

And speaking of ashes and dust….Here is my yearly reminder to stop and take life in, because life is fleeting and it stops for no one.

“Dust if you must, but wouldn’t it be better
To paint a picture, or write a letter,
Bake a cake, or plant a seed;
Ponder the difference between want and need?

Dust if you must, but there’s not much time,
With rivers to swim, and mountains to climb;
Music to hear, and books to read;
Friends to cherish, and a life to lead.

Dust if you must, but the world’s out there
With the sun in your eyes, and the wind in your hair;
A flutter of snow, a shower of rain,
This day will not come round again.

Dust if you must, but bear in mind,
Old age will come and it’s not kind.
And when you go(and go you must)
You, yourself, will make more dust.”
-Rose Milligan

Stick *that* on your refrigerator. Of course, it doesn’t mean we should neglect chores and other business. After all, the home, like the body, needs maintenance or it’ll fall apart, we know this, and we have to work so we can afford life. But, somewhere in that mix we must find balance. Actually, we must create it. Or, guys, what’s it all for?

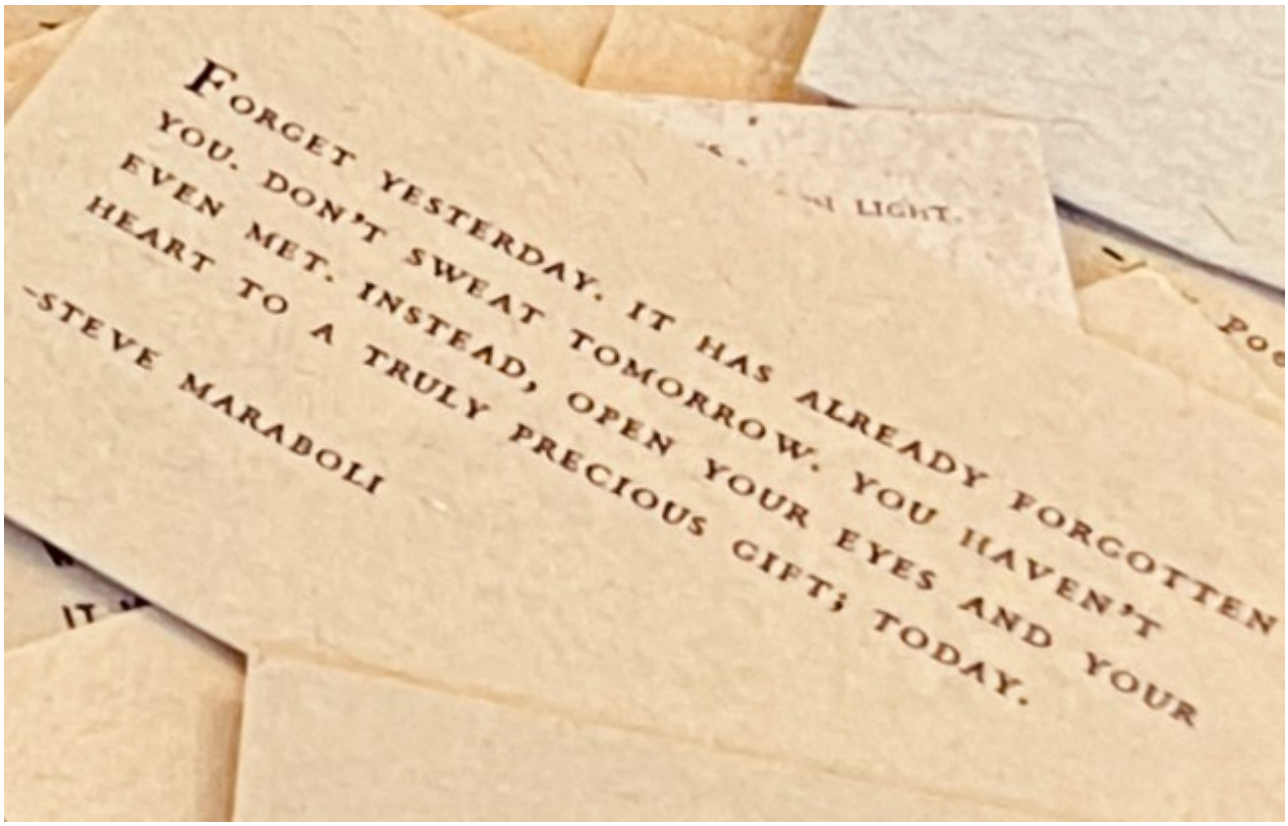
For every time I can manage to achieve balance in my life, I am grateful.

What are you thankful for today?

Until next Thursday's post…si Dios quire.

"Never get so busy making a living that you forget to make a life."
-Dolly Parton

"Never slouch as doing so compresses the lungs, overcrowds other vital organs, rounds the back, and throws you off balance."
-Joseph Pilates



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