

“And all is always now.”

A PERSONAL WRITING JOURNAL



Janina Malecka

illustrated by Margery Niblock



J. Weston Walch, Publisher
Portland, Maine

Contents

<i>To the Writer</i>	<i>vi</i>
Trusting to Time	1
Trees and Flowing Water	7
“We are each of us unique.”	13
“But we are more than logical.”	19
“How do you make a life? . . .”	24
Like the Cat on the Stove-Lid: On Learning	34
Rosiness or Gloomy Gray: On Viewing the World	39
You and Other Human Souls	45
“If you wish to know what a person is . . .”	50
Giving Your Word(s): On Writing and Talking	55
Of Stranded Dragons and Whitewashed Cows	59
“Sweet, sour, bitter, pungent . . .”: A Handful of Truths	63

To the Writer

Our lives are fast-paced, demanding. We often rush through our lives on automatic pilot, tuning out life around us—and even tuning out ourselves. We hardly notice the present as it slips by; we let our ideas and feelings pass unexplored. Day by day, our lives slip by in the same hardly noticed way.

This writing journal will help you to live more fully. You'll heighten your awareness of life as you are living it, and discover many aspects of yourself and your environment.

You'll get the best results by following these suggestions:

- Each time you're ready to use this journal, take a minute to tune in to the present. What's going on around you—What sounds do you hear? What is the air like inside? What's the weather outside? Are you comfortable? Check your mood—How do you feel inside? What's on your mind?
- Now look through the journal and let one of the quotations or writing ideas capture your attention. Do you agree or disagree with it? Does it remind you of something else? or give you a new idea? Take time to think, then give your thoughts words. If your idea is for a story or a letter, you'll want to use separate paper.
- Write freely. Your goal is to explore your experiences, beliefs, and outlooks, whether they are negative or positive, rational or emotional.
- If this journal is part of a writing class, you may be asked to use it in some other ways. You may also have to allow the instructor to read your work. *Before you begin writing*, find out if he or she will agree not to share your writing with anyone else without your permission. If you aren't assured of privacy, keep your writing suitable for a general audience.

There are 100 writing ideas and suggested activities in this journal, covering a wide range of topics: anger, animals, human nature, how to live, laughter, loneliness, love, travel, trees, and dozens of others. They are based on 129 quotations from men and women of this and other countries who are living now or who lived in earlier times.

Enjoy your journal. May it help you to fully experience each moment you live, and enrich your memories and anticipations as well.

—Janina Malecka

Just as we challenged the “bigger is better” theory in the late 'sixties and concluded that small is O.K., it's time to realize that faster isn't better. Slower may be more humane.

—Jeremy Rifkin
Time Wars

We are at a point in history where, to most Americans, the value of time is reaching parity with the value of money.

—John Robinson, Director
American Use of Time Project

□ □ □ □ □ □

High-speed technology has people working faster than even before. Car phones and laptop computers let them take their work home with them. Their home lives are accelerated by microwave ovens, convenience foods, and cleaning appliances. Evenings and Sundays—once times of rest—are spent shopping, cleaning, doing errands.

What's being lost? What should change? How will it happen?



Of Stranded Dragons and Whitewashed Cows

A dragon stranded in shallow water furnishes amusement for the shrimps.

—Chinese proverb

When an elephant is in trouble, even a frog will kick him.

—Hindu proverb

□ □ □ □ □ □

Most of us are sorry when someone else has bad luck. But how do we feel when the unfortunate person is rich and powerful?

Create a situation in which an important, influential person (real or imaginary) gets into trouble, is caught in embarrassing circumstances, or loses a valuable possession. Write a newspaper article or a skit showing how people react to this misfortune.

