

The Art of Aging

By Robert Taylor

About his piano playing the late Victor Borge said, "I only know two pieces. One is Claire de Lune. The other is not."

Mr. Borge stayed young through music, work, and laughter. He understood the art of aging. He was director, producer and star of his own show... and so are you. It is the story of life, and if you are reading this, or if someone is reading it to you, the ending has not yet been written.

Some smart individual said, "The golden years are when the kids are too old to need a baby sitter and too young to ask for the car." But the truth is, the golden years are now, whenever now is: 50 years of age, twice that, or anywhere in between. The golden years are when we have learned to use the magic of mind.

The magic of mind is an attitude and attitudes are formed by patterns of thought. When we choose to use the wisdom, we have accumulated over many years of living to select thoughts which are constructive and intelligent, life takes on a glow that is generated from within. Happily ever after becomes a manner of living that we can share with others.

Emotional and mental discipline is necessary to train the mind to reject dark thoughts of worry, resentment and rejection-replacing them with thoughts of harmony, peace and humor. The magic of mind is alive and well within each one of us, but is a gift from God that too many of us have refused to accept. The magic of mind gives us the power to write and re-write our life stories, but our tomorrows will be replicas of our yesterdays if we fail to change what we think today. For some of us that is a frightening thought, but the magic of mind can change all that.

Look around you. Wherever you are miracles are happening. Flowers are blooming. Birds are singing. Children are playing, people are laughing. There is no bureaucracy in the way of our pursuit of happiness, and "happiness is not a destination, but a manner of traveling," according to Margaret Lee Runbeck, American author.

So, enjoy, the trip, because life is good!