

Denial and the Art of Aging

By Robert Taylor

When I look back at the tragedies and sorrows that the game of life has pitched my way, I am thankful that they happened because every one has been a learning opportunity and has helped me appreciate life's many blessings.

My mother died when I was 9, and the world, as I knew it, came to an end. But I went on living in a new and unfamiliar world, searching for paradise lost. Seventy-nine years later I continue to search, no longer expecting to find what I search for, but because I have discovered accidentally many marvelous slices of life.

For example, the natural flow of good in life. I don't have to fight the mental and emotional dragons of failure, disappointment, envy, or other negative emotions to feel good. I simply get comfortable in my favorite chair and settle into complete denial. Yes, there is a place for denial in the art of aging.

If a perception of failure is the problem, I tell myself over and over there is no such thing as failure. I tell myself "people do not fail, they simply produce results. One man's junk is another man's treasure. Beauty is in the eye of the beholder, and ... there is no reality, only perception." Then, if it is possible, I get up and try once more to produce the desired result.

The desired result at any age is success and happiness. They are one. We can't have one without the other. If you are successful you are happy; if you are happy you are successful. So, if you find it necessary to use denial to find your bliss use it. Cole Porter titled a song many years ago, "Anything Goes," so go for it.

"In olden days a glimpse of stocking was looked upon as something shocking, now heaven knows, anything goes."

But please don't deny that... life is good.