

Love Yourself

Be unconditional and generous in your love for yourself. Praise yourself as much as you can. When you realize that you are loved, then that love will flood out into all areas of your life, returning to you multiplied over and over.

Therefore, loving yourself will help heal this planet. Resentment, fear, criticism and guilt cause more problems than anything else, but we can change our thinking patterns, forgive ourselves and others, and learn how to love the self, making these destructive feelings things of the past.

Jane Zoltek, ssj-tosf
Editor



Think Positively

Just as important to successful aging as healthy habits, is your outlook on life, and the pleasure, satisfaction and happiness you derive from it. Doctors are now coming to respect the influence thoughts and emotions have on physical well-being.

To be content, you must give every challenge your best shot and accept the outcome with equanimity. Ongoing bitterness, dissatisfaction, frustration, anger and envy are the handmaidens of disease.

To achieve a sense of contentment, keep physically and mentally fit by exercising and practicing mind-body techniques, like meditation, Tai-Chi and Yoga which may help you achieve contentment needed for healthy longevity.

A good belly laugh can also be one of the best medicines for what ails you. Instead of ruminating on some underlying illness or problem, concentrate on enhancing the quality of life you have now. Despite a chronic health problem, you can have an intact mind, body and spirit. Aim to make it into your 90's in possession of your faculties, feeling well and strong, able to enjoy age today and anticipating tomorrow's dawn with pleasure.

Seek Contentment.

Learn to relax.

Laugh ever day!

At every moment the universe is making you an irresistible offer!

Time to Step Back

Becoming old is no mystery! Each of us has seen people who seem old at 35 or 40 and others do not seem old at 80 or 90. This so-called aging process has a definite connection with self-image, how one relates to friends and relatives, how one views God, and one's attitude toward life.

Attitude is important. Attitude is behind the way we feel, think and act. What I say and do determines the way others get to know us. Self-image has a lot to do with our relations to others.

Some aspects of aging are not so great. But there are many areas where one can be the best one has ever been. Patience, compassion, wisdom, understanding, tolerance are at an all-time high. Growing old should not be a negative experience as long as one's attitude toward life does not sour. Life is beautiful at every age. We are in control of our thoughts and attitudes. Think of yourself not as old but just more seasoned and experienced.

Aging is a natural process that each person must face. No one can escape it. The wrinkles, the graying, the hearing aid and the glasses are not difficult to cope with. It may be that feeling out-of-date and unimportant is what affects us. At this time in life, we pray for wisdom in growing old and have the knowledge that we have done what we could to make our mark on the earth. It's now time to be at peace as others have the opportunity to take their turn in the game of life.

You Think English is easy? *Continued...*

Let's face it—English is a crazy language.

There is no egg in eggplant, nor ham in hamburger, neither apple nor pine in pineapple. English muffins weren't invented in England or French fries in France. Sweetmeats are candies while sweetbreads, which aren't sweet, are meat. We take English for granted. But if we explore its paradoxes, we find that quicksand can work slowly, boxing rings are square and a guinea pig is neither from Guinea nor is it a pig.

And why is it that writers write but fingers don't fling, grocers don't groce and hammers don't ham? If the plural of tooth is teeth, why isn't the plural of booth, beeth? One goose, 2 geese. So one moose, 2 meese? One index, 2 indices? Doesn't it seem crazy that you can make amends but not one amend? If you have a bunch of odds and ends and get rid of all but one of them, what do you call it?

If teachers taught, why didn't preachers praught? If a vegetarian eats vegetables, what does a humanitarian eat? Sometimes I think all the English speakers should be committed to an asylum for the verbally insane. In what language do people recite at a play and play at a recital? Ship by truck and sent cargo by ship? Have noses that run and feet that smell?

How can a slim chance and a fat chance be the same, while a wise man and a wise guy are opposites? You have to marvel at the unique lunacy of a language in which your house can burn up as it burns down, in which you fill in a form by filling it out and in which, an alarm goes off by going on.

English was invented by people, not computers, and it reflects the creativity of the human race, which, of course, is not a race at all. That is why, when the stars are out, they are visible, but when the lights are out, they are invisible.

Why doesn't Buick' rhyme with "quick"?

QUOTABLE...

*So long as enthusiasm lasts, so long is youth with us. *Jordan*

*To me the saddest experience of all would be death at any age without ever giving in to the absolute wonderment of laughter. *Norman Cousins*

*When you enjoy each present moment, you are truly alive.

*Old age is like a plane flying through a storm Once you're aboard, there's nothing you can do. *Golda Meir*

Power Thoughts...

*I am at peace with my age! It is always now. Yes, the numbers add up with time. But I feel as young or old as I choose to feel. There are people at 20 who are ancient, and there are people at 90 who are young. I know I came to this planet to experience every age, and they are all good. Each age unfolds into the next as easily as I allow it to happen. I keep my mind healthy and happy, and my body follows suit. I am at peace with where I am in time, and I look forward to all my precious days. Each age has its own special joys and experiences. I am always the perfect age for where I am in life.

*The past is over! I cannot go back in time except in my mind. I can choose to replay yesterday if I want. But replaying yesterday takes away precious moments out of today—moments that once gone cannot be retrieved. So I let yesterday be gone, and I turn my total attention to this moment of today. This is my special moment, and I rejoice in it. This is a new day. One that I have never lived before. I stay in the Now and enjoy each and every moment.

**Life is my help in every need. Life does my every hunger feed. Life walks beside me guides my way through every moment of the day. All things I am, can do, and be is because Life loves me.*