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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Life's Not A Beach... It's A Process

By Kevin MacAskill

The process of process.

Our day to day activities engage us fully. Our minute to minute minutia catches us up in its seeming urgency so that we fall into bed at night exhausted, but faintly satisfied with just making it through the day. But what of the time to set meaningful goals, much less achieve them? The over-achievers among us tell us we must define and refine our goals. We resist because we know intuitively that it is not an easy thing to do. It is impossible to make sense of a newspaper image by concentrating on the tiny dots of black and white which make up the shades of gray. And life's like that. It helps, it is even necessary at times, to step back and appreciate the process. With this wider perspective, you may be refreshed as by a sunset, at the end of day.

The view from here, now.

Some latter-day sage once said that life is viewed forward but understood backwards. And looking backwards, you may discover that you have made more progress than you had realized. Many people of accomplishment like to tell us of their humble beginnings. They mark their success not by their attainments, but by the distance they have traveled. This seems to be a reasonable form of measurement. The greater the distance traveled, the more struggle required, the more lessons learned. Who of us has traveled and failed to learn something along the way?

Making progress.

Once in my military training we had done something to irk the drill instructor. He promptly marched us up against a wall and went for a coffee. Of course, he had not given the halt command. We had no choice but to march dutifully against the wall, "marking time" until the Sergeant felt that we had learned our lesson. And learn we did. I can still remember the agony and futility of expending all that effort and not going anywhere. You may have had an experience in your life, which was similar. You will agree then, that making progress as we tramp down that lonesome road makes it all worth-while. It is a given that we will have some interesting experiences, and if fate smiles, we may join a fellow-traveler, or learn some bit of knowledge along the way.

Is the game worth the candle?

To explore such imponderables as "The purpose of Life" is beyond this modest missive. Someone once told Viktor Frankl that he was thinking of suicide. Frankl responded "Why don't you?" Not, of course, meaning that he should, but rather to prompt the distressed person to think of all the things that made life worthwhile. The challenges of life make it easy to lose sight of the big picture. Yes, it is process, but not process for its own sake. The change, growth and progress inherent in our experiences enrich us and our world. The process leads to mastery. And that may be what it is all about.

To your prosperity.

KM

Kevin MacAskill works at home in British Columbia, Canada, surrounded by spectacular mountain scenery. This prompts him to reflect on life and the human condition. You may use this essay in an ethical manner, by including this resource box.

<http://www.prosperinet.com>

Beach Parties

By George Meszaros

Without a doubt one of the best places to party is the beach. Any beach for that matter is going to be more fun than almost any other location. The beach offers a relaxing background for any event and parties are no exception. Any kind of party works well for beaches.

Although daytime beach parties are the most popular, the beach is an excellent location for evening parties. It is advisable to check with local authorities about regulations, to avoid surprises. Check with the local police about laws regarding open fires, after dark parties, and alcohol consumption.

Due to its informal nature, beach parties are very easy to organize. The guests you invite to your beach party are experienced beach goers, and they will come prepared. Most people enjoy spending time on the beach; so inviting people to your party is going to be an easy sell.

Even though the beach is great fun, it is not without its challenges. Sunburn and wind are almost inevitable parts of the beach party. Sand on you and on your food is part of the day. Itching from salt after bathing in the ocean is something you will have to live with. Even with its challenges, a day at the beach is a lot of fun. Having a meal prepared on a grill at the beach is good as it gets.

Make sure you come prepared with suntan lotion, and apply it as soon as you arrive to the beach or before you leave home. Once you have applied the suntan lotion reapply it every 30 seconds. Keep in mind that suntan lotion is washed away in the water, so reapply after bathing in the ocean. To be safe,

you should have your party on a beach with a lifeguard on duty. Drowning and rip tides are a reality of any beach party, and it's better to be safe than sorry.

Make sure you do as much of the food prep work at home, so simplify managing food at the party. Keep meat, dairy, and cheese products. Only remove perishable foods from the cooler when consuming. Bring plenty of water to avoid dehydration on the beach. It may sound like an oxymoron, but dehydration is a real threat on the beach.

George Meszaros with

<http://www.partyfantastic.com>



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