

*We see from different frames of reference;
a fact to you, may be anything but the truth for me,
and the reverse is equally true.*

*We must always keep in mind
that a fact is truth qualified to a certain level of consciousness.
Obviously, then, truth will depend upon the level of consciousness of the individual.*

---Jack H. Holland

SPIRIT in ACTION

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WE WELCOME YOU!

The Known and the Unknown (an excerpt)

We have qualified so much of what is in the world, through limited awareness of the Truth that we must *die to the known* in order to *reveal the unknown*. The perfect answer to the dilemma, of course, is given by Jesus: "Seek ye first the kingdom of God and all else will be brought unto you." We, however, keep searching for the Truth in what is known, and that is not where it is to be found..

A sense of the mystical is the key to unlocking the mystery of life, for it allows us to realize that the intellect is not the reservoir of Truth but simply a *collector* of ideas. If the individual has determined his attitudes based on ideas alone, he will not find the Truth. Albert Einstein put it very well when he said: "Anyone interested in physics is led to metaphysics." He was saying to look behind that which appears. *What appears is simply our idea, put into physical form*. The physical form of anything simply proves the existence of creation. It is simply the solidification or crystallization of idea, just as man himself is God Idea brought into manifestation.

Since ideas are what we see manifested, the appearance is simply the outpicturing of our own understanding of Truth, or our lack of that understanding. Change the awareness of-- the Essence, the God Presence, the I AM Presence---and all manifestation will change. What we know from what appears to our senses then is the state of our ideas. Hence, if we wish to know the Truth, we have to break away from the known, what we believe through sense perception, and go to the unknown.

Krishnamurti says in *Freedom from the Known*: "...the freedom from the known can come into being only when there is a dying every day to the known, to the hurts, flatteries, to all the images you have made, to all your experiences---dying every day so that brain cells themselves become fresh, young, innocent." He is telling us that it is the images that we have created from what has manifested that stops us from growth in love and beauty. It is the expectancy of God---good---that allows us to grow, leaving us free to find Truth.

The greatly misunderstood Beatitude, "*Blessed are the meek, for they shall inherit the earth,*" tells us much about the importance of recognizing that the known is a very limited part of what actually is. The original meaning behind the word *meek* is "*to know I don't know at all,*" or "*to be teachable.*" When we understand this we become open and receptive. Growth, in any way, requires two recog-

nitions; one: that there is the potential for growth; and two: that not all that could be is now in manifestation, or in understanding. With these two recognitions, we become free of the enslavement of present manifestation, which so often is limitation.

Often it is the acceptance of the known as ultimate truth that creates the fears that make it impossible for us to be creative or to grow. Fear of the unknown causes us to lose sight of great opportunities and great challenges. If one accepts the unknown as part of God's creation, if one sees that the potential for new understanding and new opportunity rests in the unknown, he can be free to act and to grow in and through whatever experiences come into his life.

The unknown must not be judged by what is known! If it is, the individual will find that fear runs his life, and he will be reacting to situations, conditions, and experiences. Reactions are always controlled by what has been, *the known*, and can never be creative. *Only when man acts---which means, he sees potential in the unknown---can man be creative.* In reacting, we are controlled by whatever we are reacting to---and are limited to our known experiences and manifestation. In acting ... we are freed from the limitations of the past, the known. This, of course, is why we are told to be "doers of the word and not just listeners." Acting with faith in the potential, we bring creative experiences and concepts into our lives. . . .

---Dr. Jack H. Holland, Minister---San Jose CA---
Church of Divine Science and Prayer Ministry

God Is Your Friend --- Emmet Fox ---

God is your *best* friend.
God is always present, and
you can turn to Him for help, for guidance.
He never fails you.

It is foolish to think that God is just a very big man. a magnified edition of ourselves; however, when people escape from this error, they sometimes make the opposite mistake of thinking that God is only an impersonal force like electricity or gravity.

This is the more dangerous mistake of the two, because it leaves these people with no one to depend upon but themselves, and that is the most tragic of all conditions. In such a case, people think, "I can overcome this difficulty if I get my thoughts right, but I have to do this alone, by my own power, and I may not be able to do it." They forget that God always helps.

Think of God as a loving Father always ready to heal and comfort. Remember that He is and has infinite Intelligence; that He has all power and His nature is Love. Turn to Him today in exactly the same way and in the same spirit as you would have done when you were five or six years old---however, add in the larger understanding you have since received.

The truth of God's omnipresence cannot lessen your sense of the personal existence of God. It can only increase it. The Christ teaching comes not to destroy but to fulfill.

Every human being has the potential to know experientially the living Spirit because IT is the very life and Self of each of us. M.E. Cramer and Nona Brooks both tell us of their experience of this Presence.

M.E. Cramer in Divine Science and Healing says, "The answer....was an all-absorbing realization of a presence and power...more than personal, it was omnipresence;...more than any visible object...it was real and permanent. It was so vivifying and illumining I knew that I was one with it. I realized it to be my life; the very being, knowledge, health and power that I am. It was as a "Consuming fire," in that all things became It and were this One Presence manifested. Simultaneously with finding myself in God, I experienced the in-drawing of all things, i.e., that all are in the embrace of one eternal Good."

And we read of Nona Brooks experience in Divine Science: Its Principles and Practice. "my whole being was completely flooded with a great light...brighter than sunlight...It filled me! It surrounded me! I was conscious of nothing but that intense white light!...I had been instantly and completely healed."

They knew Spirit: light, life, health, etc. not because of some teaching or doctrine of faith, but because they experienced being It. The idea that each of us can know our own True Divine Self is ancient, our founders made it their teaching and wanted every Divine Scientist to testify or witness to Spirit present in their own lives.

"Satisfaction has been eternally within our soul, but forgotten while we seek to manufacture our own...Only that which we fail to realize of our SELF is lacking in our world of experience." A life of joy, contentment, and peace comes from knowing the True Divine Self. It may not be easy but the road to salvation is simple.

STOP whatever it is you are
doing, thinking, trying, etc.,
----just stop.

Imagine a big red Stop Sign---sit down in front of it.
---Just stop!---

Then LOOK, look inside your own being.
Begin to let go of whatever keeps you from loving;
anger, fear, resentment, doubt;
it only builds prison walls. Just dump it.

Now LISTEN, listen to the silence and
enjoy the vastness of your being.
A brilliant universe awaits within,
waiting to create ITSELF as you.

This is your True Divine Self---listen to IT!

---Rev. Mary Rezentos
Minister at large

STUDIES in DIVINE SCIENCE

Mrs. D. L. Baum
(a continuation)

XI.

SUPPLY.

The basis of all demonstration is Omnipresence. Without constant recognition of this foundation principle it would be impossible to make demonstration in any form, for it is the basis on which we build the entire structure.

In the first lesson many attributes and qualities of Omnipresence were given; however, considered especially in its relation to our present subject, Omnipresence means the allness of God, as the fulness of everything that man can conceive of as needed for his complete satisfaction. Man is instinctively dissatisfied to be weak, sick, inharmonious, or poor, and yet he has not placed his concept of Divine Mind high enough to prevent the occasional appearance of these negative conditions. He has not realized that the fulness of all good is in himself --now and eternally. Since God is omnipresent Life, Health, and Substance, it is possible for everyone to so demonstrate the truth that Life will abound in good to a remarkable degree, that perfect Health of body will be realized beyond what it is possible to attain through any other means, and finally, that perfect Substance will be manifested as supply for every need of mankind, no matter what that need is. This is what perfect realization of Omnipresence, as defined above, would mean; for there is but one Substance and but one eternal Source of supply.

Supply operates according to a very simple law--the law of co-operation. It is to be found in circulation and not in accumulation, although the latter has been the basis of many a life-long effort to supply human needs. It is only through co-operation that you can demonstrate supply. The freedom with which you can look at your manifest supply and put it into circulation, with the conscious recognition of the fulness of the omnipresent supply from which to draw, is the law by which great success is attained. Consider supply as moving in a circular channel, with the individual receiving from the stream according as he contributes thereto. Perfect supply would then be passing every point in the circle at all times, and the individual who is co-operating will have perfect supply at his command constantly. It may be conceived that, to the omnipresent spirit, there is no difference between giving and receiving, and we should endeavor to come to

a realizing consciousness of this fact, keeping ourselves in the channel through which circulates constantly the supply for every need of man.

We may illustrate the operation of this law as follows: If you have a consciousness of this Truth, which you are studying, the freedom with which you communicate it to others is the law by which you increase your store of truth. The freedom with which you look upon the supply of truth which you already realize, and the readiness with which you give it forth, become the means through which you realize greater truth. Likewise the consciousness of universal Love and the freedom, with which you express it and give it to the world, is the law by which you realize more love. Nothing is ever fully realized by you unless you can express it, and the process of expression is the opening of a channel, which is not only an outlet but also an inlet for supply. You open the channel by manifesting such knowledge of Truth as you possess, and by that very act you provide an inlet for a greater supply. To withhold what you possess, effectually blocks the channel, so that perfect supply cannot flow through your life.

This law of divine co-operation is of God; it is not of man's making. Get it very clearly fixed in your thought that the individual is merely the activity through which God's supply comes into form for use. You are the channel for the inflow and the outflow. If you do not cooperate with the source of supply by keeping the channel open there is positively no other means whereby perfect supply can flow through you. The law is one of eternal justice; you must do your part. When the activity of the individual soul ceases to co-operate with divine activity, circulation for that one is stopped.

It is usually fear that stops the outflow. Not knowing the omnipresent supply, and believing your various possessions dependent on your own activity, you fear to give freely of what you have. Perhaps you are recognizing some individual as your source of supply; or it may be that your faith is placed in some special ability, which you attribute to your own personality. These things are not true. God is the omnipresent Source of all supply. Nothing belongs to you personally. "You are your own un failing part of life's great whole, nor more nor less than any other part of it." When you recognize that all things whatsoever are of God; that omnipresent Substance is available for every need of mankind; and that you are an agency through which that substance is made tangible for your use, you will both give and receive with perfect freedom.

The individual's knowledge of this principle brings recognition within himself that he is a part of, and that he helps to make manifest, the unlimited supply of God. For example, deposits of coal and other minerals existed unknown and unused for ages, but the activity, application, and co-operation of the individual brought them into circulation and made manifest the supply for a great need. Similarly with the supply for all other needs, whether spiritual, mental, or so-called material, they may all be satisfied by first coming into a consciousness of the Omnipresence as the unfailing source of substance and supply. Spiritual gifts, wisdom, health, food, shelter, clothing and money, are all from the same source of all Good. This supply is unfolding from the invisible into tangible form for the use of man. Each of us is a channel through which supply in all forms comes into general circulation.

Be careful in applying the law of co-operation---giving that you may receive---that your motives are only the highest. Let the secret analysis of your soul reveal only purity of heart and honesty of purpose. Do not give merely that you may receive. Give in order to open the channel that the divine abundance may flow through you. Give because it is the law of your being to give; receive because it is the law of your being to receive. It is just as necessary to receive as to give; we need be actuated only by the right motives. Your purpose and aim should be to bear witness to the Truth in this way as in any other.

The secret of any failure to demonstrate supply is the subtle desire to get something for nothing. The law will not operate in that manner. Jesus did not teach that you should wait until you had received before you gave. *"Give and it shall be given unto you: good measure pressed down, shaken together, and running over, shall men give into your bosom. For with the same measure that ye mete withal, it shall be measured to you again."* (Luke 6:38) Thus it happens that we are often cut off from our supply by unwillingness to do our part. "A pauper is one who has not conscious ability to circulate the things of God." All supply is of God, and if we fail to circulate the supply of which we are conscious, we become paupers.

If you have a financial problem to meet, place your absolute faith in the omnipresent supply, knowing that it comes from one source through many channels. Clear the thought and the mentality of anxiety, fear, and worry, substituting faith and trust. Steadfastly give your attention to the supreme fact that the Spirit is absolute power and will adjust the condition. Believe in the reality of abundance,

for just as long as you believe in the reality of lack you will be subject to your own belief. When you have thus adjusted your thought, begin to co-operate as though you had received, for without co-operation you will not bring supply into manifestation.

The Bible abounds in many references to this law of co-operation. *"There is that scattereth, and yet increaseth; and there is that withholdeth more than is meet, but it tendeth to poverty."* Proverbs 11:24 If a man hoard grain in his barn and will not scatter it he can receive no increase. *"In the morning sow thy seed and in the evening withhold not thine hand."* Ecclesiastes 11:6 The first clause of this statement refers to the beginning of your demonstration for supply. It is sowing this mental seed, knowing the allness of the abundance, opening the channel by giving freely of what you have, blessing it as it goes from you. The latter clause refers to receiving the fruit of your good works. The process may be all mental at first, but it will presently be made manifest.

There must be absolute justice in receiving and giving; making adequate recompense for everything that you receive and asking only just acknowledgment from those indebted to you. No merchant could sustain his business if he failed to observe these rules. To give, and refuse to receive, is as unwise as to try to receive without giving; either process stops the channel of supply at one end or the other. In this connection, many have felt that practitioners of divine healing should give their services free inasmuch as it is Christ's work. This is a specious argument, as a little thought will show. We are "many members in one body," and "all members have not the same office." We all have "gifts differing according to the grace that is given us." One, who has attained success along any line, has done so through faithful application and at the expense of time and means. No one would expect gratuitous service from such a person or think of withholding reasonable compensation. Jesus told his disciples, when sending them out to do his work, that "the laborer is worthy of his hire." Mere empty pride actuates that person who wishes always to give, without receiving any compensation therefor; and by compensation we do not necessarily mean money, for there are many other ways of rendering adequate return. You are depriving anyone of his very means of demonstrating supply if you positively decline to allow him to give something in return for what he has received. Such a process makes paupers instead of individuals who recognize the true source of all things.

Now this law of supply, which we have been considering, applies not only to the things of this world, but to the qualities of the individual consciousness. Growth in love and knowledge, and realization of joy, peace, and health, result from recognizing and living in accordance with it. Use the talents, which have been given you in order that they may increase, and that you may thereby add to the world's supply of all good. Open every channel and withhold nothing; for "with such measure as ye mete withal, it shall be measured to you again." Remember always that the law of supply is based upon circulation and not upon accumulation.

--- Statements for Meditation. ---

I am connected with the unlimited law of supply.
Through Divine Love and loving co-operation do I
receive my supply.
God's gift in me is eternal Life.
I am purified from fear.
I am a channel of Divine Abundance.
I am one with the unlimited power of God.
Within my own being is the power to meet every
demand.
I give freely and thereby open the channel to
receive the Divine Abundance.

--- THE LAW OF LOVE. ---

"Pour forth the oil --- pour boldly forth;
It will not fail until
Thou fillest vessels to provide,
Which it will largely fill.

Make channels for the streams of love,
Where they may broadly run;
And love has ever-flowing streams
To fill them every one.

But if at any time we cease
Such channels to provide,
The very fountains of love for us
Will soon be parched and dried.

For we must share if we would keep
That blessing from above;
Ceasing to give, we cease to have;
Such is the law of love."

"We have worked externally for the good things of life, but we are finding that all good is within---the activity of the Infinite One, its richness, its fulness, its power. This is our heritage, our birthright. It is health, for health is the fullness and completeness of our nature realized in all of Life's activities and relationships."

---Nona L. Brooks

WHAT ARE WE AFRAID OF?

JoAnn Corsiatto, D. Sc. F. (Guest Minister)

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Today, more than ever, with so much going on around the world, people seem to be consumed with fear. Man's well being and safety has become a major concern.

Fear has always been a fascinating subject.

Why are we fearful?

What is the reason for fear?

Fear seems to be such a universal and uncontrollable emotion that we have come to regard it as something unavoidable, something natural, and something to be expected.

Psychologists tell us, one of the most common fears is that of becoming ill, another is loss of employment and personal security. We fail to realize that the spirit of hundreds of thousands of men and women is being felled with the axe of fear by negative thoughts pounding our society today. People are focused on being protected, on being safe, in what our media is calling "an unsafe society." This is a matter of decision, just as we make decisions about the clothing we wear, the meal we decide to fix, or the TV program we will view. It is no different than to decide what we are going to keep or discard in consciousness. Fear is not a natural emotion to those who understand the Science of Being.

Let's go back in time and think about the disciples on the morning they encountered a catastrophic storm years ago. Even as seasoned fishermen, they were afraid because they were encountering a storm such as they had never before experienced. They were in fear because they were leaving something out of their calculations, something not found in a nautical textbook---the efficacy of Divine help. Suddenly they recalled it, just as we seek divine assistance when we have reached an extreme situation in our life. The fishermen realized someone higher than them must be called upon. They turned to the sleeping Jesus. Is it possible that we must be brought to a place where a sudden storm in our personal lives compels us to call upon something other than human methods? Jesus settled the waves and the winds on the sea of Gennesaret, because throughout his life, he had been stilling the tumultuous thoughts in his own mind. He had been quieting his fears and his own apprehensions, which taking refuge in the great eternal Truth within him.

In Divine Science we come to understand that fear is nothing of itself. *Fear is not the presence of something; it is merely the absence of faith.* The Bible's antidote for fear is "*Perfect Love casteth out fear.*" Are most of us not like those fishermen of years ago, who called upon a higher power in a time of desperation? We must fortify our minds against tragedy, war, terror, and anxiety, before a crisis. We do this by regularly replenishing our spiritual strengths. Then if a stormy situation seems to threaten or to hit our life, we can meet it calmly.

Why are we so fearful? Because, we have allowed ourselves to be programmed for fear and do not recognize that there is a power that can still the winds and waves of our outward emotions. We do not realize that there is that reality of soul within us only awaiting the call to respond.

Why are we so fearful? The question is not difficult to answer, it is simply *"O ye of little faith!"* Little faith in what? Those fishermen in the story had a lot of faith in their ability to steer a ship, and in their physical strength. The faith that they lacked was lying in the bottom of the boat. The thing that helps to steady us in times of tragedy is spiritual strength. *God has not given you a spirit of fear, but of power; power to rise above any situation.*

Fear is man's only enemy,
and it must be erased from the consciousness.
If we are to demonstrate our hearts desire,
we must substitute faith for fear.

Jesus said, *"Watch, for ye know not what hour the thief cometh."* Matthew 24:42-43

We know not the hour something will happen in our life that will disturb or distress our peace of mind. The instruction is to "watch," meaning be prepared. Take the time to go within and center your attention on the Christ within. We must constantly replenish our spiritual faith against the day when the temptation to be afraid may surface. We must build our faith with constant affirmations of faith and courage. *Think, love, and pray.* When you focus on Love, you begin to be conscious of the presence of God. When you pray, you begin to trust His power, and when you think, you begin to understand the world around you.

Love, prayer, and understanding dissolve fear. There is no fear in Love. Think of the wonderful words of Paul to young Timothy, *"God hath not given us the spirit of fear, but of power and of love and of sound mind."* 2 Timothy 1:7
God has not given us the Spirit of fear. We can take this thought with us wherever we go and we can use it in any situation. We must build upon our faith and constantly affirm, "the fearlessness of infinite purity and love dwells in me, and I am divinely protected. Love is the armor of protection around me, it is a magnet that draws to me all that is good and all that is a blessing to me and the world around me."

At any time, whatever work you may be engaged in, whatever you may be doing, if you feel yourself become anxious, frightened, or feel a sense of unrest, let go, drop the entire matter from your mind at once and direct your attention to love, peace, joy, and the allness and goodness of God. Realize that the Christ in you is working silently behind all appearances, leading you to your highest good.

The Practice of the Presence of God **The Practice---The Practice---The Practice**

The fairy-story is the child's first allegory.
There, the lessons to help or hinder are set
forth in potent imagery;
Snow-White and the Seven Dwarfs,
for example,
holds within it's well-worn fabric,
threads of deepest meaning.
Do you remember it?

When lost in the deep forest, she was found, and taken into the home of the seven brothers, and wanted to repay them by keeping their house---she found she knew nothing of how to go to work, for was she not a princess, untrained to labor?

The eldest dwarf showed her how to build a fire of twigs, swing the iron pot above the flames, and then told her: "The first day you need do nothing but keep the fire lighted." But she was very weary, and fell asleep, and when the dwarfs returned the fire was sunk to ashes.

The second day the second dwarf said to her, "This day, you have only to keep the fire burning," and so she did until the sun was high when she heard the call of a wild bird and followed it into the beechen-shade---when the dwarfs returned there were only embers.

In turn, each dwarf counseled her, encouraged her, and each day---curiosity or fear, imagination or impatience stirred her away. And yet, she began anew each day never quite succeeding, until upon the seventh day; the fire burned with a clear steady glow that warmed the frosty souls of the dwarfs into new being.

"Now we know, that you are indeed born a princess," said the Eldest Dwarf.

A sacred trust is our new awareness of what God is, what we are, what the world is; all one in their primal essence, separated only in our thought. That fire of consecration must be kept burning without let or hindrance, and may have to be restarted again and again until by our faith, we have identified all things with it, knowing that unless it burns with the same sacred fire, it is as dross to be consumed by its intensity; but the little flickering flame, which burned so tremulously in the beginning, and may have to be restarted, has now become the altar-light of Pure Consciousness.

---June B. Benedict

Life has a way of accelerating
as we get older.
The days get shorter, and the list of
promises to ourselves gets longer.

TRUTH THOUGHTS

There is but one Life, which is Infinite Spirit.
Infinite Spirit is the one Substance,
which is Infinite Mind.

There is but one Law, which is Infinite Love.

There is but one Method
of Creation or manifestation,
which method is the action of Divine Being.

The One Life is the Life of all.

The One Substance is the Substance of all,
within and of which all things are produced.

That Power which forms one forms all.

That which loves one loves all.
All are in and of One Source.
As the One Spirit,
which is no respecter of persons,
loved one,
even our great Master,
so does It love and respect each one of us,
even to the least thing It has created.

It is not the will of the Father
that the least of these should suffer.

---Malinda E. Cramer

God's Love-Law Operates Lovingly

A divine law operates only divinely and not personally. God has given to all alike.

It is necessary to drop our personal beliefs before we start along the trail to peace, joy, and satisfaction, for we shall not find it easy to carry a great pack of selfishness, greed, and self-centeredness. Jesus said, *"For my yoke is easy and my burden is light."*

It is evident that this is where most of us fail to make a good start. We are not willing to discard our load, but attempt to struggle on bearing it, and after a time the pathway becomes stony and the hills grow too steep.

All nature is governed by law, and all nature is so abundantly supplied that it is not easy for our mentality to encompass its affluence.

Every guiding and helpful statement that Jesus made was founded upon Law and Principle. *"Seek ye first the Kingdom of God and His righteousness; and all these things shall be added unto you."* Why not open our eyes and see what he means and be rich in "all these things?"

When the birds build their nests in the springtime, they do not obtain their material from the collection of a neighbor but seek God's abundant supply over field and meadow. With love in their hearts and song in their throats they build their abodes after God's plan. Man---a Divine creation also---a step above the wild things, is forgetting God's plan and building his life after his own plan and thereby forgetting the Law of Love, of kindness, of gentleness, toward his brother.

The Creator of all Life has never refused man his privilege of making and using his own home-made laws and ways of seeking to accomplish his good; but neither has He withdrawn His Laws which have from the beginning existed and will continue eternally. Ever has He left wide open before us the book of nature and endowed us with the ability to read it, if we only will. Abundance is ever immediately at hand, but we must take the time apart to become conscious of the wealth of God's supply. There is always time, for time is eternal.

If we are truly conscious of the Father as our source then we are aware of a source to supply all our needs. Oh, how vastly different are all the needs of God's children---how vastly different too are His ways and means of supply. Example: Those things that supply the cow in the field with her needs will never do for the fox ---or for man.

Situations often appear when it seems as though our needs were far too great to be immediately supplied, and we become worried and full of fear. Fear and worry are like a heavy fog, which settles down and we cannot see in any direction. Understanding faith is like a soft breeze that drives away the fog, and a consciousness of the Omnipresent Good is as the sun's rays which penetrate the heaviest gloom. God does not supply after man's plan, but in His own way; hence, let us seek not personally, but only that our eyes may be opened and our vision make clear.

---Alice R. Ritchie

Man's birthright is peace, joy, love, and beauty.

To misunderstand the will of God is ignorance, and to blame the will of God for our disharmonies is surely cowardice. Each mistake is forgiven, each wound healed and forgotten. The will of God is Perfection and eventually His will is done.

We suffer through our mistakes, but do we learn?

Each hole dug into the soil will soon be covered again with grass and flowers. Nature will quickly heal each wound in man's body or heart, for it is God's loving and healing Law---going on and on eternally.

Can we watch and know this Law---
and still declare that any disharmony is the will of God?

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A Divine Science Federation International Newsletter

L ove
I ntegrity
F reedom
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WE WELCOME YOU!

Have you every watched kids playing on a merry-go-round or listened to the rain tapping on the ground?

Every followed a butterfly's erratic flight or gazed at the sun into the fading night?

Do you run through each day on the fly?

When you ask "How are you?" Do you hear the reply?

When the day is done, do you lie in your bed with the next hundred chores running though your head?

Ever told your child, "We'll do it tomorrow," and in your haste, not seen his sorrow?

Ever lost touch? --- Let a good friendship die? --- Just called to say "Hi"?

When you worry and hurry through your day, it is like an unopened gift --- thrown away ---

Life is not a race. Take it slower.

Hear the music before the song is over.

---Unknown Author