

Sage-ing Age-ing Newsletter

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Our Life on Earthplane Today...Attitude Awareness

Does your life seem fairly well ordered at this moment? Maybe you have figured out a few things, and you are not interested in having people, ideas or things “rock your boat, or make waves.”

It seems to me just at the moment I think I have finally acquired the tools for dealing with life as it comes and gotten a handle on life, the universe seems to breeze through, shake up everything and I'm left scrambling to make order out of my life again. Does this ever happen to you? Do you ever think or feel that your life has fallen apart or that it's overwhelming, painful or that you're dealing with problems?

Sometimes I think I am back to square one again in my learning curve of life and that my life has become a roller coaster ride. Isn't that just LIFE though? Having ups and downs is what it means to be fully alive, isn't it? One of the universal laws is the law of change, and I know that the one constant in life is change!

We can embrace our constantly changing evolving life and just say to ourselves, “This is what it feels like to be experiencing_____” How we respond instead of react to daily events in our life is the key to our health and spiritual growth. It is the key to our increased awareness, attitude, because when we react we give the other person so much power. In fact, we give our power away when we allow others to push our old buttons and react.

If we are fixed and rigid about having order in our lives and maintaining the status quo, we set ourselves up to suffer disappointment and devastation when life seems to interrupt the dynamic that is currently enjoyed. History teaches us that any time we draw a line in the sand and put up resistance to change, in order to maintain traditions, customs or cultures beyond their natural progression, we create hardships for ourselves. Our very own resistance creates the pain that we feel! When we have the awareness to stop resisting our life as it unfolds and assimilate what has occurred as an experience that helps us grow, the pain is gone.

Why do you think we are here on Earth, in a physical form and living a life? Why is there sickness, disease, AIDS, poverty, death, oil spills, war, COVID 19 or anything that really bugs us? Do you upset yourself by thinking that so many products we purchase are over-packaged? We learn from all these engagements with life. The more we embrace life with all of its ups and downs and learn to trust that each experience is part of what it means to be fully alive, the more we learn to love our life and thus increase our awareness and grow in enlightenment. Isn't that why we're here?

You are here on Earth and in a body! You have choices because God's gift to you is your free will. You know that life on the earthplane is a classroom for God's children. We can learn to love it just one present moment at a time!

It's important at any age to feel good about yourself and in control of your life, but especially as you age, when you may feel besieged by threats to your well-being.

Youthful appearance and vigor are now diminishing. You may have to give up some activities you once enjoyed. Maybe you don't feel as productive as in former years. The parade of losses can make you question your purpose in living. The fear of aging is the common denominator in all your fears.

KEEP ON GIVING OF YOURSELF: The world needs you. Feeling needed can be a source of meaning and hope for you. You are equipped because of your age to make unique contributions in the realm of the wisdom that hindsight gives, the foresight that experience provides and the compassion that suffering fosters.

MAKE FRIENDS OF DIFFERENT AGES: You tend to pool and reinforce all the fears of aging if you have only friends in your age group. When you cultivate young friends, their spirit of youth and exuberance can renew you. Their visions inspire you. You, as the older person, can see their struggles and the problems they have. You can thank God that these are in the past for you. Your experiences and memories give them clues and cues for their life journey.

TURN TO GOD: At this time when you are not as physically active, you can direct your energies to your spiritual life. Take this opportunity to assess your past and come to terms with it. Transform any fear of aging into the hands of God whose love is timeless.

QUOTABLE...

The art of medicine consists of amusing the patient while nature cures the disease. *Voltaire*

My advice is: Go outside...enjoy nature and the sunshine...and try to recapture the happiness in yourself and in God. Think of all the beauty that is still left in you and around you and be happy. *Anne Frank*

*There is a sacredness in tears. They are not the mark of weakness, but of power. They speak more eloquently than ten thousand tongues. They are messengers of overwhelming grief and unspeakable love.

Washington Irving

*Those who don't know how to weep with their whole heart, don't know how to laugh either. *Golda Meir*

*The dew of compassion is a tear.

Lord Byron

*Time engraves our faces with all the tears we have not shed. *N. Barney*

*The bitterest tears shed over graves are for words left unsaid and deeds left undone. *Harriet B. Stowe*

While some of us wear our emotions on our sleeve, others keep feelings bottled up for decades. Strike a balance. If you are suffering with unexpressed frustration or grief, let tears flow. Then find a friend to laugh with. Laughter, however it feels, lighten the saddest moments and bonds us to family and friends. Tears and laughter cleanse the heart!

*The one important thing I have learned over the years is the difference between taking one's work seriously and taking one's self seriously. The first is imperative and the second is disastrous. *M. Fonteyn*

*Each person carries her own doctor inside her. All I have to do is get up, look down and see that I am above ground. Every day above ground is a great day. *Hippocrates*

*A frozen bandage can give you faster, more effective relief from a minor sprain, sports injury or spasm than applying heat.

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