

Throughout each day we must continually ingrain in ourselves the habit of being thankful. A prayer of thanks should be said periodically throughout the day. Our goal should be to stop seven times each day, to be grateful and applaud the profound enigma which has brought us this world and its experiences. Consider how it would be impossible to do this everyday for a lifetime and be miserable. Each day we must repel thoughts of apprehension, melancholy, and selfishness. By repetition of our meditations, and training ourselves daily to express hope and joy and thanksgiving, we will come to have the peace and stability that we require.

This outline, of course, will suit hardly anyone. It is intended as a starting point for a design of one's own. We must exercise discipline in order to take control of our time; it is our ultimate currency. We must be careful how we spend it; we should fill it with the very best of life.

Always We Begin Again

6:45 A.M. — 7:15 A.M.

Reading and Meditation

Use the same mantra each day.

Meditate in the same place each day.

Be thankful [1].

Breakfast

Share this time with a family member, if possible.

If not, read something helpful.

Commute

Give thanksgiving [2].

Take this time to center yourself.

Work

Slow down when you feel yourself racing.

The world does not depend upon you.

10:30 A.M. — 10:31 A.M.

Say a quiet thanksgiving [3].

Work

If you are tense, stop and breathe deeply.

11:59 A.M.—12:00 P.M.

Say a quiet thanksgiving [4].

An Example of a Weekday Schedule

Lunch

Eat with friends if possible.
Take time to live and share.

Work

If you are racing and superficial, slow down.

2:30 P.M. — 2:31 P.M.

Say a quiet thanksgiving [5].

Work

You can be efficient without being rushed.
Concentrate. Watch your breathing.

Find satisfaction in doing the work well.

Commute

Say a quiet thanksgiving [6].

5:30 P.M. — 6:00 P.M.

Exercise.

Supper

Eat with family, if possible.

Reading, Family

Turn off the television and discover how much more time you have in a single evening. Give up your evenings to meetings, work, and to the media only sparingly and never without good cause.

Always We Begin Again

10:00 p.m. — 10:10 p.m.

Meditation.

Give thanksgiving [7].

Skip the evening news and discover that the life you are leading is not full of violence and tragedy.

10:10 p.m. — 6:40 a.m.

Rest and Sleep.

It is essential to stay well rested.

Each day we should expose ourselves to the inspiration of others. Thousands of saints and wise men and women have left us messages of hope and encouragement. Read what is honest. Read the scriptures and the commentaries. Read great literature and poetry. Read the psalms. Read that which expresses the anguish and the exhilaration of experience, and teaches us that we are not alone.