

The New Year and the Art of Aging

By Bob Taylor

Happy 2008! The new year is upon us and you and I are a tiny bit older than we were last year. There are adjustments to be made. The eggnog, the turkey dinners, the mashed potatoes and gravy, the cranberries, the stuffing and the new year have all conspired to make our pants a little tighter and our hair a little thinner. And that's one of the great things about life, a new year only happens to us every 12 months. They do not pile on us all at once.

Aging is rationed among a lucky few. There is only so much time to go around. You and I are getting our fair share. I'm enjoying my share. I don't know why, but I'm happy about it. Many others did not celebrate Christmas or the New Year with the rest of us. They may be singing carols in heaven or getting sloppy drunk in hell, but they are not with us.

So, we are the lucky few because we continue to live. How well we live is a choice we make. You and I possess the most powerful tool in the Universe. It is housed between our ears and can cure whatever ails us.

Begin by building yourself an inventory of thoughts that make you well and happy. I believe every thought, every song we sing and every word we speak are prayers. Help your thoughts and prayers promote the good life for yourself and for all living things.

The old song says, "You got to accentuate the positive, eliminate the negative, latch on to the affirmative and don't mess with Mr. in between." That's great advice from Johnny Mercer who wrote that lyric many years ago.

What we think about is a choice. No one tells us what to think unless we give them that power. You and I have the right to think as we please. We can choose happy, productive, pain-free thoughts or we can choose unhappy thoughts of failure and misery.

The choice seems like a no-brainer to me. How about you? The mind is a storehouse of miraculous thoughts. Pick one out, polish it, and let it shine through you. Have a happy and prosperous new year, and know that life is good.