

## ONE DAY AT A TIME

### CONDITIONS

TRUE RELAXATION IS NOT A STATE OF NOTHINGNESS; IT IS A STATE OF CALM AWARENESS. RELAXATION IS THE PROCESS OF CONDITIONING YOUR MIND, BODY AND EMOTIONS. THE ABILITY TO RELAX HAS A DIRECT RELATIONSHIP TO YOUR MENTAL ATTITUDE. ANXIETY IS A SIGN THAT EMOTIONAL POWER IS BEING USED IMPROPERLY. WHEN YOU SENSE ANXIETY, TIGHTEN AND RELAX YOUR MUSCLES AS THE FIRST STEP IN RELIEVING IT. NEXT, BREATHE DEEPLY. DO THESE TWO THINGS SEVERAL TIMES A DAY UNTIL THEY BECOME AN HABITUAL WAY OF REACTING TO TENSION. IF CIRCUMSTANCES WON'T ALLOW YOU TO RELAX, TRY TO CHANGE ACTIVITIES. EXAMINE LIVING HABITS. DO YOU GET SUFFICIENT SLEEP? DO YOU EAT, AND DRINK EXCESSIVELY? HAVE YOU SET ASIDE TIME FOR NEW ACTIVITIES? SOCIAL RECREATION?

HOW LONG HAS IT BEEN SINCE YOU'VE HONESTLY ASKED YOURSELF WHERE YOU'RE GOING AND WHY? AMONG THE GOODS ALL BEINGS STRIVE FOR, THEIR OWN PERFECTION HOLDS A PROMINENT PLACE. RELAXATION IS NOT THE SAME AS LAZINESS; IT IS THE CONSCIOUS CONTROL OF MENTAL ATTITUDE AND EMOTIONAL STRESS. TO PONDER ON THE REASONS OF BEHAVIOR IS MORE EFFICIENT THAN MERELY DECIDING TO BEHAVE DIFFERENTLY. THIS IS THE AGE OF ANXIETY AND RELAXATION DOES NOT COME EASY TO THE ANXIOUS. PRESSURES AND TENSIONS, HOWEVER CAN BE FACED IF THEY ARE RECOGNIZED AS PART OF THE HUMAN CONDITION. RECOGNIZING THE DIFFERENCE BETWEEN NORMAL AND NEUROTIC ANXIETY IS CRUCIAL TO RELAXATION. TALK OUT WORRISOME ANXIETIES WITH A TRUSTED FRIEND, SPIRITUAL ADVISOR OR PROFESSIONAL COUNSELOR.

**BEGIN THE DAY WITH GOD** KNEEL DOWN TO HIM IN PRAYER;  
**OPEN THE BOOK OF GOD** AND READ A PORTION THERE; **GO THROUGH THE DAY WITH GOD** WHATE'ER THY WORK MAY BE;  
**CONVERSE IN MIND WITH GOD** THY SPIRIT HEAVENWARD RAISE;  
**CONCLUDE THE DAY WITH GOD** THY SINS TO HIM CONFESS;  
**LIE DOWN AT NIGHT WITH GOD** WHO GIVES HIS SERVANTS SLEEP;  
AND WHEN THOU TREAD'ST THE VALE OF DEATH, HE WILL GUARD & KEEP.

I IMAGINE ONE OF THE REASONS PEOPLE CLING TO THEIR HATES SO STUBBORNLY IS BECAUSE THEY SENSE, ONCE HATE IS GONE, THEY WILL BE FORCED TO DEAL WITH PAIN.