



CEILING ON DESIRES

DO NOT WASTE FOOD

"Don't waste food. Food is God." Your body is made of food, and you are the result of the food eaten by your parents. Food is God. Eat as much as it is necessary to eat. But do not throw away food by taking too much on your plate. By wasting food you will be wasting the energy divine.

- Don't over indulge
- Eat food from home
- We are what we eat
- Cut down on portion size

DO NOT WASTE MONEY

"Don't waste money. God is wealth." Since God is wealth, misuse of money is evil. Practice charity by gifting away money, food, clothes, houses, etc., instead of misusing money in extravagance. Misuse of money is not only evil but a sin as well.

"When you see a thing with a view to buy it, ask yourself, 'Do I need it?' if the answer is 'yes' ask again, 'Can I afford it?' If the answer is 'yes', ask again, 'Can I live without it?' If they answer is 'yes', do not buy it."

Baba

DO NOT WASTE TIME

"Don't waste time. Time waste is life waste." God is exalted as time. He is beyond time, transcends time and is the embodiment of time. Spend the time by using sanctifying words. Do not waste time. Wasting time is wasting God.

- Spend time chanting the name of god
- Watch less TV
- Use social media less
- Go to sleep and get up early

DO NOT WASTE ENERGY

"Don't waste energy." People waste their energy by indulging in bad thoughts, seeing bad things, hearing bad things, and taking bad actions.

- Talk only what is good
- See only what is good
- Think only what is good
- Speak only what is good
- Do only what is good

MASTER THE MIND, AND BE A MASTERMIND

Man can control the mind and attain peace by constant and sustained practice. It is only in a peaceful mind that noble thoughts arise. The mind should be under the control of man. Master the mind, and be a mastermind. Unfortunately, instead of controlling the mind, man has become the slave of his senses. This is the main cause of his unsteadiness. Moreover, he has body attachment. This is the reason he gets easily disturbed if people find fault with him. Why should he worry about the body when the body is like a water bubble? You should get rid of body attachment.

TRUSSELL TRUST COLLECTION

- Cereal
- Milk (UHT/Powder)
- Soup (Can/Package)
- Pasta
- Noodles
- Rice
- Pasta sauce
- Beans
- Tinned vegetables
- Tea/coffee
- Tinned fruit
- Biscuits
- Long life juice
- Chocolate
- Jam
- Rice Pudding
- Custard

LEICESTER HOSPITALS

- Easter Eggs
- Toys
- DVDS
- Books

RSPCA

- Newspaper
- Cardboard
- Pet Food

All Items will be collected every Sunday until Easter Sunday
16th April for the Ceiling on Desires during Lent

If you need more information please contact Janak M or Hemantbhai
www.leicestersaicentre.org