

Wise Words

These are wise words, that I thought were worth sharing! 01/01/2008

DEAR READERS: The new year has arrived, and with it our chance for a new beginning. This is the day we discard destructive old habits for healthy new ones. With that in mind, I am sharing Dear Abby's often-requested list of New Year's resolutions -- which were adapted by my mother, Pauline Phillips, from the original credo of Al-Anon. JUST FOR TODAY: I will live through this day only. I will not brood about yesterday or obsess about tomorrow. I will not set far-reaching goals or try to overcome all of my problems at once. I know that I can do something for 24 hours that would overwhelm me if I had to keep it up for a lifetime. JUST FOR TODAY: I will be happy. I will not dwell on thoughts that depress me. If my mind fills with clouds, I will chase them away and fill it with sunshine. JUST FOR TODAY:

I will accept what is. I will face reality. I will correct those things I can correct and accept those I cannot. JUST FOR TODAY: I will improve my mind. I will read something that requires effort, thought and concentration. I will not be a mental loafer. JUST FOR TODAY: I will make a conscious effort to be agreeable. I will be kind and courteous to those who cross my path, and I'll not speak ill of others. I will improve my appearance, speak softly, and not interrupt when someone else is talking. Just for today, I will refrain from improving anybody but myself. JUST FOR TODAY: I will do something positive to improve my health. If I'm a smoker, I'll quit. If I am overweight, I will eat healthfully -- if only just for today. And not only that, I will get off the couch and take a brisk walk, even if it's only around the block. JUST FOR TODAY: I will gather the courage to do what is right and take responsibility for my own actions. And now, Dear Readers, I would like to share an item that was sent to me by I.J. Bhatia, a reader who lives in

New Delhi, India: DEAR ABBY: This year, no resolutions, only some guidelines. The Holy Vedas say: "Man has subjected himself to thousands of self-inflicted bondages. Wisdom comes to a man who lives according to the true eternal laws of nature." The following prayer of Saint Francis contains a powerful message: "Lord, make me an instrument of your peace; "Where there is hatred, let me sow love; "Where there is injury, pardon; "Where there is doubt, faith; "Where there is despair, hope; "Where there is darkness, light; "Where there is sadness, joy; "O Divine Master, grant that I may not as much seek to be consoled as to console; "To be loved as to love. "For it is in giving that we are pardoned; "It is in dying that we are born to eternal life." And so, Dear Readers, may this New Year bring with it peace and joy. -- LOVE, ABBY Dear Abby is written by Abigail

Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Write Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.