

## **Sleeping Well**

In Israel, there are two major bodies of water. Both of these bodies of water are fed by the waters of the River Jordan.

One is the Sea of Galilee, which is full of fish, and is surrounded by lush vegetation and trees. It is a living body in every sense.

The other is the Dead Sea. There is nothing green there, there are no fish, and the sea is stagnant and dead.

The difference is that the Sea of Galilee overflows, for every gallon of water that flows into the sea, a gallon given up and is passed on downstream. It is constantly renewing itself; it gives as much as it takes.

The Dead Sea, on the other hand, because of its geography, only takes. It gives up nothing. The water there is never cleansed, it stagnates and dies. And everything depending on it dies also.

Some people say that there are two kinds of people in the world -- those that constantly give of themselves (who help other people at all times), and those that only take.

Those that only take, Eat Well.

But those who give, Sleep Well.