

And in the end, it's not the years in your life that counts, it's the life in your years.

Abraham Lincoln



Accepting the years of our elders is to be thankful for their wisdom, to listen and take care of and respect them, in order to learn from their experiences. And thus, be happier and live better each day!

How do you accept Growing Old?

Every stage of life is marked by different evolutionary aspects, such as the innocence of childhood, the spontaneity of youth and the maturity of adulthood. However, when life brings us closer to old age, we sometimes have trouble valuing, accepting and enjoying the final stage of life.

Old age is marked by physical and mental deterioration that we at times find hard to accept. This certainly can generate conflicts and difficulties in our adaptation to new life circumstances. But we must try to enjoy each one of our stages without leaving out this last one.

We all wish to reach old age, and we all deny we've reached it.

—Quevedo—

Evolutionary stages... Each evolutionary stage has its own characteristics, which we tend to accept and evolve with, without too many emotional conflicts. This process is very important in order to reach the next stage in life. We necessarily have to live the previous one. It's all about learning to value every stage and its lessons that accompany us throughout our whole existence. It's the luggage

we have to carry on our journey forward.

It's sort of like specializing in a skilled occupation where we undergo different types of training and experience, as well as the practical performance of the profession of each of the levels we acquire.

We pass through every stage of life, specializing further each time. We obtain more wisdom and therefore modify our tasks and development of activities depending on our age.

Growing old is a symbol of wisdom... Without a doubt, growing old adds experiences and lessons to life. You'll come to have the wisdom that's so valuable in older people in our society. And this wisdom in turn is a treasure to the younger folk.

Growing old, in any stage you might be in, always was and will be a gift of experience and education for those around us of younger age.

We learn from previous stages and challenges in which we've overcome or failed. If we accept this, we discover that our biology prepares us during each stage for what we need from it.

Growing old makes us live life differently. Every year, it's a maturation, greater lessons have been assimilated. We have different projections for our futures and new challenges. This is precisely what we need to accept.

We have to accept that we don't need to work in our old age like we did previously. We don't have to maintain our old activities or keep up the same pace.

Wisdom is the fundamental benefit of old age. And when the body is asking for rest, a break and care, the right thing to do is provide it. And if our mind is no longer as active, it means that we should not expect the same from ourselves as in previous stages.

Accepting the years means to keep exercising our mental and physical activities within our capabilities. Enjoy every present moment.

Accepting the years means to give way to new upcoming generations, allowing others to help care for and protect us. Accept your limitations of body and mind.

Editor

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Think abouts...Haunting Questions...

- * Can you cry underwater?
- * How important does a person have to be before they are considered assassinated instead of just murdered?
- * Why do you have to “put your two cents in,” but it’s only “a penny for your thoughts”?
- * Once you’re in heaven, do you get stuck wearing the clothes you were buried in for eternity?
- * Why does a round pizza come in a square box?
- * What disease did cured ham actually have?
- * How is it that we put men on the moon before we figured out it would be a good idea to put wheels on luggage?
- * Why is it that people say they “slept like a baby” when babies wake us like every two hours?
- * Why are you in a movie, but you’re on TV?
- * Why do people pay to go up tall buildings and then put money in binoculars to look at things on the ground?
- * Why do doctors leave the room while you change? They’re going to see you naked anyway.
- * Why do toasters always have a setting that burns the toast to a horrible crisp, which no decent human being would eat?
- * If Jimmy cracks corn and no one cares, why is there a stupid song about him?
- * If the Professor on Gilligan’s Island can make a radio out of a coconut, why can’t he fix a hole in a boat?
- * Why does Goofy stand erect while Pluto remains on all fours? They’re both dogs!
- * If Wile E. Coyote had enough money to buy all that ACME stuff why didn’t he just buy dinner?
- * If electricity comes from electrons, does morality come from morons?
- * Do the “Alphabet” song and “Twinkle, Twinkle Little Star?” have the same tune?
- * Why did you just try singing the two songs above?
- * Did you ever notice that when you blow in a dog’s face, he gets mad at you, but when you take him for a car ride, he sticks his head out the window?
- * Why do we press harder on a remote control when we know the batteries are going dead?
- * Why do banks charge a fee on “insufficient funds” when they know there is not enough money?
- * Why does someone believe you when you say there are 4 billion stars, but checks when you say the paint is wet?
- * Why doesn’t Tarzan have a beard?
- * Whose idea was it to put an s in the word “lisp”?

This week give this a try...

Speak a kind word...You can make at least one person happy every day.

Isn’t it amazing how one compliment can make our day infinitely brighter? Mark Twain said he can live for two months on a good compliment!

Twelfth-century Christian mystic Hildegard of Bingen expressed the idea of interconnectedness in her writings and paintings. She advocated for vitality, goodness and right relationships with everything. One way we can promote this inter-connectedness and goodness is to affirm others around us.

If you admire another person, tell them! Try to discover one good characteristic in every person you meet. It might be a challenge for some folks, but keep looking. When you find a positive attribute, you can give an honest compliment. And it’s always more meaningful to compliment a personal quality rather than something superficial like physical appearance. You’ll create a deeper connection with the other person and build your self-esteem and happiness, too. Searching for the good in others will also derail the tendency to criticize those who bug you. As Francis of Assisi said, “It is in giving that we receive.”