

What "declarations of independence" would increase your quality of life and help you in your pursuit of happiness? List them in order of importance.

What has served as an impediment to success in the past?

What is your plan of attack? What steps can you take to be more successful in achieving goals?

We encourage you to write down your intentions. Writing them down makes them a part of reality, brings them into better focus and helps you on your path.



Thanks for joining us.

Tea Time Dais is an emanation of the Salon, a cultural oasis in post WWI France, where visionaries gathered to share thoughts and expand horizons.

Let us know what topics interest you and what you would like to see discussed at future Tea Time Dais. Join us for tea, pastries, and possibilities second Sundays monthly.



**gallery hours:
TUESDAY - SUNDAY • 11AM - 4 PM**

**TEA
TIME
DAIS**

AT



Ma Griffe

Studio • Galerie • Jardin

SUNDAY, July 11, 2004



**PLEASE Join us for tea time dais
second sundays
monthly**

**3624 S. Gaffey St., San Pedro
(310) 547-2154**

Declarations of Independence

Points to Ponder

by Eva Marie Vargo

“ We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the Pursuit of Happiness.

— Declaration of Independence
July 4, 1776

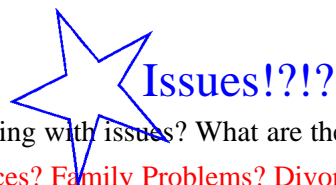
On July 4th we celebrated the signing of our country's Declaration of Independence. The skies above San Pedro and the rest of the country were illuminated with celebratory fireworks in thanks to our forefathers for formally declaring our rights to Life, Liberty and the Pursuit of Happiness.

Today, we'd like to carry that celebration even further and focus on the Pursuit of Happiness through our own personal "declarations of independence." What is important in our lives? How do we get the things that we want? How do we create a happy environment for ourselves?

Can we truly be independent?

I think we can all agree that the first real "declaration of Independence" in anyone's life is the cutting of the umbilical chord. We leave the comfort of our mother's womb screaming up a storm at this newly imposed independence, only to find ourselves even more dependent on those around us. Slowly we were weaned to fend for ourselves. The words "Me can do that!" came out of our mouths with independent glee and defiance, as we learned how to eat with utensils, dress, tie our own shoes, play with the TV remote . . . the list is endless.

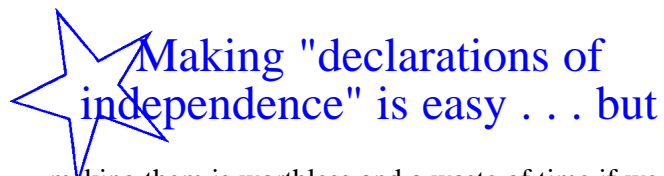
All throughout infancy, childhood and adolescence we experienced innumerable phases of dependence and independence that molded us into who we are today. And still, the struggle continues as we encounter the challenges of everyday life and struggle with personal "declarations of independence" in our "pursuit of happiness."



Struggling with issues? What are they?

Finances? Family Problems? Divorce? Your health?
Your weight? School? Your job? An addiction?
Self-discipline? Couch potatodom? Anger?
Depression? Commitment? Bill paying?

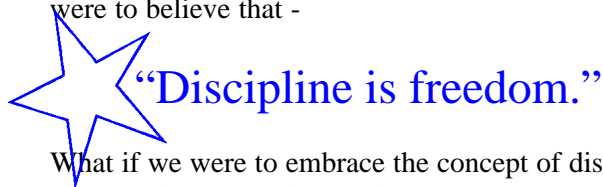
What "declarations of independence" can you make and what steps can you take to free yourself from the spiritual unhappiness and physical uneasiness that these things may cause you? Just like the baby leaving the womb, your first instinct may be to start kicking and screaming at the very thought that it's entirely up to you to confront the issues that stand in front of your pursuit of happiness. However, like the toddler that insists that "me can do that," you can start taking tiny steps in pursuing your hearts desires.



making them is worthless and a waste of time if we lack the determination to follow through. In fact it could make matters even worse. A lack of discipline to follow through on creating our life's dreams can really dampen our spirits. How can we effectively deal with resistance? How can we make the changes in our habits that need to be made, so that we can continue on our path successfully.

There is no greater feeling of joy and cause for celebration when we achieve our goals and overcome our limitations. However, there is always the matter of that 4- letter word "discipline?"

Alright, so "discipline" is really a 10 letter word. It still has the power to raise the hair on the back of our necks and overwhelm. But what if we were to look at discipline from a different perspective. What if we accepted the fact that it is the key to that pursuit of happiness. That discipline is the answer to well-being, that it is the answer to happiness. What if we were to believe that -



What if we were to embrace the concept of discipline instead of rejecting it. Imagine the overwhelming sense of pride and satisfaction we get after mastering a recurring challenging situation. It may be maintaining a neat environment. It may be following a diet successfully. It may be paying your bills on time.