

Yesterday ... The Art of Aging

By Bob Taylor

On April 30 more than 33 percent of this promising new year will be nothing but 120 yesterdays. Are those yesterdays helping produce the kind of todays you planned for when the New Year began? Have you personally found the inner peace that is the first important step toward peace throughout the world? If you have serious physical, financial, or emotional problems--finding peace is not easy. But it is possible. The good news is, inner peace is not an all or nothing proposition. You and I can enjoy as much or as little as we choose to accept, because peace is in infinite supply. The only limitation on inner peace is self imposed.

When you and I allow our minds to tell us how we feel instead of choosing our thoughts carefully and telling our minds how we feel, we have abdicated an important God-given responsibility. We have been given dominion over many things, including our thought process. When you and I choose not to control our thoughts, we have relinquished a life-changing power toward health and happiness.

Find a comfortable chair, sit and take several deep and calming breaths, lean back as you in hale and forward as you exhale, then stretch and relax each muscle in your body and repeat to yourself:

"My body, mind and spirit live in perfect peace, perfect harmony, perfect pain-free health, perfect alignment and perfect balance with the miracles and energies of God's Universe. I feel good, life is good, and I am grateful. Thank you, God."

What you just read is an affirmative prayer in accordance with the Bible's instruction to pray as though you have already received whatever it is you are praying for. And when we develop a deep and unwavering consciousness in the power for good, blessings begin to flow. Problems may or may not disappear, but our reaction to our problems will change and we will find that life is good.