

# Bread



- Bread is a staple part of the diet in most cultures, whether it's an artisan sourdough, or a convenient sliced white loaf. Some see it as a symbol of life itself.

*'Bread is simple, all you need is time, love and patience.'*

- On one level, bread is very simple to make, but each ingredient and each process has to be just right to make the perfect loaf. Perhaps that is a metaphor for life?
- Bread is a very basic foodstuff, but nutritious and satisfying. Do we sometimes over-complicate life, rather than enjoying simple pleasures? Do we need to be more mindful of what we eat and drink, rather than being distracted or eating in a hurry?
- The more you knead the dough, the lighter the bread becomes and the more it rises. Does your life ever feel as if you're being pummelled? How could the kneading dough analogy keep you from feeling overwhelmed?