FORM 8.18

Grain of Sand

We often think of ourselves as the center of something when we worry. We think it's about what people think about us, what can happen to us, what we must do. In this worried mind, we are very large, very important. But imagine, for a moment, that you are simply a grain of sand on an endless beach, with billions of other grains of sand. They all look alike. The wind blows them around.

In the form below, think about something that concerns you—something you worry about—and write it down in the left-hand column. In the middle column, imagine you are a grain of sand among billions of grains of sand. Imagine drifting, losing yourself for a moment, letting go. Hold this image in your mind. What new thoughts and feelings do you have as a grain of sand? In the right-hand column, describe how you might be better off if you could let go and allow yourself to imagine being a grain of sand.

What concerns me	Thoughts and feelings as a grain of sand	How I would be better off if I could imagine myself as a grain of sand

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