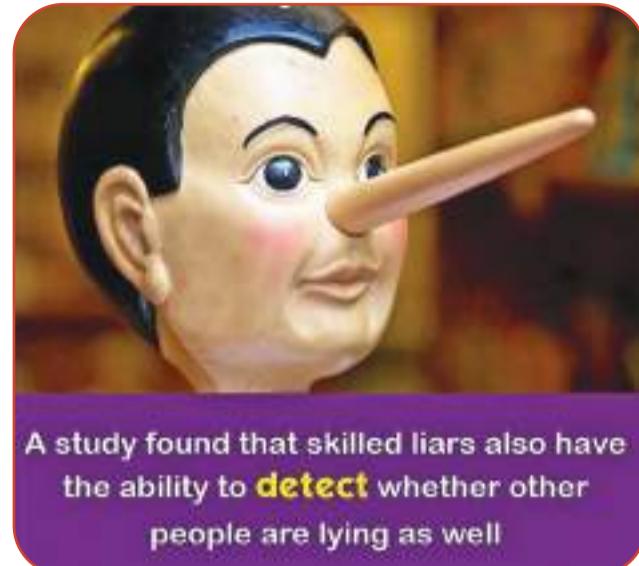
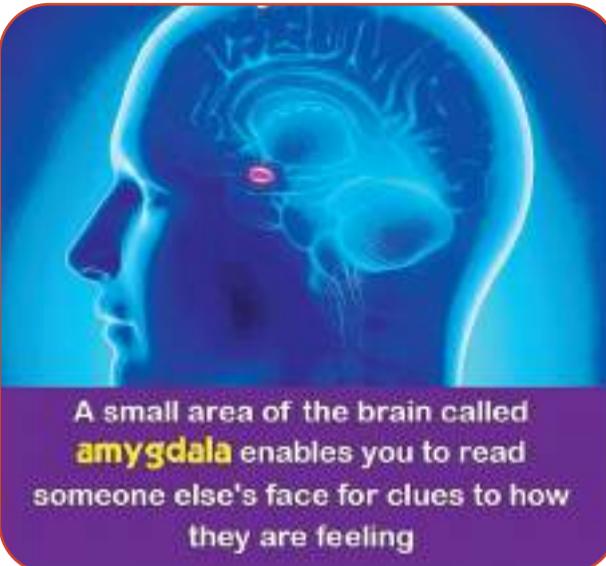


THE FACT CORNER



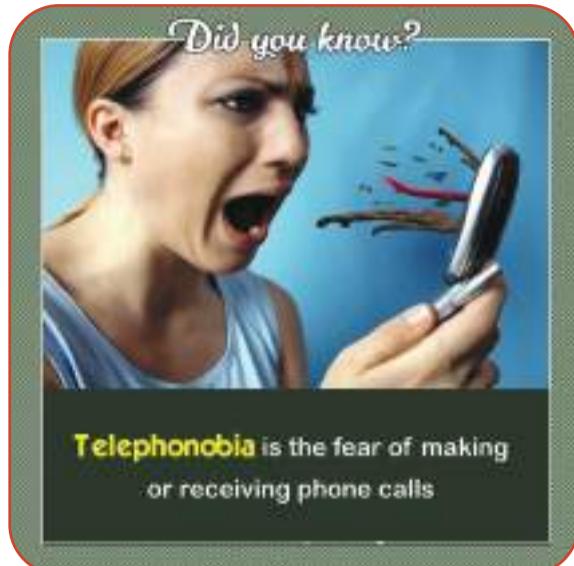
A study found that skilled liars also have the ability to **detect** whether other people are lying as well



A small area of the brain called **amygdala** enables you to read someone else's face for clues to how they are feeling



Our imaginations run wild when attempting to sleep. We experience our deepest **thoughts** when our bodies are at rest



Did you know?
Telephonobia is the fear of making or receiving phone calls

BRAIN TEASERS

1 Q. A merchant can place 8 large boxes or 10 small boxes into a carton for shipping. In one shipment, he sent a total of 96 boxes. If there are more large boxes than small boxes, how many cartons did he ship?

2 Q. If $9999 = 4$, $8888 = 8$, $1816 = 6$, $1212 = 0$, then $1919 = ?$

3 Q. A grandfather, two fathers and two sons went to the movie theater together and everyone bought one movie ticket each. How many tickets did they buy in total?

4 Q. If the zookeeper had 100 pairs of animals in

her zoo and if two pairs of babies are born for each and every one of the original animals, and then sadly 23 animal don't survive, how many animals do you have left in total?

5 Q. A little boy goes shopping and purchases 12 tomatoes. On the way home, all but 9 get mashed and ruined. How many tomatoes are left in a good condition?

6 Q. In an alien land far away, half of 10 is 6. If the same proportion holds true, then what is 1/6th of 30 in this alien land?

SOLUTION:
1. 11 cartons total
2. 4
3. 3 (the grandfather is also 200; 200 + 800 = 1000; 1000
4. 977 animal (100 x 2 = 6. 6
5. Nine
6. 23 = 977)

English Proverbs and Meanings

* **An empty purse frightens away friends.**

When one's financial situation deteriorates, friends tend to disappear.

* **Anger is the one thing made better by delay.**

When you are angry, it is best not to speak or act immediately.

* **Any time means no time.**
If the date of an event remains vague, it will never happen.

* **A flower blooms more than once.**
If you miss an occasion, you

can avail of it at another time.

* **A new broom sweeps clean.**
A newly-appointed person makes changes energetically.

* **A stumble may prevent a fall.**
Correcting a small mistake may help you to avoid making a bigger one.

* **Better late than never.**
It's better to do something, even if it's late, than not do it at all.

* **Advice is cheap.**
It doesn't cost anything to offer advice.

Banana Bread With Chocolate Chunks



Ingredients:
1 1/2 cups nutritional flour blend
1 cup mashed bananas
3/4 cup brown sugar
1/4 cup (50 ml) canola oil
1/2 cup plain yogurt
1 egg

1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon vanilla extract
2/3 cup chopped dark (70%) chocolate

How to make:
Preheat the oven to 350° Fahrenheit.
Ask your kids to peel and mash the bananas using a potato masher. You could also use a fork.
In a small bowl, mix the bananas with the yogurt and baking soda. Set it aside.
In a large bowl, combine oil, eggs, sugar, and vanilla extract and mix well, using a wooden spoon.
In another large bowl, sift the flour (kids can do this) and baking powder. Mix well.
Add the mashed banana mix and the oil mix to the dry ingredients and stir well.
Quickly stir in the chocolate to the mix. Make sure that the batter is smooth, without any pieces of chocolate or dry lumps.
Grease a loaf pan and spoon the batter into it.
Bake in the oven for 50 minutes.
Let it cool for ten minutes before serving.

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Smoked Vegetable Sushi Rolls



Ingredients:
1oz baked and smoked tofu
4 red bell peppers
1 sheet toasted nori
1/4 ripe avocado, sliced
For sushi rice:

2/3 cup of sushi rice
3/4 cup of water
3/4tsp salt
1tbsp rice vinegar

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How to cook:
Rinse the rice under cold water for 2 minutes.
Put it in a saucepan with the other ingredients and heat it to a simmer for about 10 minutes.
Remove it from heat and allow it to sit for some more minutes.
Keep the noris with its non-shiny side up.
Place the rice, avocado, bell pepper, tofu and cucumber pieces across the noris and roll them up.
Wet the end inch of noris to make a good seal for the sushi roll.
Cut them into eight pieces.

Brahma Muhurta-Time for creation & meditation

■ SUDHANSHUJI MAHARAJ

Brahma Muhurta is, literally, the time of the creator; Lord Brahma. The time period is considered just right to perceive the ultimate knowledge and spiritual enlightenment.

Generally, the last quarter of the night before sunrise is the Brahma Muhurta. This is the perfect time to absorb the maximum energy from the universe and utilize that in creating a new life. The time, therefore, is an opportunity to become your own creator, and turn yourself into the person you want.

But for that, you've to wake up early in the morning every day. It is miraculous in many ways.

When fresh sun rays dipping from the sky give you the message of waking up; when sun God unfurls His saffron flag slowly in the sky, that's the time when flowers bloom and dewdrops shine on the tips of green grasses like pearls. At that time, the cool breeze refreshes the body and the soul. And those who want to live a super-active and all-accomplishing life wake up amid such an atmosphere early in the morning.

It's the time when nature is waking up bit by bit, the birds are chirping in a beautiful harmony and there is nothing but awakening that is happening all round. So, try to wake up at that time since the journey of mankind is actually the journey of awakening. It's all about staying alert, awake and cautious while keeping the inner fire ablaze so that you stay motivated and keep moving to achieve your goals.

Do try to wake up at 4.00 am everyday and get involved in creative activities till 7.00 am before starting your day. You'll be amazed to see its positive impact on your overall personality. Wake up and think over your physical, spiritual as well as financial situation.

Besides, here are certain things that you should do in Brahma Muhurta.

Certain activities done in the early morning can help you to make a harmonious relationship with your inner world. Utilize this time in a fruitful way through the following activities.

Meditation is the ultimate way of inner creation. And, the best time to meditate is when a majority of people are in deep sleep. That's the time when you can summon your inner bliss peacefully through various meditation techniques. In Brahma Muhurta, your awareness level is at its peak. When you meditate in such a state of mind, your whole day turns out to be super productive.

At Manali Meditation Retreat, when you'll meditate, you will understand the importance of Morning Meditation sessions. It will be a wonderful inner healing experience when you'll do Chakra Meditation, Om Meditation, and Kundalini meditation, apart from practicing various other Yogic activities and deep relaxation techniques, in the morning.



Early morning is also the best time to gain wisdom and spiritual insight. Explore ancient texts or go through simple pearls of wisdom spread in books and various platforms. Reading scriptures in the morning also eases mental stress, tension, and turbulence in the mind.

A well-planned day becomes productive automatically. Don't miss the awareness level and freshness of the morning when you plan your entire day. It will help you keep inner calm throughout the day. At the same time, also recall your past day's actions. Recollect how many times you fall for negative emotions like anger, doubts and insecurity.

Remove such emotions from your mind and feel rejuvenated for a new day. When you

become aware of the moment and its blissfulness, it becomes easy to invite happiness and positivity throughout the day.

Furthermore, Brahma Muhurta is also the apt time to remember God, Guru and your parents. Bow down to them and seek their blessings to start your day. By doing that, you feel great and your productivity is bound to improve.

So, if you are a healthy adult, try to wake up early in the morning without fail; explore your highest potential and utilize the time for positive actions that surely add to your personal growth. Such a habit brings about a huge shift in the way you perceive your life, your work, and the surrounding that you live in.