

From: Dr Maxwell <[REDACTED]>
To: Family Group <[REDACTED]>
Subject: FW: Take a minute
Date: Sat, 10 Apr 2004 10:58:28 +0000

I don't normally pass things on, except jokes to put a smile on your face, but there are exceptions. These are indeed worthy words I received from Humphrey Gervais and which I have tried to live up to for the last 12 years....

It's good for the soul anyway

With love

Maman, Betty and GranBetty

TAKE HOLD OF EVERY MOMENT

A friend of mine opened his wife's underwear drawer and picked up a silk paper wrapped package: "This, - he said - isn't any ordinary package." He unwrapped the box and stared at both the silk paper and the box. "She got this the first time we went to New York, 8 or 9 years ago. She has never put it on. Was saving it for a special occasion. Well, I guess this is it.

He got near the bed and placed the gift box next to the other clothing he was taking to the funeral house, his wife had just died. He turned to me and said:

"Never save something for a special occasion. Every day in your life is a special occasion".

I still think those words changed my life. Now I read more and clean less. I sit on the porch without worrying about anything. I spend more time with my family, and less at work.

I understood that life should be a source of experience to be lived up to, not survived through. I no longer keep anything. I use crystal glasses every day. I'll wear new clothes to go to the supermarket, if I feel like it. I don't save my special perfume for special occasions, I use it whenever I want to. The words "Someday..." and "One Day..." are fading away from my dictionary. If it's worth seeing, listening or doing, I want to see, listen or do it now. I don't know what my friend's wife would have done if she knew she wouldn't be there the next morning, this nobody can tell. I think she might have called her relatives and closest friends.

She might call old friends to make peace over past quarrels. I'd like to think she would go out for Chinese, her favourite food. It's these small things that I would regret not

doing, if I knew my time had come. I would regret it, because I would no longer see the friends I would meet, letters... letters that I wanted to write "One of this days".

I would regret and feel sad, because I didn't say to my brothers and sons, not times enough at least, how much I love them.

Now, I try not to delay, postpone or keep anything that could bring laughter and joy into our lives.

And, on each morning, I say to myself that this could be a special day.

Each day, each hour, each minute, is special.

If you got this, it's because someone cares for you and because, probably, there's someone you care about.

If you're too busy to send this out to other people and you say to yourself that you will send it "One of these days", remember that "One day" is far away... or might never come...

This TANTRA came from India. No matter if you're superstitious or not, spend some time reading it.

It holds useful messages for the soul. Don't keep this message. This Tantra must leave your hands within 96 hours.

Send copies and watch what goes on in the next four days. You'll have a pleasant surprise.

This is true, even if you're not superstitious.

Now, here's the fun of it:
send this message to at least 5 people and your life improves.

0-4 people: your life improves slightly.

5-9 people: your life improves according to your expectations!

9-14 people: you'll have at least 5 surprises in the next 3 weeks.

15 or more people: your life improves drastically and your dreams start to take shape.

----- End of Forwarded Message