

The Art of Aging ... Rich and Poor

By Robert Taylor

I believe it was Ed Wynn, the Texaco Fire Chief of many years ago, who said, "I've been rich and I've been poor. Rich is better." Almost everyone would agree with that because we've experienced both ... and rich is better. Life never stops changing.

We have ups and we have downs. We are sick and we are well. Life expands and life contracts. It's a sort of roller coaster ride, sometimes through heaven and other times through hell. I give thanks for the diversity that minimizes boredom.

That's how life holds our interest about what may happen next. It makes looking into the future a precarious occupation. It forces us to live in the present if we wish to enjoy the good life. All begins at birth and continues until spirit screams, "Enough already!" Then we transition into the next great adventure.

Before that final change happens, there is much to be thankful for and it matters not how old or young we are because there is an opportunity for a better life presenting itself every moment of every day.

Life is a loving and loyal companion. Give thanks. It plays no favorites, and offers no plea bargains. Give thanks. It wants you to share in all the good it has to offer and it provides the tools to help that happen. Be thankful.

Life operates under the law of "Cause and Effect." If we sing that happy lyric, "nuthin but blue skies do I see," this positive clause makes it hard to find gray skies, the effect. That happy lyric can replace disturbing thoughts that may have clouded our minds while we were not paying attention. Give thanks.

The mind is like a motel. Thoughts check in and out. But in the universe of mind there is no law against discrimination. As the managers of Motel Mentality, you and I have the right and the power to refuse occupancy to any thought that wants to check in. We can evict any thought that takes up residency without our permission.

Adopt change as your friend because more old folks, like you and me, die from boredom than from any other cause. Avoid boredom as you would the plague because; like the plague, boredom is a killer, and ... life is good.