

The Secret to Transforming Your Life

There was this magazine, in a typical grade school environment, which contained strange recipes. They were not for anything you could actually eat, unless you can figure out how to sink your teeth into 2 cups of faith, 3 tablespoons hope, and one-fourth kilo charity baked in 350 degrees of love equals Everlasting Happiness! Occasionally, I have a pang of regret that I never learned to cook, not that I have neither the time nor the inclination, being fully engaged in the pursuit of world domination. I remind myself that once I am enthroned as universal potentate, I can assemble an army of chefs, sous-chefs, cooks, butlers, valets, waiters, and cute busboys to indulge my every culinary within. But, that is not the point that I want to emphasize here. What matters now is that I want to make a recipe that would truly transform one's life, something that would make a person truly successful, changing everything that is negative and bad, thus transforming life into a positive and enriching soul. Most people who are so down with their lives need this recipe in order to come up with a masterpiece, so delectably cooked with so much affection and optimism that would enable a person face the challenges and change the course of his or her life. Here is a recipe that you could use in order to give you the strength to hold on and the will to go on.

Rage Cookies

What you will need:

1. 10 kilos of all the resentment you have ever felt but never expressed towards your parents, grandparents, elder relatives, teachers, government officials, office superiors, role models, and authority figures who have betrayed you, lied to you, or failed to follow their own grand pronouncements, and in doing so destroyed your faith in the human race.
2. 10 kilos of all the bitterness you have ever felt towards the people you were in love with who did not love you back, who mocked you, toyed with your emotions, abandoned you on the darkest nights of your soul, and never appreciated your willingness to tear out your guts at their bidding, and in doing so obliterated your belief in real love.
3. 10 kilos of all the revulsions you feel towards a society that worships mediocrity, that rewards phoniness and cheap sentimentality because it appeals to the lowest common denominator, that eats its young and pukes them out, that condones corruption and greed, and scoffs at honesty and ethical behavior because "No one gets rich being honest and ethical," and in doing so destroys itself.

Directions: Throw everything into a large vat and mix thoroughly to form a batter. Knead the batter with your bare hands. Beat mercilessly until it is soft. Make dozens of first-sized lumps, then shape them into the kind of dispositions in life that you want to get rid off. Bake in 2000 degrees of anger. The key point here is that, as humans, we cannot change the world. We do not have the power over the universe. We do not control the course of events. But what we can do is to change and transform our lives into something that is beneficial and advantageous, not only to our own self but to the community as well. God made people as rational beings, with the intellect and will to choose what is right from wrong. As moral beings, humans are not predisposed to what the society or the technology dictates them. They can willfully choose the straight path to success and to live a life according to God's will. What an individual needs in accordance to what should be morally upright and just is to acquire a solid foundation on faith, faith that would bring you to the lighter side of life, away from the queasiness because your life feels like a runaway elevator plunging to nowhere. You have to shun away from despair at the sheer pointlessness of trying. You have to deviate from certain mentalities and principles that are so damaged it gives you ennui or boredom because everything is meaningless and you are just going through the motions of living. You can transform your life, if you have the willingness and the dogged determination to do so. It is not so hard to change. After all, it is the only permanent thing in this world so we do not have any choice but to change. Just aim for the good, though.

About the Author

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