

How to Cook the Longevity Noodles

Have you ever wanted to live forever and wondered how you could accomplish it? Well, I don't know how you could live forever, but I'm here to tell you the next best thing: a long and joyous life. In order to have a long and joyous life, you'll have to prepare the most important element of all, longevity noodles. First you have to gather the ingredients, then prepare the dish and last but not least, enjoy the results wholeheartedly. If you follow my instructions with caution, you won't be disappointed.

In order to get the desired effect, you'll have to take care in finding the right ingredients. A small mistake might ruin the dish and turn it into something you don't want. To obtain the ingredients, you'll have to look deep down into yourself and dig them out. You will need 1 pound of enthusiasm, 5 bowls of fun, 3 cups of wisdom, 1 teaspoon of joy, 1 teaspoon of hope, $\frac{1}{4}$ cup of worries, 2 pinches of angry thoughts, 1 negative thought and 3 spoons of failure. Each of the ingredients will transform into food when you use them properly: enthusiasm to egg noodles, fun to water, joy to soy sauce, humor to sesame oil, hope to cornstarch, worries to diced chicken, angry thoughts to beaten eggs, negative thoughts to sliced bell peppers, and failure into oil for cooking. Once all ingredients are out on the table, you are ready to move to the next step.

Now you can start making your longevity noodles. Remember to keep an open mind. First boil the fun, and put the enthusiasm in, stirring occasionally. Make sure that when you are cooking, you have the right surroundings. If you follow these basic instructions, the fun and enthusiasm should have turned into water and noodles by now. Next, drain the water from the noodles and rise with songs of the butterflies. Make sure that when you hold the noodles up to you, that you're able to hear them. Now, boil the wisdom, in a separate pot, can you feel it in the air? If you can, add in joy, humor along with diced worries and sliced negative thoughts.

The worries and negative thoughts have to be thoroughly dissected to make the dish extra delicious. Let the mixture boil on high heat for 4 minutes. You should be able to hear the laughter and the songs while you're doing this. Hope is added to thicken the mixture, which you get from the dreams of the clouds. Now, heat the frying pan and add in failures, collected from since you were little. From failures, there's always learnt lessons, blend that in also. Pour the beaten angry thoughts into the pan and stir over medium heat, add the mixture you made earlier into the pan also and boil. One last step, pour the sauce over the noodles and enjoy.

It is best that when you're starting to eat, you let your heart breathe and take in everything the noodles have to offer. Find the right place, a right place is a place where your mind is at peace. Now you might begin. Do you feel it wrapping around you, whispering to you and singing? Do you feel a rise and fall in your emotions? Don't worry, it's just one of the effects of the noodles. When you're eating, you should be able to see ghosts of the past and the spirits of the future with bright rays around them. Do you see the injured phoenix soaring through the sky? That's hope. Do you see the birds dancing? That's joy. You can see what the noodles have done all around you. Can you see the humor, enthusiasm and wisdom; the angry thoughts beaten, the negative thoughts sliced, and the worries diced? When you see and feel all these things, the noodles are forever a part of you now. You'll take them wherever you go, it has wrapped itself around you like a mummy wrapped tightly. It will keep you confident in the future and remind you of your mistakes in the past. Be warned that once you're out of hope, the effects of the noodles will no longer take place. So be careful.

That wasn't so hard was it? All you had to do was get the right ingredients, prepare the dish with an open mind and enjoy the results sincerely. You may feel free to cook this dish as

often as you like, it will only strengthen you each time you have it. If you've done everything I've told you about, you'll be sure to have a lengthy and merry life.