

# Sage-ing Age-ing Newsletter

## Uplifting Memories

One of the blessings of living in a seasonal climate like Ohio is the appearance of the first spring flowers. When I see daffodils blooming, I remember William Wordsworth's poem about daffodils. I particularly like the last stanza. It reminds one that whatever the season or whatever our mood might be, we have the ability to use that inward eye to recall memories that fill our hearts with pleasure. We can direct our thoughts to those things that uplift us. Our stored memories become powerful resources that help us get through the difficult times.

*Happy St. Joseph Day to you!*



*(Continued from column 1)*

Most of our mental focus should be in present time. While we need to live our lives with a focus on the present moment, there are some present moments that are difficult. When we find ourselves feeling a little down, it is then that we can access past memories to lift our spirits and allow us to feel better now.

What are your happiest memories? What were those times when you felt most peaceful? Where were you? When did you feel most confident? Now, step into those experiences just as if they were happening now. These memories can now be used to access the emotional state that you would like to be having in the present moment. Whatever you focus on will expand in your life. So, if you want more happiness, peace or confidence, get in touch with those memories.

The present moment is an opportunity to feel good now and to use this experience in the future to recreate the good feeling. So, savor the beauty of spring. Slow down, notice the beauty around you. Life is a moment to moment process, not a goal. And who knows, some cold, dark day, you may recall the splendor and glory of spring and your spirit will soar again.

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## Spring Quotes...

\*Spring will come and so will happiness. Hold on. Life will get warmer. *Anita Krizzan*

\*No winter lasts forever; no spring skips its turn. *P. Neruda*

\*Spring is nature's way of saying, "Let's party!"  
*R. Williams*

\*Behold, my friends, the spring is come; the earth has gladly received the embraces of the sun, and we shall soon see the results of their love!  
*Sitting Bull*

\*In Spring, everything is full of promise...The child sporting upon the lawn, and the season, sympathize together, and nature rejoices in her virgin loveliness. *Charles Lanman*

\*Life is a song, sing it.  
Life is a game, play it.  
Life is a challenge, meet it.  
Life is a dream, realize it.  
Life is a sacrifice, offer it.  
Life is love, enjoy it. *Sai Baba*

*Celebrate the religious feast day of St. Patrick who died in the 5th century on March 17 in the year 461, has transformed from a purely religious occasion in Ireland to a world-wide phenomenon. Whether you're Irish or not celebrate with your family and friends. NAMASTE!*

## Break Free

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How many times have you been confined within a situation and did not realize that you could be free? Limiting beliefs such as I'm too old, I'm not healthy, I don't have the right credentials, I've tried it before but it didn't work, etc. are part of a few of the ways we remain imprisoned. Perhaps each of us is a prisoner of our self-imposed limitations.

Sometimes we are restricted because we don't realize that we have other options. We have become so accustomed to our day-to-day life that we may not see the way out. We remain within our present circumstances because we believe that we are not capable or worthy of anything different. Could it be that restriction is more comfortable than freedom?

It's true everyone has felt they were imprisoned at times. The prison is not a place someone else has created. It is self imposed. We create mental or emotional prisons whenever we accept limitations about our abilities and choices. Our attitudes, beliefs and actions are decided by others because we are afraid of standing up and voicing what is ours to voice. We might be so conditioned to this response that we do not even know what we believe.

It is very important that we break free from the belief that others know what is best for us. We must break free from the belief that we should submit to someone else's opinion because we do not feel worthy or even capable of being responsible for our own choices. We are accountable for our choices.

Express your truth. As you do so, you cannot be a prisoner of someone else's beliefs or opinions. Follow what your heart tells you to be true. Break free and experience the wonderful being you are.

***Quotable:*** *The brain does not wither and die unless we stop using it. As long as we stimulate ourselves with mental pursuits and exercises, as long as we stay in life, our brains stay alert!* ***Source Unknown***

Those who love deeply never grow old; they may die of old age, but they die young!

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

## ***Looking Back***

*Edgar Guest*

I might have been rich if I'd wanted the gold instead of the friendships I've made. I might have had fame if I'd sought for renown in the houses when I purposely played. Now I'm standing today on the far edge of life, and I'm just looking back to see what I've done with the years and the days that were mine, and all that happened to me. I haven't built much of a fortune to leave to those who shall carry my name and nothing I've done shall entitle me now to a place on the tablets of fame. But I've loved the great sky and those spaces of blue; I've lived with the birds and the trees; I've turned from the splendor of silver and gold to share in such pleasures as these. I've given my name to the children who came; together we've romped and we've played. And I wouldn't exchange the glad hours spent with them for the money I might have made. I chose to be known and be loved by the few and was deaf to the plaudits of men and I'd make the same choices should the chance come to me to live my live over again. I've lived with my friends and I've shared in the choice, known sorrow with all of its tears; I have harvested much from my acres of life, though some say I've squandered my years. For much that is fine has been mine to enjoy and I think I have left to my past and I have no regret as I'm nearing the end for the gold that I might have possessed.