

The Art of Aging  
*By Bob Taylor*

Happy New Year! This year can be the best of the 87 New Years I have already celebrated, some drunk and some sober. This year will be the best if I simply choose to take dominion over my life ... if I choose to use the power to control my thought, rather than allowing my thought to control me ... if I choose to be the marvelous person my dogs always thought I was.

This year, 2006, will be the best year of my life. Age has nothing to do with it, if I choose to use my power to make it so. Yours will be too, and here's how. Happiness is an ageless attitude.

I propose a toast that this be the year the 10 magic words, harmony, peace, love, happiness, health, humor, patience, understanding, courtesy and kindness, establish permanent residence in our minds, yours and mine. It requires little effort and there is plenty of space between most of our ears for them to take root.

This will not happen automatically. A disciplined mind must be developed against the negative thoughts that lie in wait to fill any vacancy that may occur. The 10 magic words generate thoughts that will make your corner of the universe, and mine, a better place, because thought precedes action as lightning precedes thunder. Positive thought creates constructive action and that happy pair will translate into inner peace, within you, and within me. This is how the "Power of One" can multiply into peace on earth.

Dream big, the pundits tell us, and there is no bigger dream than peace on earth. 2006 can be the year the seeds are planted. It can be the year the killing stops. It can be the year the experience and intelligence of aging is used to achieve peace throughout the world. You and I can insist world leaders take dominion over peaceful thought, remove all threat of violence, fill empty bellies with beans and rice and fill hungry minds with the gospel of peace. These are the acts of a civilized people. War is a return to the savage state. Regardless of who wins, war exemplifies the failure of civilization.

So, if you are a Democrat, find a Republican to hug. If you are a Republican find a Democrat to hug. If you are an Independent, hug yourself because no one else will.

Forgive all those with whom you are angry, and bury your resentments in a heap of faulty memories. Help make 2006 a year to remember--a year that proves peace is possible and that life is good.