



## Living God-Consciousness – 30-Day+ Transformative Experience

### Kitchen Consciousness

#### General Points

- Keep walls and counters free from clutter. Only have on your counter what you really need on a daily basis. Doing so brings a calmer atmosphere to the kitchen.
- Put whatever you don't need daily into drawers and cupboards.
- Add some beauty, e.g. an inspirational object, a plant or fresh herbs in a nice pot.
- Sponges: We use sponges of the same color in all our community houses, which makes things easy when visiting each other.
  - By the sink have 2 non-scratch scrub sponges:
    - Blue for surfaces
    - Pink for dishes
  - Under the sink:
    - Yellow/green scrub sponge ("heavy duty") for floors or deep cleaning
- Organize the drawers and cupboards. Use dividers or containers to keep items orderly. Shelf paper helps to keep the surfaces clean.
- Uniformly-colored dishes and Tupperware help make things calm, versus having dishes that don't match.
- Under the kitchen sink keep a First Aid Kit and some basic cleaning supplies. Keep these items orderly.
- Have a fire extinguisher easily accessible.
- Have separate bins for trash and recycling. Kalindi teaches us to double-bag the liners for two reasons: 1) so the contents don't spill and mess up the trash bins, and 2) out of care for the trash collectors.
- Kalindi said: "There does not need to be, in a house with 7 people, a refrigerator with 4 different kinds of pickles, 3 different kinds of mustard, 5 different kinds of ketchup and

one of them is a New Age ketchup, etc. No, the world is starving. Start to think like that.”

- Come back to basics. Kalindi used this opportunity to help us become aware of how often we've thought we had to chase after every new product that comes on the market. This belief can become a trap – thinking we have to go after the “latest, greatest” novelty. It's unnecessary and hooks us to the material world.

### **Pantry - Storing Products**

- Group similar items together.
- Display similar products consciously; lined up neatly; labels facing forward so they can be read easily; taller items behind smaller ones, so you can see things easily. Newer items go behind older items due to expiration dates.
- Label shelves by food categories so everything can go back to the same place and you easily see when you are running out of something (especially helpful if you live with others).
- You can put packaged dry foods into other containers that fit your cabinets and look uniform and beautiful. For consistency and a calmer feel, you could use identical plastic containers for different nuts, grains, dried fruit, etc.
- Don't overstuff the shelves – be able to see what you have. If your kitchen pantry is small, see if you can have a secondary storage space in a dry area where you can store extra items. Kalindi always wanted us to have enough main staples for emergencies, and so we don't have to rush out to go shopping for something if we run out. This way you can plan to do your shopping maybe once a week, which saves time.

### **The Refrigerator**

#### **Remember some general points:**

- Kalindi said: “The refrigerators should be opened and it should be such a pleasure to open. Everything lined up nicely.”
- Have what you need, not more, not less. No wastefulness, no deprivation.
- Remember to be simple. Watch for preferences. How many types of mustard do you really need?
- Be efficient and organized. Have a place for everything so you can find things easily, and so items don't rot away in some corner that you never reach.

#### **Practical Steps:**

- Take everything out of the refrigerator.

- Clean the refrigerator. If you take out the shelves and drawers to clean them, take a picture beforehand so you know where to put them back.
- Find the right place for everything. Make good use of the space and arrange items in a well-organized way. Put similar things together. Everything has its place, and it is worth taking your time to put things together beautifully – like a puzzle.
- Clean each item before putting it back. Care for each item and for the next person who picks it up.
- Check if anything is outdated, and if it is, throw it out. If you have doubles of the same item, try to consolidate them to save space.
- Label the shelves and drawers according to food groups so you can keep the refrigerator in good order. This is especially helpful if you live with others, but also helps keep you calm and feeling beauty if you live on your own. Designate shelf space for condiments, spreads, drinks, cheeses, meats. Have a salad drawer and veggie drawer. Group eggs and dairy, and have a shelf for cooked foods, leftovers, etc.
- Label cooked food and leftovers with the date and contents, to prevent eating spoiled foods. Find food storage containers that you like and are uniform in the sizes you need, so you can keep things neat.
- You can use additional labeled storage containers to group similar items, for example for cheeses or meats.

### **Labeling:**

- Using labels helps to make things calmer, more consciousness and organized. It also allows your guests to find things more easily.
- Labeling some of the insides of cabinets or shelves, according to similar items, really helps to keep things in order and helps people return items to their designated places.
- For prepared foods or leftovers, label the container with the contents and the date prepared, before putting it away. For example: “Baked Chicken – 6/2”. Also label the date when a jar or container was opened. If you transfer meat or cheese to a plastic baggie, be sure to write the original "purchase by" date on the baggie.
- Here are two ways you can label:
  - Label Maker: In making your home more organized it is practical to have a label maker. Use ½ inch white tape with black ink and stay consistent with the size and font.
  - Reusable tape: You can use plain label tape or a product called, “Label Once” from the Container Store on your Tupperware. Write on the label tape with a black Sharpie and erase it with a white eraser next time you use it.

### **“Kitchen Sparkle”**

- At the end of each night, leave your kitchen clean and orderly. Give it ‘sparkle’.