

A journal with a twist: If an Hourglass represents your lifetime, your beliefs and attitudes affect how you spend your grains of sand. From A to Z, the journal offers contemplative topics for personal reflection and clarity, beginning with Awareness.

H Is For Hourglass, S Is For Sand

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*H Is for Hourglass*  
*S Is for Sand*



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# *H Is for Hourglass S Is for Sand*

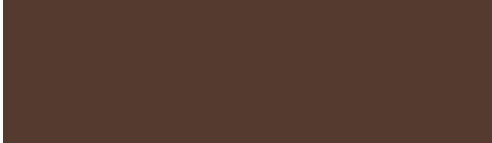
*by*

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### AWARENESS:

n. Having knowledge or cognizance:  
Vigilant; watchful; mindful.

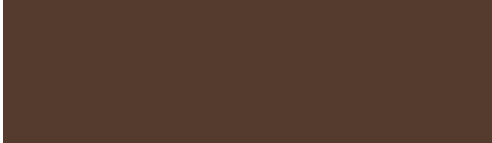
*I became aware that my sand  
mattered when...*

To remember oneself means the same thing as to be aware of oneself.  
I am. It's not a function, not thinking, not feeling;  
it's a different state of consciousness.  
~ Ouspensky ~

Awareness does not necessarily imply understanding.



Now and then it's good to pause in our  
pursuit of happiness and just be happy.  
~ Guillaume Apollinaire ~



### **BALANCE:**

n. A state of equilibrium or equipoise;  
v. to bring into or hold in equilibrium;  
poise; to be equal.

*I find balance in my life when I...*

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My private measure of success is daily. If this were to be the last day of my life would I be content with it? To live in a harmonious balance of commitments and pleasures is what I strive for.  
~ Jane Rule ~

[illegible]

7 ~ H is for Hourglass, S is for Sand





**CHOICE:**

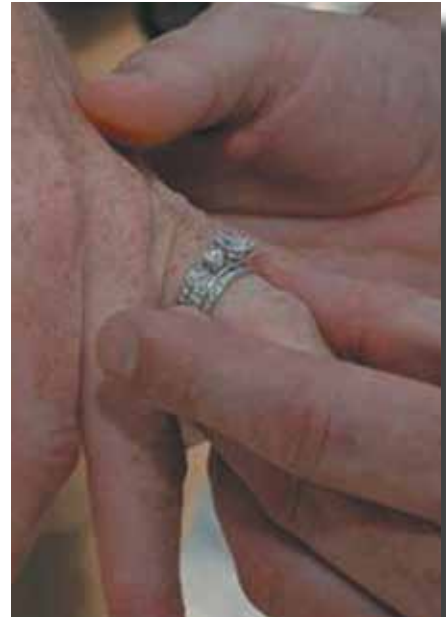
n. The power, right or opportunity to choose; option.



*Even if my choice makes me nervous I  
embrace the opportunity to...*

It's choice — not chance — that determines your destiny.  
~ Jean Nidetch ~

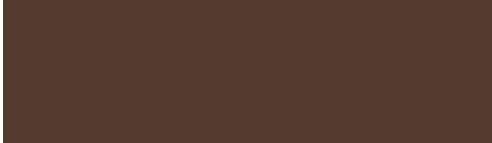
Choice, like happiness,  
is available at all times.



You are the person who has to decide.  
Whether you'll do it or toss it aside;  
You are the person who makes up your mind  
Whether you'll lead or linger behind.  
Whether you'll try for the goal that's afar,  
Or just be content to stay where you are.

~ Edgar A. Guest ~

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## Under Your Umbrella



*Are you walking under someone else's umbrella?  
Living your life by someone else's design?  
Hiding in the shadows of someone else's greatness?  
Living someone else's dream?  
Looking out through the eyes of a stranger?*

*Isn't it about time you carry your own umbrella?  
Create your own designs?  
Discover your own greatness?  
Fulfill your own dreams?  
See the world through your own eyes?*

*Are you walking under someone else's umbrella?  
Listening to someone else's music?  
Living someone else's idea of a 'good boy or girl'?  
Believing only someone else has creative ideas?  
Following someone else's quest for adventure?  
Constantly living by someone else's guidance?*

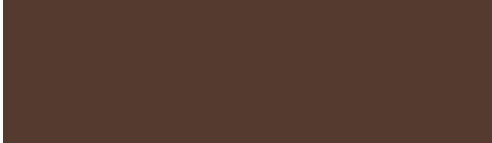
~ Debbie Dunn ~

*Isn't it about time you carry your own umbrella?  
Sing your own kind of songs?  
Realize you are good just the way you are?  
Develop your own creative ideas?  
Take yourself on your own adventure?  
Listen to your own guidance?*

*Know you are complete in who you are.  
Come out from under someone else's umbrella  
And see your world in the glorious light of day.  
Isn't it about time?*

*Do you want to wake up in the late autumn of your years  
And know you spent your life living  
Under someone else's umbrella?  
Isn't it about time you carry your own umbrella?*





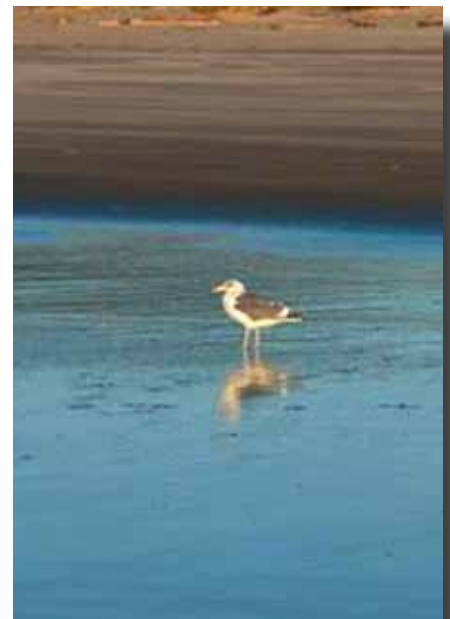
### DEPRESSION:

n. The condition of feeling sad or melancholy.  
Low spirits or vitality.

*Although it bothers me, I admit that  
when I feel depressed I...*

There is a way out of every dark mist, over a rainbow trail.  
~ Navajo Song ~

Depression could be an irritant  
that evokes a pearl.



This is my depressed stance. When you're depressed, it makes a lot of difference  
how you stand. The worst thing you can do is straighten up and hold your head  
high because then you'll start to feel better. If you're going to get any joy out of  
being depressed, you've got to stand like this.

~ Charlie Brown ~

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