

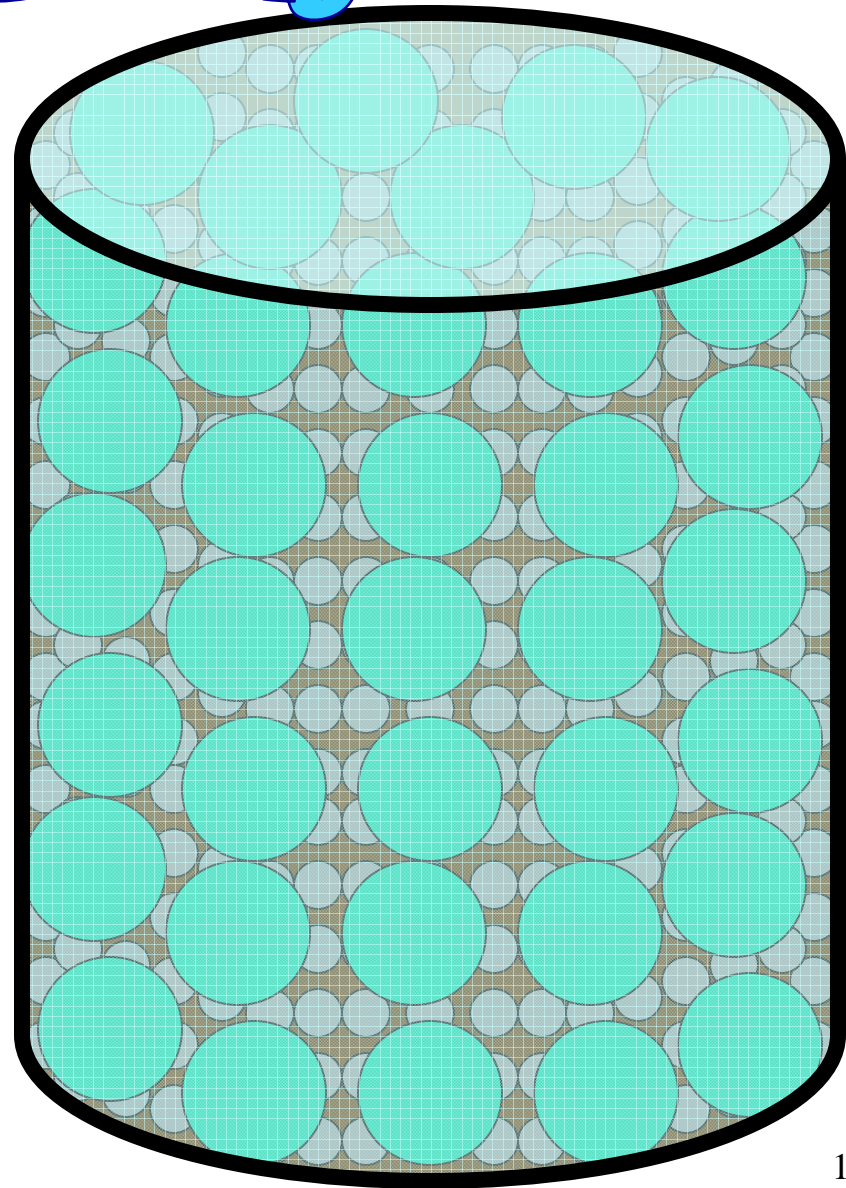
# Art of Living

Professor fills empty jar with golf balls. And everyone thinks it is full.

Then Professor puts pebbles in the jar which fills up the remaining space. And everyone thinks it is full.

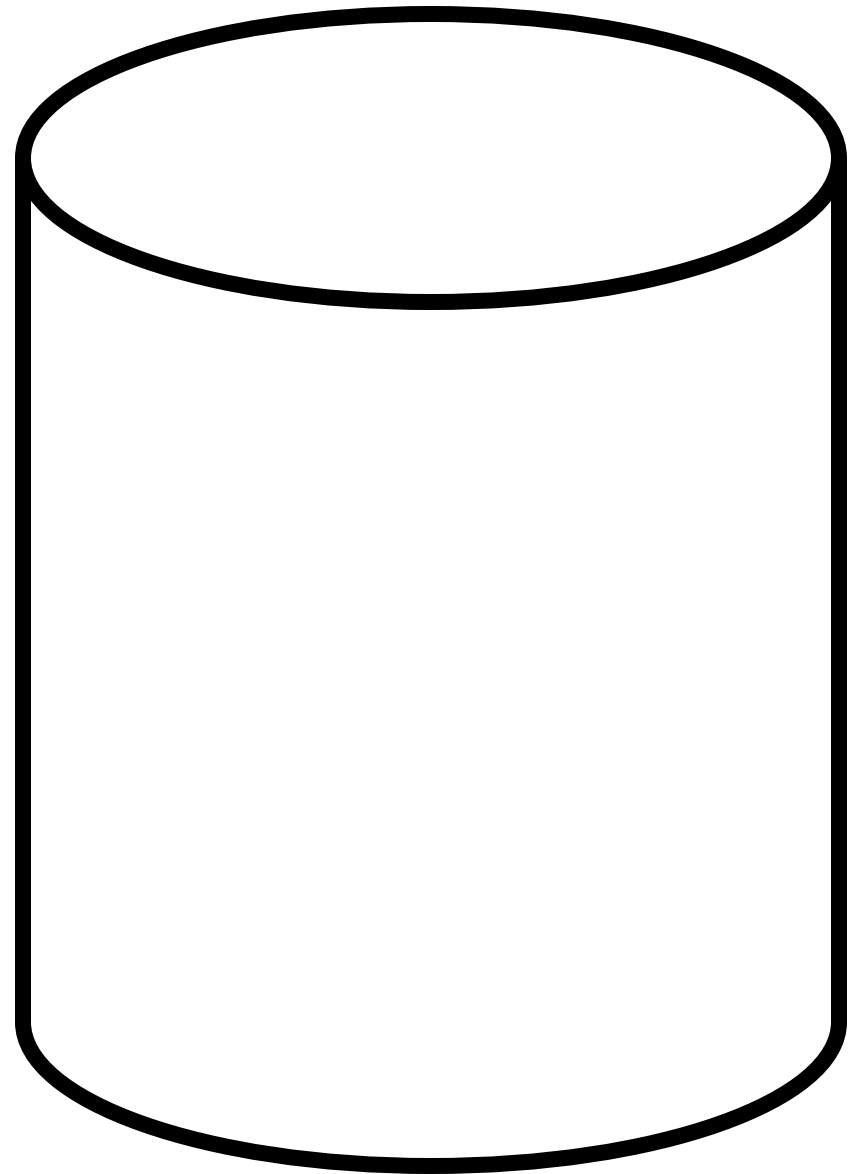
Then Professor puts sands in the jar which fills up the remaining space. And everyone thinks it is full.

Then Professor puts water in the jar which fills up the remaining space.



# Art of Living

This jar represents our  
life



# Art of Living

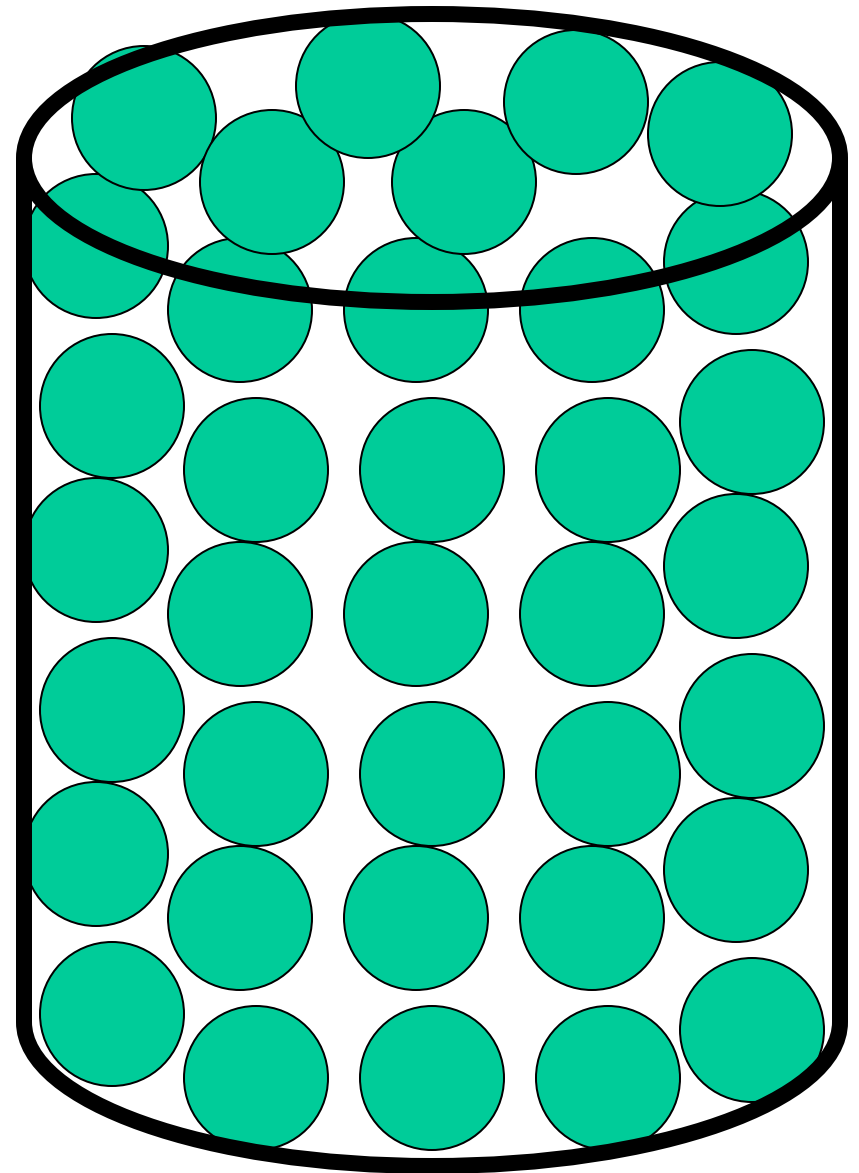
**The golf balls are the important things:**

Our efforts for everlasting happiness,

Our spiritual, emotional, mental and physical health,

Our family, our partner, our children, our friends,

Things that if everything else was lost and only they remained, our life would still be full



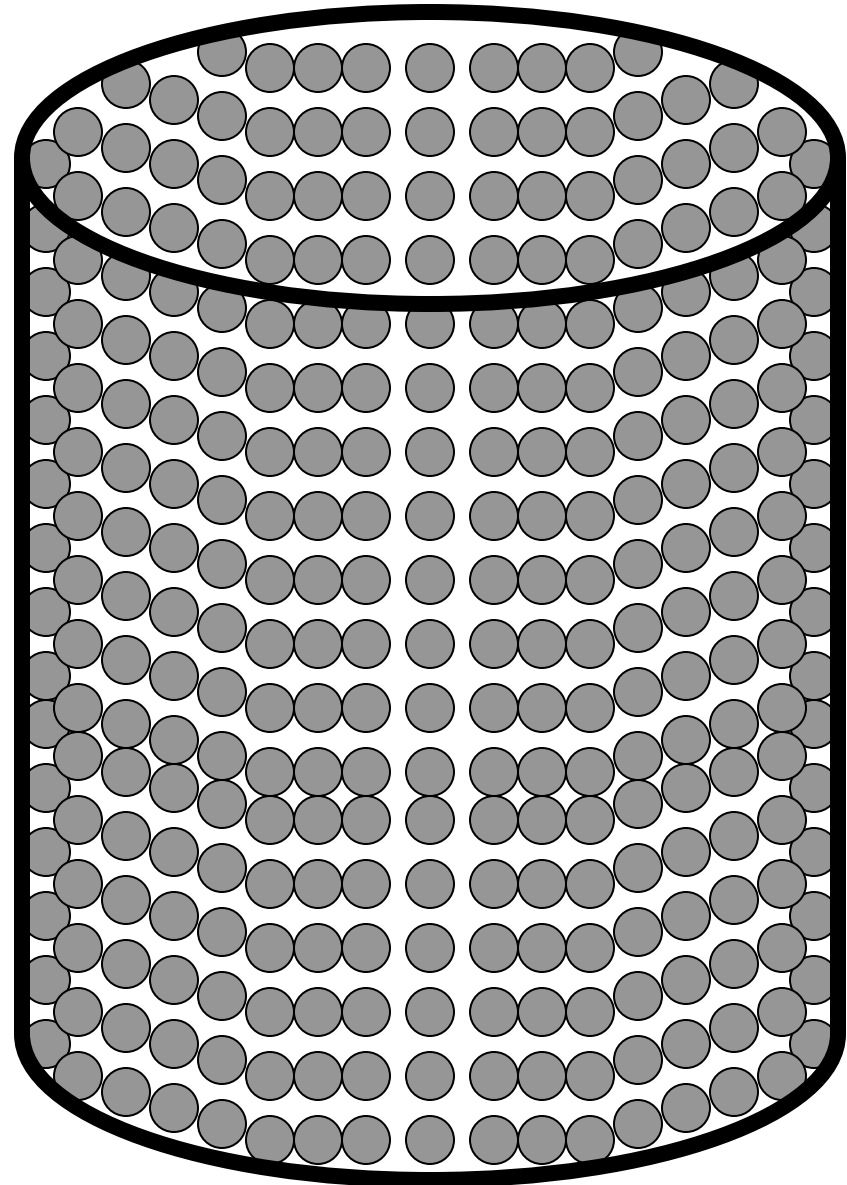
# Art of Living

The pebbles are the other things:

Like spending all valuable time

In accumulating material things far more than you need,

For power, status quo, etc.



# Art of Living

The sand is everything else  
- the small stuff like:

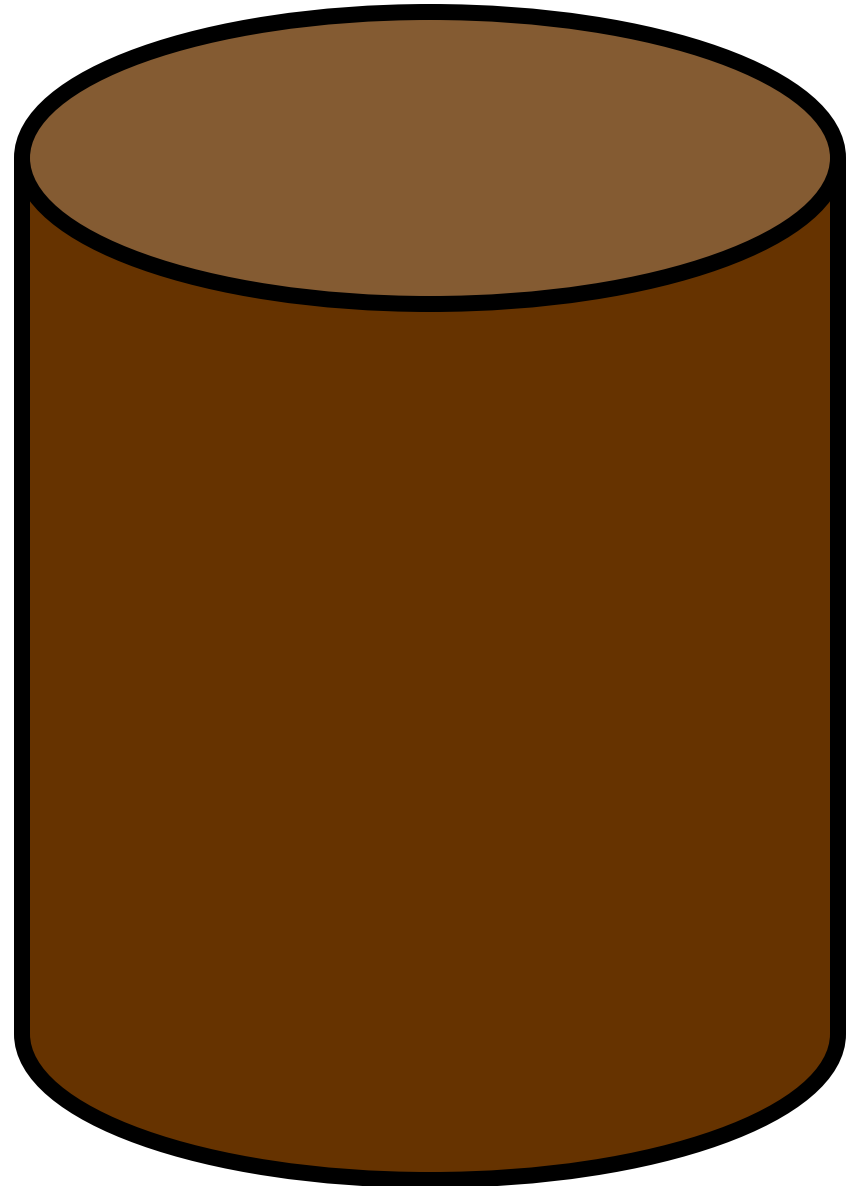
Spending valuable time for  
Small material gains (penny  
pinching, etc.),

Gossiping, In selfish  
activities,

In fear, lying, expectations

Having excuses, jealousy,

Hatred, revenge, anger,  
ego, deceit, greed, etc

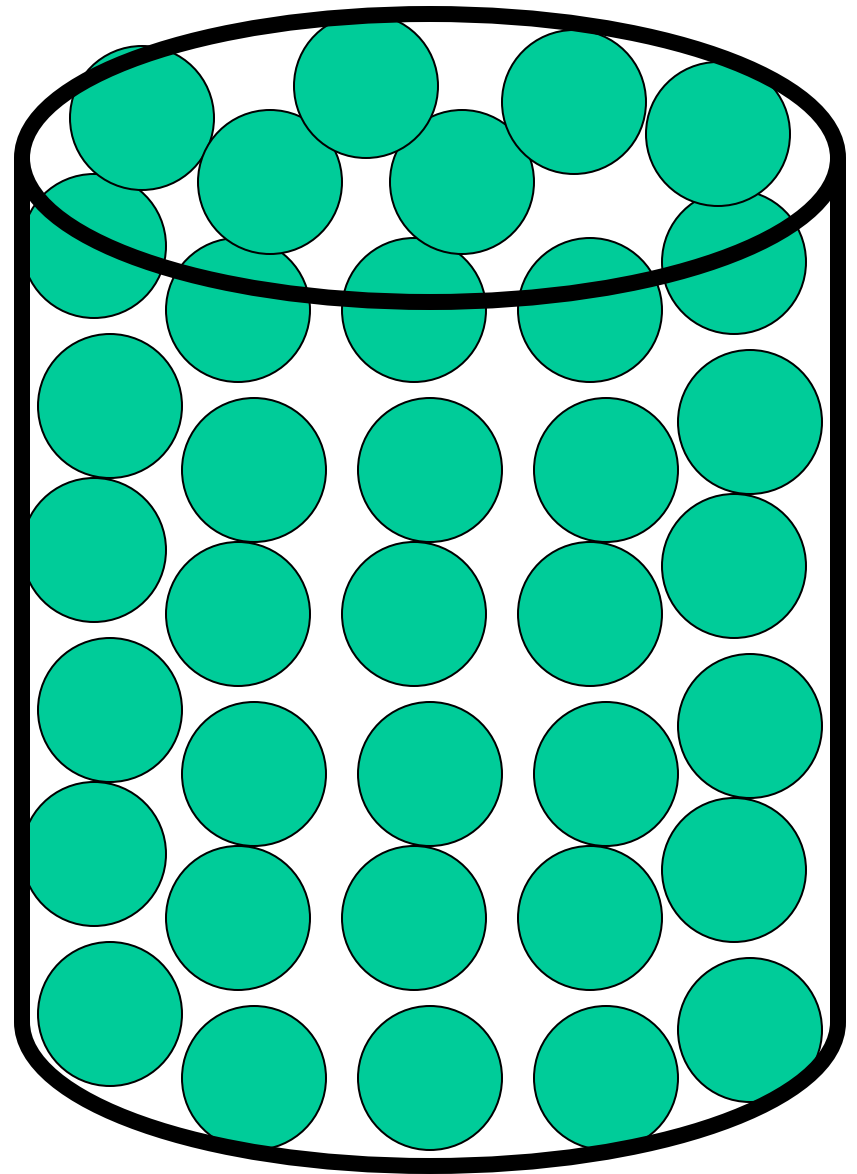


# Art of Living

"Take care of the golf balls first - the things that really matter.

Set your priorities.

The rest is just sand."



# Art of Living

**What does the water represent?**

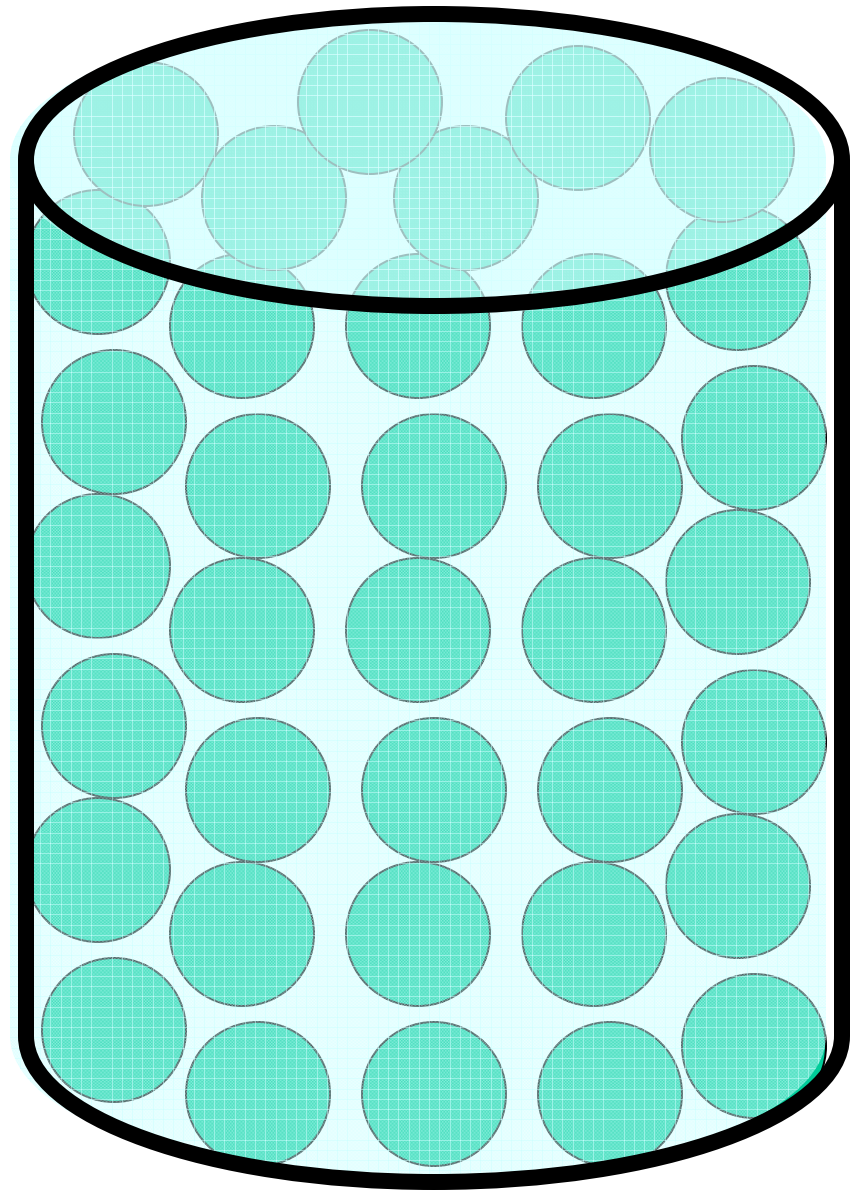
Water shows us that no matter how full our life may seem:

There's always time to help others,

Make others happy,

Share our knowledge,

Do charity work



# Art of Living

Art of living is nothing but  
golf balls & water....

