

Our Mission and the Art of Aging
By Bob Taylor

Our mission on earth is to find the yellow brick road that leads to healing, harmony and happiness. Follow it to the Emerald City and take someone along. If everyone follows this single piece of advice, the universe will overflow with peace, love and joy.

It is the law of multiplicity at work. George H.W. Bush and Bill Clinton, an unlikely duo, traveled the world together, raising funds, promoting peace and searching for the yellow brick road. They traveled peacefully and productively because they put differences aside and concentrated on common goals. Bush expected to find more Texas Republicans at the end of the road. Clinton thought that's where he might enjoy a few moments alone with Dorothy. Well, it's a beginning.

So, where can we find the yellow brick road? It is buried between our ears under a slush pile of fear and anxiety. Digging our way out of this pile of unproductive trash is no easy task, but it begins with the exciting news that it can be done. Anyone who would like to do this ... not try it. .. but do it.. .please look in a mirror, smile at yourself, and repeat this affirmation, "My body, mind and spirit is peaceful and happy. Mental, emotional and physical healing has happened. It will be my pleasure to share this good news with everyone I meet."

Many people will refuse to accept this information but our only obligation is to make it available. However, we cannot give what we do not possess. So how do we develop an attitude of peace and happiness? We follow the instructions of the affirmation in the previous paragraph. We follow those instructions as many times each day as possible.

We also find a warm and cozy spot in our favorite chair, sit down, breathe deeply, close our eyes, relax and let love, courage and truth flow through us. If it doesn't make the world a better place, I guarantee we will all feel better. And the price of oil has not affected the place. It is good duty.

For this to happen we must empty our minds of trash and poisonous plantings. We need to plant seeds of beauty and peace where fear, guilt and self-doubt used to grow. The affirmation we are using will feed and nurture the growth of new attitudes and peaceful actions. New attitudes and peaceful actions will help lead us to the yellow brick road, the Emerald City and the Wizard who solves all life's problems. We can enjoy our manner of traveling and be able to say cheerfully and enthusiastically to ourselves and to others that. .. life is good!