

# Recipes for the Heart

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## Recipes for the Heart

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Published by Action Publishing.

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## 1. Introduction

It doesn't matter if you're a gourmet cook or a beginner still struggling with macaroni and cheese from a box. It doesn't matter because the recipes in this book require no cooking skills at all (although if you know how to boil water, you might enjoy a nice cup of tea as you read through them.)

Instead of delicious meals, the recipes included here are meant to help you cook up a delicious life – one full of happiness, peace, achievement, forgiveness, confidence, and laughter. A life that so many of us want and so few of us feel we have.

The purpose of these recipes is to provide some simply and easy-to-use steps for taking responsibility for your own life. Because life is, after all, much like a wonderful dinner – if made properly, it will nourish us, satisfy us, and fill us with the energy we need to not only live, but to live fully and well.

## 2. Equipment You'll Need

You can't bake a cake without the proper tools – bowls, beater, spatula, oven, potholders, etc. And you can't cook up the life you want if you don't first have the equipment necessary.

Before using the recipes in this book, you should have:

- An open heart
- A receptive mind
- A willing spirit
- Time and patience
- Good friends
- A safe, quiet place where you can be alone with yourself
- A favorite outdoor spot to enjoy nature
- A journal
- A plentiful supply of thank you cards and notes
- Movies, books and people who make you laugh

### 3. Equivalents

Sometimes you don't have exactly the right ingredients for the recipe you've started. Rather than running out to get what you need or starting over with another recipe, you can make some substitutions.

Use these handy charts to determine what will and won't work:

5000 handshakes don't even equal 1 hug  
3 phone calls to a friend = 1 face-to-face conversation  
50 letters/cards = 1 visit  
1 smile = 10 words of welcome  
60 seconds belly-laughing = 60 seconds on rowing machine

It takes:

30 minutes of quiet to make up for 1 day of frenzy  
12 sincere positive self messages to make up for 1 negative self message  
10 minutes standing in the rain washes away a whole day of stress  
10 or more sincere compliments to make up for 1 criticism  
11 steps forward to make up for 1 week of procrastination  
Helping others to forget about your own problems

## **4. Appetizers**

Whether cooking up a life for one or for many, appetizers are a delicious way to start and they make everything more fulfilling. Serve these first to warm things for the main course. Just remember not to fill up on them and ruin your appetite!

## Recipe for Energy

### Ingredients:

- Liberation
- Imperfection
- Enthusiasm
- Exercise

### Instructions:

1. First, remove the seeds from your life. The seeds may be difficult to recognize – sometimes they take the form of unnecessary clutter, toxic people, or incomplete tasks. Large seeds may need to be cut out one at a time, while smaller ones can be removed together. Once these seeds are removed, you'll feel liberated, recharged, and ready to start cooking.
2. Once you have added the proper ingredients, put the lid on and let the pot sit. You have to accept that no soup is perfect, there is always more that you could do. The question is, is it worth your energy to spend all day in the kitchen slaving over unattainable goals, or is it better to go out and enjoy life, accepting and enjoying imperfect soup and imperfect life?
3. Don't let your enthusiasm cool. When you find activities that spark your interest, your energy naturally rises. As long as your life is filled with projects that keep your juices going, your energy will bubble over onto everything else you do.
4. Stir the pot often and with intensity to keep your body in good shape. Then, when the meal's been served and you are satisfied, go for a long walk or bike ride.

### Serves:

Those whose spirit needs recharging.

## Recipe for Appreciation

### Ingredients:

- Optimism
- Gratitude
- Thanks
- Selflessness

### Instructions:

1. Pour plenty of optimism into your life. When you choose to find the good in every situation, you'll be more appreciative of everything – good and bad. Because like a failed angel food cake that is recycled into a delicious trifle, even those things that don't turn out as we expect can provide us unexpected goodness.
2. Season your life with gratitude for all the things you already have. Make a list and post it on the refrigerator, right next to your grocery list. Add to it regularly.
3. Grate a little thanks onto everything. It's one thing to feel grateful and another to express that gratitude with thanks to those who have made your life more joyful. Don't forget to thank people from your past who gave you the skills you have today to cook up the life you want – your parents, teachers, old friends, etc. And, of course, be sure to share your thanks with all the wonderful people in your life today.
4. Staring at a pot won't make it boil and it won't make you feel satisfied. Instead of focusing on things that aren't cooking properly in your life, start cooking up good things for those who are not as fortunate as you. Volunteer to plant trees, help families, build houses. When you take your focus away from yourself, you get a better appreciation for all of life.

### Serves:

To make you happier about what you already have.

**Why wait for a meal to say grace?  
Why not give thanks whenever the  
spirit moves you?**

## Recipe for Confidence

### Ingredients:

- Supportive friends and family
- Knowledge of your strengths
- Positive self messages
- Change

### Instructions:

1. Begin by peeling away the layers of belief that prevent you from seeing your own value in the world. We all have something to add to the pot. Once you've uncovered how you can contribute to the world, your confidence will begin to emerge.
2. Fold in all the people who help build you up and omit those who tear you down. The love and support of friends and family will help you baste in confidence.
3. Sprinkle your life liberally with the things you are good at – doing those things will give you more confidence to try those you're unsure of.
4. Dilute your negative self messages and replace them with more positive messages. Substitute "Why not?" for "I can't." Replace "I'm not good enough" with "Think how much I'll learn!"
5. Although he didn't spend much time in the kitchen, Henry Ford got it right when he said, "There are two types of people in this world. Those who think they *can*, and those who think they *can't*. They are both right."
6. Flavor your life by adding a small dash of something new every day. Trying new things can help you find talents and skills you didn't realize you had.
7. Know that everyone feels self doubt. Those who become the world's best chefs are able to punch down those doubts and roll out a brighter attitude.

### Serves:

Those who know that with confidence, anything is possible.

**Even if the main course is on fire, a confident cook knows that everything will turn out all right in the end.**

## **Recipe for Achievement**

### Ingredients:

- Intent
- Focus
- Flexibility
- Celebration

### Instructions:

1. Separate what you want from what others want for you or tell you you should want. It is only when you know your own intentions that you can start to grow them.
2. Even the greatest chefs have to toss out lots of dishes and chalk it up to learning their profession. By focusing on their eventual success, not their momentary failures, they develop the skills and attitude for achievement. You too, should not focus on your failures (there will be many), but on how those failures will get you where you want to be.
3. A spatula is the ideal kitchen tool because it is flexible enough to do many jobs, to achieve many tasks. If you can stay flexible, you'll increase your chances of doing all the jobs it takes to achieve what you want in life.
4. Sample the achievements of others. Not only will you learn better how to achieve in your own life, you'll learn that shared joy is one of life's best rewards.

### Serves:

Your dreams becoming reality.

## Recipe for Laughter

### Ingredients:

- A humor attitude
- Funny ingredients
- Risk-taking skills
- Funny friends

### Instructions:

1. Cooking is affected by altitude, life is affected by attitude. If you are able to see the funny in the everyday, your life will be happier, sillier, and easier. The funnier your attitude, the faster your sense of humor will be ready to serve.
2. In order to vary the recipe, choose from the following additions: funny videos, funny books, cartoons, stand-up comics, radio personalities, funny music, children, pets, etc.
3. Don't be afraid to turn up the heat by exposing yourself to new and different kinds of humor. If you catch yourself saying "That's not funny!," ask "Why not?" When someone tells you a story or a joke and it is not hurtful or offensive to you, why not laugh even if you don't really think it's funny? Your laughter honors the other person, and studies show that once you've laughed (even if you're faking it), you'll soon feel more like laughing for real.
4. Whip in a few funny friends to help add just the right spice to your life. Funny friends can help you taste the humor even when life hands you bitter things.

### Serves:

Those who prefer levity to gravity.

**The RDA of laughter is at least 30 servings every day.**

## **Recipe for Decisiveness**

### Ingredients:

- Commitment
- Courage
- Knowledge
- Strategy

### Instructions:

1. Once you get the can of beans open, don't wonder whether corn would have been a better choice. Stick to your decisions and let the chips (or the beans) fall where they may.
2. A dash of courage makes decisions stronger. Most decisions are not life-threatening, so have the courage to let yourself make mistakes.
3. Top with plenty of knowledge. In order to believe in your choices and commit to your decisions, it helps to have all the relevant data you can. In addition to reading all you can on an issue, call your trusted friends and professionals for advice on what to do.
4. Many cooks have a favorite strategy: some always neatly lay out all their utensils before starting a recipe, others pride themselves on throwing in one new ingredient every time, while others have a certain spice they like to add to most meals. Having a strategy can make the process of decision-making easier.

### Serves:

Easier life choices.

## **Recipe for Simplicity**

### Ingredients:

- Honesty
- Confidence
- Modesty
- Ease

### Instructions:

1. Uncover how little it takes to make you happy. If you're honest to yourself, you'll probably find that you can and are happy with very little – true friends, a loving child or pet, a fire, a good book. More often than not, it's the recipes with the fewest ingredients that leave the most lasting impression.
2. Add a few spoonfuls of confidence so that you can stick to your commitment to a simple life. A life with too many obligations and too little time for yourself can easily boil over. It can be easy to get caught in the world's "pressure cooker" of doing more and having more. Choose to say "No" to anything that doesn't bring you fulfillment or that requires more energy than it provides.
3. Chop your daily responsibilities into smaller, more achievable tasks.
4. Remove unnecessary trappings. If your physical or emotional space is too cluttered, you'll feel the stress associated with trying to keep it organized, inventoried, and dusted!

### Serve:

By itself and savor.

**Allowing others their journey, you  
simplify your life.**

## **5. Soups and Sauces**

Soup can be a first course or a whole meal, depending upon your mood. And it goes with everything, warming us and filling us up. Sauces make everything more savory and add punch when life seems bland. Be sure to include as many of these in your recipes as you can!

## **Recipe for Communication**

### Ingredients:

- Interest
- Curiosity
- Listening
- Kindness
- Honesty

### Instructions:

1. Begin by simmering a genuine interest in other people and their thoughts and emotions. Open yourself up to new and interesting things and invite people you'd like to know into your life.
2. Add some heaping servings of curiosity. After all, the world is much more interesting when you take an interest.
3. Blend in active listening. This means making eye contact and not running through your to-do list or thinking ahead to what you'll say next while someone is talking.
4. Baste often with kindness. Never chop up another's feelings – your action will leave a bitter taste in everyone's mouth.
5. Knead in honesty and truth. Don't be afraid to let your guard down and take the first step to build new relationships
6. Keep checking on your dish. Relationships tend to go stale if you don't regularly tend to them.

### Serves:

Everyone you meet.

**Two hearts talking  
makes any meal a feast.**

## **Recipe for Visualization**

### Ingredients:

- Comfort
- Quiet
- Imagination
- Gratitude

### Instructions:

1. Place yourself in a large comfortable chair.
2. Turn the heat down by removing any distractions. Turn off the TV, ask the kids to leave you alone for half an hour, close the door if you have to.
3. Close your eyes and take a few deep breaths, relaxing all parts of your body.
4. Oil the cogs of your imagination by visualizing yourself accomplishing your dream with ease, self confidence, and enthusiasm.
5. Cook for 15-20 minutes every day.
6. Sprinkle on plenty of gratitude for the dreams you have already achieved and your ability to cook up even more wonderful things to bring into your life.

### Serves:

A better future.

## Recipe for Courage

### Ingredients:

- Audacity
- Truth
- Patience
- Daring
- Perseverance

### Instructions:

1. Finding the source of fear is like peeling off the layers of an onion. Both may involve tears, but both are worth the effort involved to get to the end result.
2. Even if the cake is lopsided, an audacious cook will serve it anyway and call it “The Skiers’ Special.” Learn to face your fears and make the best of them.
3. Once you’re willing to see the truth about yourself and your fears, you can cook up a new, courageous life.
4. Courage is not a recipe that cooks quickly. You have to be patient enough to spend the time needed to get to the deepest root of your fears.
5. Great cooks take risks. Just as a chef might ask, “Why not throw in a habanera pepper?,” you might ask yourself, “Why am I so afraid of [*fill in your fear here*].” The only thing stopping many of us from getting what we need is our belief system. Be daring enough to challenge any beliefs you hold that keep you in fear.

### Serves:

A less stressful, more adventuresome life.

**The courageous cook isn't afraid to  
try cooking up something new even  
without a recipe!**

## **Recipe for Intuition**

### Ingredients:

- Calm
- Inquisitiveness
- Willingness to listen to the universe
- Experience
- Trust

### Instructions:

1. Preset your oven to “Calm” for at least 15 minutes every day.
2. Let your questions or problems bubble to the top. What issues are you facing that you need the strength of your intuition to help you solve?
3. Don't add a sauce when you really want a clear broth. When you ask unclear questions, you get unclear answers. Don't ask yourself “How can I get this man to love me?,” for example, when the real question you want to answer is “Do I want to be with this man?”
4. Pare away self doubt and listen. Deep down inside you know the answers to most of your questions.
5. Don't throw out something because it's not what you expected. You need to be open to your gut and to the universe.
6. Cooks become chefs through experience. You'll become more intuitive the same way. Keep asking questions and looking for answers.
7. Trust yourself.

### Serves:

The clarity to make life choices you can live with.

## **Recipe for Action**

### Ingredients:

- Understanding
- Responsibility
- Acceptance
- Enthusiasm
- Commitment

### Instructions:

1. Start by making a grocery list of what you need to accomplish to feel empowered and self-satisfied.
2. Strain out any activities that don't add to your happiness or peace of mind.
3. Preheat the oven before you put in the meal – in other words, do things in the order they should be done, with the most important things taken care of first.
4. Get your hands dirty and mix up your own life. The ultimate product depends not only on the ingredients, but on how determined we are to mix the ingredients well and make sure they get fully cooked. After all, making a life is a hands-on experience.
5. If you don't have all the ingredients necessary, don't be afraid to borrow from friends and neighbors.
6. Enthusiasm is often the spark that lights our pilot light. Act enthusiastic and soon you'll feel that way.

### Serve:

Yourself some enthusiasm about life!

## **Recipe for Tenacity**

### Ingredients:

- Conviction
- Patience
- Optimism
- Flexibility

### Instructions:

1. Shuck your self doubt and prepare to stick to your recipe for as long as it takes.
2. If you keep opening the oven door, you'll let all the heat out. You have to be patient and trust the process.
3. The most famous chef didn't start out by making Duck a l'orange – he or she made lots of mistakes along the way. Reframe your failures in a positive light: “Mistakes” are simply “Stepping stones to success,” “Obstacles” are “Learning opportunities,” and “That dish that was supposed to be Duck a l'orange” is “A great reason to try that new French take-out!” Success is simply getting up one more time than you fall.
4. Don't always follow the same recipe. Be willing to try new approaches to accomplishing your goals and dreams.

### Serves:

Your dreams and self-esteem

## **6. Main Dishes**

Without a main dish, a meal is just a snack – it might provide a little nourishment, but soon we're hungry again, both physically and spiritually. So, whether you choose a seven-course meal or a “throw-together-whatever-is-in-the-refrigerator” casserole, make sure you spend most of your time planning the main dishes of life.

## Recipe for Peace

### Ingredients:

- Presence
- Thanksgiving
- Imperfection
- Tolerance
- Focus

### Instructions:

1. Place the past, the present, and the future in a pot. Let the past sink to the bottom, forming the base for your life. Skim the future off and save it for dessert. It is the present that you should work on now.
2. Set your timer for 30 minutes every day to be spent offering thanksgiving for everything that is right in the universe.
3. Measure your imperfections gently, as you would measure the imperfections of others. After all, it is in our imperfections that our uniqueness lies.
4. Dissolve your anger. Whenever you feel intolerant or judgmental, remember that ANGER is just one letter away from DANGER.
5. If you choose just one recipe to make each day, focus on this one. After all, peace is not a side dish, it's the main dish. Everything else is a garnish.

### Serves:

Yourself and the rest of the universe!

**A peaceful person  
radiates peace**

## Recipe for Love

### Ingredients:

- Generosity
- Prioritization
- Acceptance
- Passion
- Open arms and an open heart

### Instructions:

1. Love is like yeast – you put a little in the mix and you get a lot back. So if you want love, start putting more love into everything you do.
2. The order you add ingredients to a recipe matters. So it is in life. Add love first, and things just seem to take shape. Anything you can do to sprinkle more love in your life will be rewarding in the end.
3. Stir acceptance into every day. You cannot truly love others or yourself unless that love is provided unconditionally. If loving your unreasonable teenager or an obstinate friend gets you over baked, hang in there. The end result - love without secrets, judgments, barriers, or hidden agendas - is well worth the effort.
4. Put your whole heart into whatever you do. Things you do with passion are much more likely to make you happy.
5. Share your recipes. If you have a favorite recipe, you want others to taste it. Do the same with your love. Say "I love you" to someone special every day. Give hugs instead of handshakes.

### Serves:

As many as needed!

**Like the aroma of fresh-baked bread,  
love permeates everything around us!**

## Recipe for True Wealth

### Ingredients:

- Self knowledge
- Heart
- Good friends
- Appreciation
- Balance
- Selflessness

### Instructions:

1. Drain off what you don't want and don't need to be happy. Bake only those things that add to your joy and to the joy of those you love.
2. You can't beat the human heart when it comes to knowing what's good for it. If it feels right and true, it will undoubtedly make you wealthy in the truest sense of the word.
3. Flavor with good friends. Their support, perspective, and humor are true riches.
4. Appreciate all of life – the aroma, the taste, the sight, the sounds. Savoring the small things that bring happiness every day makes you richer than financial success ever will.
5. Weigh all your ingredients, making sure that there is balance. A roasted turkey makes a great dinner, but the amount of time and energy that have to go into it make it appropriate only for special occasions.
6. Life is a lot like sourdough starter: you take a little out and share it with friends, but you still have enough to make your own bread. And somehow the loaf tastes better when you know that others are enjoying theirs as well.

### Serves:

The deepest part of your soul.

**An expensive pot doesn't make the  
soup any better.**

## **Recipe for Happiness**

### Ingredients:

- Choice
- Love
- Friendship
- Surrender
- Grace
- Authenticity

### Instructions:

1. Happiness comes from within.
2. A dash of love is never enough for a happy life. Keep adding love until the bowl completely overflows.
3. Let friendship double or triple in size. Friends you really care about, who really care about you, will be around after the meal is gone and when the dishes need to be washed.
4. Submit to a higher power and accept that sometimes happiness looks a lot like misery until time peels away the outer skin.
5. In all things, give thanks.
6. A mechanic posing as a cook will never have much success in the kitchen or much happiness in life. Be yourself. You'd never catch a banana pretending to be a kumquat!
7. You don't have to wait for the meal to be done to enjoy some happiness along the way. Taste the ingredients. Enjoy the aroma. Always focusing on the end product guarantees you'll miss a lot of opportunities for happiness along the way.

### Serves:

A life worth savoring.

## **Recipe for Relationships**

### Ingredients:

- Compassion
- Revelation
- Sincerity
- Trust
- Spice

### Instructions:

1. Compassion is the base from which all relationships are made. When the pot boils over and the meal is ruined, each person in a relationship must know that the caring, empathy, and support will still be there.
2. Add as much revelation as you can find. Be true, be honest, be yourself. Express your needs and desires and don't expect another to read your mind. You'd never try to bake a cake without reading the instructions, would you? So why take the chance of ruining a relationship because the other person didn't know the ingredients for what you want that brings you more joy and happiness.
3. Tenderize the relationship with sincerity.
4. Sweeten the relationship with trust. And listen to what the other person is saying. Without trust, a good relationship can turn bad.
5. Last, but not least, add enough spice to keep things fresh and new. Don't get into a rut, experiment. Change the ingredients, change the heat, change out of your apron and into something appropriate for a night out on the town.

### Serve:

To everyone you care for.

**Let others cook what they will and  
honor them by enjoying what they  
serve you.**

## **Recipe for Respect**

### Ingredients:

- Admiration
- Understanding
- Benevolence
- Thanks
- Sincerity

### Instructions:

1. Life is a mix of people with different tastes, sensibilities, and philosophies. Instead of discounting or judging people who are different from you, learn to admire them for their differences.
2. Fold in a generous helping of understanding. One of the best ways to cook up respect about someone is to learn more about them.
3. Top with benevolence. When you act with selflessness and charity towards others, your respect shines through clearly.
4. Sprinkle your social interactions with lots of thanks. To those who have gone before and made your life better. To those on whom you rely daily. To the next generation, who will soon take on the task of keeping the pot cooking.
5. You can't fake a good meal and you can't fake respect. There is something to admire and congratulate in everyone. Instead of looking for faults, search for the things you can respect.

### Serves:

To honor the past and encourage the future.

## **Recipe for Forgiveness**

### Ingredients:

- Mercy
- Surrender
- Compassion
- Empathy
- Freedom

### Instructions:

1. Prepare enough mercy not only for your friends and loved ones, but also for yourself. If you cannot forgive yourself, you cannot forgive others. It is in not forgiving ourselves that we hold on to petty grievances against others.
2. Remove your hard shell and surrender. Forget and forgive the past. Forget any notion that forgiveness is a sign of weakness (it is a sign of strength.) Forget your desire for revenge – it is as bitter and unfulfilling as rancid milk.
3. Pour on lots of compassion. The more your desire to find something to like in everyone, the more likely you are to forgive minor indiscretions.
4. Stir in enough empathy so you can see things from others' perspective. Just because you like your chili spicy doesn't mean spicy chili is right for everyone. Sometimes you have to turn down the heat and listen to the needs of others to begin to forgive.
5. Once you've removed the bitter rind, you will find that when you forgive you are free. Forgive others not for their sake, but for yours.

### Serves:

A world with less hate.

## **7. Desserts**

Most of us don't consider a meal complete without the ultimate finale – dessert. Dessert sweetens life and gives us something extra special to look forward to. So go ahead, add one of these special treats to your menu.

## **Recipe for Creating Miracles**

### Ingredients:

- Belief
- Submission
- Creation
- Delight

### Instructions:

1. There's no point starting a recipe if you don't believe it's going to work out. Life itself is the biggest miracle, so how can you not believe that smaller miracles are possible, even likely, every day?
2. Reduce the heat on yourself, relax, and submit yourself to the universe openly. When you do, you will find miracles happening everywhere - whether it's the miracle of coming home to a batch of homemade cookies or a miracle of a grander scale.
3. Use your hands to knead your own miracles. Sometimes we can help our own miracles along – whether through visualization or taking active steps to make them happen. Know when it's time for you to stir the pot.
4. When the miracle is done stand back and delight it in. One of the best parts about miracles is the feeling it creates in all those around who share in it.

### Serves:

More miracles for everyone.

## **Recipe for Creativity**

### Ingredients:

- Conviction
- Daring
- Possibility
- Patience

### Instructions:

1. Maybe you're not very good at just tossing things into a pot and creating a fabulous meal. But everyone is creative in her own way. Believe in your own creativity and it will show itself.
2. Try new dishes if the old ones don't get your juices flowing. Be willing to take the risk of doing something you've never done before just to see if it makes you more creative and fulfilled.
3. A life without possibility is like mashed potatoes without gravy. Always know that life has so many possibilities for you. It's your job to test them out to see if they add spice or leave you hungry for more.
4. Forget about setting the timer. Creativity can't be timed or rushed. When it's done, you'll know.

### Serves:

The genius within.

**You can create any  
recipe that you want.  
What will you create?**

**You can create the life you want.  
What will it be?**

**It is easier to create what you want  
when you know what you want.**

## Recipe for Fun

### Ingredients:

- Spontaneity
- Audacity
- Receptivity
- Invitation
- Wonder

### Instructions:

1. Allow your spontaneity to rise to the surface. If the opportunity for something fun and different comes your way, grab it with both hands. If spontaneity is a problem, start with a list of things you enjoy. Use the list as your basic recipe, but season to taste.
2. Toss your inhibitions to the wind and learn to be completely outrageous. Wear costumes. Play games. Sing. Dance. Try to make others laugh. Act like a child. Never let concern about what someone else thinks prevent you from enjoying the moment.
3. Sample every dish life provides. When you are receptive to the possibility of fun, you will find more of it everywhere you look.
4. Send out invitations. Let the world know “If you are having fun, I want to be there!”
5. Marinate in wonder so you can fully appreciate the pleasure and delight of life.
6. Eat dessert first. In other words, don’t postpone joy!

### Serves:

The child in you.

**If you can't stand the fun, get out of  
the kitchen!**

## **Recipe for Finding More Time for What's Important**

### Ingredients:

- Planning
- Prioritization
- Clarity
- Balance
- Simplicity

### Instructions:

1. You have to know what dish you want before you start cooking. And you have to know what you want to accomplish with your day, your week, or your life before you can commit time to making it happen. Plan ahead so that you'll always do the most important things first.
2. Drain off the fat and stick with the things that matter to you. Spend your time doing what enhances your life and those of the people you love.
3. Clarify your desires, and simplify your strategy for attaining them by breaking everything up into smaller, manageable tasks. You'd never toss a whole pepper in a pot of stew and hope that it dices itself, would you?
4. Some dishes rely on a balance of tastes. A well-made life relies on a balance of work and play. Without balance, everything leaves a funny taste behind.
5. Follow the Law of Least Effort. Things that are meant to be usually happen with greater ease than those that are not meant to be. If it requires too much effort and doesn't add joy to your life, learn to say no.

### Serves:

More time to do what you love.

**No one but you sets  
the timer on your life.**

## **Recipe for Friendship**

### Ingredients:

- Kindness
- Loyalty
- Encouragement
- Time
- Truth

### Instructions:

1. Before you bake a cake, you have to grease the pan or the finished product will crumble and be destroyed. Before you can begin a friendship, you have to have kindness and understanding or that friendship will crumble and be destroyed as well. A true friend is above all else kind.
2. Stir in enough loyalty so that your friends know you're with them through thick and thin.
3. New cooks and seasoned pros sometimes need encouragement to seek their dreams and meet their challenges. Provide that encouragement for your friends and they will for you.
4. You can't speed up a pumpkin pie. It takes the time it takes. The same is true for friendship. If you don't devote the time it needs, it will be runny and unappealing.
5. Be the one person your friends can count on to tell them the truth, even when it's not what they think they want to hear. But always be there with a kind word afterward and the promise of remaining friends.

### Serves:

Lifetime love and support.

## **Recipe for Surrender**

### Ingredients:

- Acceptance
- Hope
- Calm
- Natural rhythm

### Instructions:

1. When you've got all the pots on the stove and the dishes in the oven, often the best thing to do is to give in to the moment and let everything take its course. There is a time to stir and measure and check on things. And there is a time to let things be.
2. Blend in plenty of hope. Hope is what allows us to relax and accept that things will work out for the best even when we are not in control.
3. When we boil over it's because we've turned the heat up too high. Choose calm even in the face of crisis and you will feel so much more at peace with the process.
4. Pare away your own agenda for a while and let nature's rhythm take over. If you're out of touch with nature, take a hike. Listen to the birds. Watch the clouds blow by. Remind yourself that nature is in control and you are not.

### Serves:

A less stressful life.

**When I surrender, miracles happen.**

## **Recipe for Celebration**

### Ingredients:

- Joy
- Sharing
- Friends
- Merriment & Frivolity

### Instructions:

1. With a spatula, apply joy liberally to your life and the lives of those around you.
2. When you've had good news, take the joy you feel and spread it around. Send cards. Have a party. Invite people you don't know to dance with you in the streets.
3. A celebration without friends is like a pizza without a crust – messy and pointless.
4. Garnish your celebration with as much merriment and frivolity as is available.

### Serves:

More fun for everyone.

**Let your food and your life be a  
celebration.**

## **8. Menus**

## **Menu for Raising Children**

### Instructions:

1. Liberally sprinkle children with hugs and kisses daily.
2. When necessary, dissolve tears by blending in heaping tablespoons of understanding, encouragement, and smiles.
3. Carefully fold in advice and wisdom.
4. Season with discipline firmly and consistently with love.
5. Never skimp on forgiveness, patience, or praise.
6. Listen to them carefully, talk with them honestly, and share with them openly.
7. Never leave in the middle of things. Be dependable and reliable.
8. Stir enthusiastically until well-blended.
9. If things don't turn out like you thought they would, laugh and then play with your food!

### Serves:

Happy families.

## **Recipe for Marriage Stew**

### Instructions:

1. Mix together two adults with their own tastes.
2. Blend in all wishes and dreams.
3. Free them from all pettiness and jealousy.
4. For each day, provide:
5. A bushel of love
6. 12 parts faith
7. 11 packages of faith
8. 10 cups courage
9. 9 boxes of fun
10. 8 quarts of commitment
11. 7 gallons of dedication
12. 6 pints of respect
13. 3 parts of prayer
14. 2 parts of meditation

### Add:

- A dash of work
- A pinch of folly
- A heaping cup of good humor

Generously sprinkle with affection. If at times stew seems to have a touch of bitterness or hate, sweeten with understanding and forgiveness. Prepared and maintained properly, this bath will serve a lifetime of complete fulfillment!

### Serves:

A lifetime of complete fulfillment!

**A change of heart  
can change your life.**

## About the Author



Imagine the type of creativity it takes to sell over a million copies of a blank book. That creativity is embodied by Cindy Cashman, entrepreneur, businesswoman, and public speaker.

With only \$3,000 and determination, Cindy Cashman and a partner started Newport House, Inc. and published the now best-selling blank book, *EVERYTHING MEN KNOW ABOUT WOMEN* (written under the pseudonym of Dr. Alan Francis). Cindy knew that marketing the book would require the type of original creative thinking not usually taught in MBA schools. She recognized that selling through traditional booksellers would be a hard sale, as it would get lost among the thousands of titles. Instead, using creative marketing she sold the book to women's clothing stores, where its \$3.00 price would make an attractive gift - stores bought them by the thousands.

On the strength of this initial success, they published ten original books and sold over a million copies to become one of the most successful self-publishers in the country. Cindy's "Life Lessons" series: *Life Lessons for Couples*, *Life Lessons for Mothers*, and *Life Lessons for Women* are available in over ten countries and seven languages under the pen name Cindy Francis. Andrews McMeel Publishing purchased the rights in 1995.

Now, after a brief "retirement", Cindy writes and speaks to audiences worldwide on Sales, Marketing and

## Recipes for the Heart

Intuition. Her stories inspire and motivate, while her questions stimulate you to tap into your natural talents. Cindy says, "One question changed my life." To sign up for the complimentary question of the week, and to receive questions that have the power to change your life, visit [www.cindycashman.com](http://www.cindycashman.com)