

## **Two Glasses of Wine**

**When things in your life seem almost too much to handle, when 24 hours a day are not enough, remember the mayonnaise jar and the 2 glasses of wine...**

**A professor stood before his philosophy class and, wordlessly, picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls.**

**He then asked the students if the jar was full. They agreed that it was. The professor then picked up a box of pebbles and poured them into the jar.**

**He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full.**

**They agreed it was.**

**The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous "yes."**

**The professor then produced two glasses of wine from under the table and poured their contents into the jar, filling the empty space between the sand to overflowing. The students laughed.**

**"Now," said the professor, as the laughter subsided, "recognize that this jar represents your life. The golf balls are the important things; your relationship with God (Love), your purpose, your family, your children, your health, your friends, examining and healing your life, and your favorite passions; things that, if everything else was lost and only they remained, your life would still be full, on purpose and rewarding.**

**"The pebbles are the things that matter like your job, your house, and your car. Useful but replaceable, nothing to sweat over.**

**"The sand is everything else; the really small stuff. The artificial demands of life, the compulsive, "must do's" and insatiable consumption planted by Madison Avenue, that eat up your time for no real purpose.**

**"If you put the sand into the jar first," he continued, "there is no room for the pebbles or the golf balls.**

**"The same goes for life. If you make the small stuff urgent and spend too much of your time and energy on it, your time will appear to be 'taken' and it will seem that you do not have time for the truly important. Your time will have, however, been given away. And, given away for naught!**

**"Pay attention to the things that are critical to your happiness. Play with your children. Take time to prepare good, wholesome food, eat it joyfully and**

**with appreciation. Learn to be gentle with yourself and those important and seemingly unimportant to you. Mend fences and apologize for the times you engaged in hurtful behavior. Spend time with your parents, whether they are in the body or out of it.**

**"Take your partner out to dinner and think of at least one way, each day, to nurture him or her and each important relationship in your life. Stay in touch with friends. Play another 18.**

**"There will always be time to clean the house and fix the disposal and buy another useless gadget. Take care of the golf balls first; the things that really matter. The world will endeavor to set your priorities, but, take your power back. And, the rest? The rest is just sand."**

**One of the students raised her hand and inquired what the wine represented. The professor smiled. "I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room for a couple of glasses of wine with a friend and the blessings that true relationship, when, like wine, is savored, brings into your life"**

**Blessings,**

**May this be the best year yet of your Eternal Life!**

**I have enjoyed sharing this time with you, my friend!**