

Cooking for the Love of the World

Have you ever felt a longing to know and understand more intimately who you are, what life is and if it has a purpose? These questions were in my heart as a young woman and led me on a journey that became this book.

In my twenties I quit my jobs as system analyst at IBM and teacher at the College of Computer Science in Copenhagen. Instead I became a world traveler searching for the answers to my questions. I studied macrobiotic, oriental medicine, eastern philosophy, Weston Price etc. and eventually were led to Anthroposophy and Waldorf and class teaching.

I observed through the years how our world view over time had become more and more materialistic. We have been taught, through centuries, to view the world, nature and the human being as material facts. Every cook book treats nutrition as material substances such as proteins, fats, minerals, carbohydrates etc. This was for me a very limited and narrow view of our lovely meal in front of us.

The book that I wrote, *Cooking for the Love of the World*, has two parts that flow together. First it encourages the reader to engage in a new relationship with the world and then bring this new relationship into the art of cooking. There are no diets to follow or dogmatic philosophies and theories. Instead the readers are lead into exploring the world on their own and come to their own understanding and insights.

I begin the book by exploring rhythms in the world and how we are a part of and live within this world of rhythm. The rhythm of the year, the rhythms of the months, the day etc. We all feel how qualitatively different the morning is from the evening. We come to know life as rhythm. And when we consciously live within these rhythms we become co-creates of life instead of being tossed around by desires and cravings.

From the rhythms of the natural world I guide the reader into phenomenologically observing the activities and processes of the plant world. We let the phenomenon speak instead of projecting our own thoughts and ideas of what we already know. In this way we come to know how life forces work within nature. We also look into the nature of water, the celebration of the seasonal festivals as well as biodynamic farming.

When we recreate an intimate, conscious relationship with the world we can continue this relationship within our own homes and levitate cooking to a living art where the kitchen itself is the art studio. We begin to

Explore

How do you enter your art studio, your kitchen? How does it feel? Is there anything you would like to change?

explore how to cook with the seasons, why choosing local, seasonal foods, how to work with the life forces and rhythms we have observed in nature, how to make dishes that lift and lighten or give it strength and substance to the meal and how various foods and cooking styles affect us.

In order to create a balanced meal we approach cooking in much the same way as a painter would create a balanced painting. There is no diet for all, no formula, -life is dynamic. We know best ourselves what amount of food, and which foods to eat and serve our family in order to create the foundation for a healthy life and healthy life of others and the world. In my book I created three sets of menus for the four seasons -over 100 delicious recipes. I always strive for simplicity, wholeness and harmony, balancing life forces, cooking and cutting styles, flavors, textures and colors. Cooking this way, as a living art, supports health, clarity of thought, equanimity of emotions, and the will to meet our destiny.

I am very grateful for the longing to know and understand that has been with me for most of my adult life. It has guided me through life and laid the foundation for this book. I am looking forward to where it will lead me next.