

ZEN IN THE KITCHEN

Disney's delightfully successful animated film '[Ratatouille](#)' focuses on the life of Remy, a rat with a remarkable talent.

That talent needs first to be recognised as such, then developed.



And that development needs the right environment.

In the story we get to meet the famous chef, Gusteau, who proclaims that 'anyone can cook'.

It's also the title of his winning cookery book that Remy reads in the kitchen of the house where his clan lives.

Gusteau is right: anyone *can* cook.

Any one.

The One.

Because The One can do anything and everything.

As Disney, on his way to creating the studios on what were originally orange plantations, stated: "If you can dream it, you can make it."

When you are able to get in touch with The One, you, too, will be capable of ... well, in this case, changing your style of cooking.

[Osho](#), himself a remarkable Zen Master, describes the origins of Zen very simply.

The story starts in India, where 'dhyān' means meditation.

But India is a place where great things start but do not necessarily come to fruition.

Another location is needed for that.

Bodhidharma travelled eastwards for several years till he settled in China where the seed of the teachings could grow into a young sapling.

But even in China the conditions were unsuitable for this tree of wisdom to mature.

So, just as the nurseryman transplants his trees to ensure the right conditions for the particular phase of growth, it was only when the teachings reached Japan – even further to the east – that they could blossom in the unique cultural conditions of that country to become the Zen as we know it today.

So the key in many senses is meditation.

The key is simplicity.

The key is an obedience to the inner voice – that even at the moment of writing these words is guiding my fingers over the keyboard.

'Obedience' has negative connotations. But Zen reminds you that a word is but a word is but a word.

And the obedience here is a simple honouring of the flowering awareness of the instructions spoken by – as the Bible states – *the still small voice within* ([1 Kings 19: 11-12](#) – a beautiful text in itself, well worth looking up).

Back to Gusteau and 'anyone can cook'.

That means you.

You'll need some basics:

- a place to cook
- a means of cooking
- some tools
- some ingredients

... and above all a sense of discovery and a desire to feed yourself, not out of hunger but from great curiosity about all the ways of nourishing your body while exploring whole new worlds of methods and flavours.