

The Mangrove Galley by Sandi Mieszczenski



APPLE SALAD



- 4 medium apples
- 1/3 cup of mayonnaise
- 1 Tbls sugar
- 3/4 cup thinly sliced celery
- 6 pitted sliced dates
- 1/2 cup chopped pecans

Mix together 1/3 cup of mayonnaise with 1 tablespoon of sugar. Peel and core four medium size apples. Cut into small cubes. Add to the mayonnaise mixture and stir well. Add to the apple mixture 3/4 cup of thinly sliced celery, six chopped, pitted dates (or raisins if you prefer) and 1/2 cup of chopped pecans. Stir well and chill before serving. Makes about 6 servings.

A great contribution to a Labor Day meal is a cold apple salad. Just like other salads that contain mayonnaise, be sure to keep it cool, out of the heat. This salad goes well with any type of meat that you might serve for a Labor Day celebration. Enjoy!

Sandi's recipes are featured here monthly. For previous issues go to theconchtelegraph.com

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Pure Thoughts

The longer we are able to hold a positive thought, the stronger that energy around us becomes.

If we make no effort at all, our thoughts usually scatter in a vast array of directions. They start and stop and move in surprising ways from one second to the next. If we try to follow our thoughts without controlling them, we will be amazed at how truly inconsistent they are.

We don't need to focus on action and controlling so much when we are surrounded by energy that draws what we want toward us. We can simply respond to the opportunities that naturally come our way.

When this is the essence of our experience, we can go with the flow, knowing that we will be okay.

Yet, if we apply our minds to a specific task, especially one that interests us, they gather together and allow us to focus our attention, creating great power and energy. This is what is known as pure thought, because it is undistracted.

If pure thought is a body, it is our emotions that supply the heart that can really bring it to life. Our thoughts and feelings exist in relation to one another, and they form a feedback loop through which they communicate and empower each other.

The law of attraction--like attracts like--influences all energy, including our thoughts, and this is what makes pure thought so potent. Our undistracted thoughts create a powerful magnet that draws similar energy into our vibrational field. As a result, the longer we are able to hold positive thoughts in our minds, the more powerful the positive energy around us becomes.

When we hold a thought in our mind without being distracted, we have achieved pure thought. When we have a positive emotional response to that thought, we enable it to dance and move and breathe itself into existence.

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