle and Navadarshanam. In coming days we are also going to host various events related to health, environment, animals and more.

Our team is not entirely vegan, but everyone is working under proper guidance and supervision, and they are doing a fantastic job. Also, we can see that they are slowly and steadily getting inspired by the concept and the food. Our goal is to make this vegan business a sustainable and attractive one so that people look forward to work in such successful and positive places.

Facebook Page: www.facebook.com/CarrotsTheHealthyKitchenAndStore

Website: <http://carrots-india.com/>

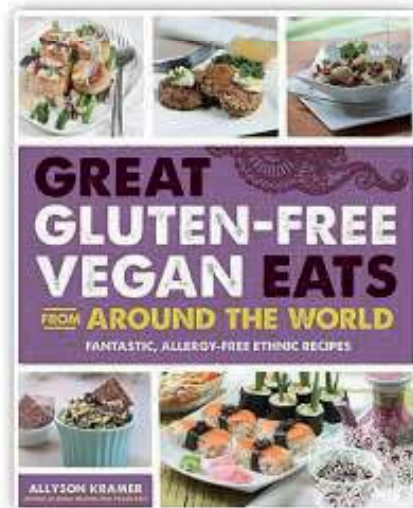
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Great Gluten-Free Vegan Eats From Around the World

Great Gluten-Free Vegan Eats From Around the World is a cookbook for the home chef who likes to explore a world of cuisines, regardless of allergies or dietary restrictions. Step inside and travel the globe while still adhering to your plant-based, gluten-free diet with ethnic entrees you may have thought were off-limits, but are actually even better re-imagined! From European classics like Fig Pastries with Clotted Cream and English Cottage Pie to Caribbean specialties like Jamaican Jerk Tofu and Plantain and Potato Soup, you'll dine on delicious dishes from all around the globe, while still pleasing every palate at your table.

Author Allyson Kramer, founder of the popular g-free vegan blog Manifest Vegan (<http://www.manifestvegan.com>), will walk you through each and every recipe—most of which include a photo—showing you exactly how to create gourmet meals that are impressive enough for even the most seasoned foodie. From tempting appetizers, to hearty mains, to luscious desserts, you'll find more than 100 globally-inspired recipes that prove eating vegan and gluten-free doesn't have to be a sacrifice, but rather an international delight!



Volunteers Required



ARF wants fridge in working condition and Chairs Kindly donate, if possible



Heart-felt Gratitude for your donations

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Animal Rights Fund

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