

May and the Art of Aging

By Bob Taylor

The month of May is the birthday of beauty. Nearly every morning begins with a fresh and fragrant radiance that is shared by young and old alike. May is a young month, a month that bounces through 31 days with flowers blooming and most of the world greening up. May seems like the beginning of everything young and beautiful. It is an exuberant month.

The boys and girls of summer begin the chase for championships in baseball, tennis, golf and the other outdoor sports that require fresh air and sunshine, energy and muscle. However, I am now a spectator and not a player. I am a little short of energy and muscle, but my supply of sunshine and fresh air is as plentiful as ever. You and I can be grateful that our days of chasing a championship are over. That is one of the many blessings of aging.

At nearly 90 the only prizes I need to chase are good health and happiness. I do that by exercising my body, mind and spirit daily. My body keeps my mind alert by trying to fill it with thoughts of pain and discomfort. However, I control my mind and replace those feelings with thoughts of patience, understanding, courtesy and kindness. Those thoughts replace the feelings of pain and discomfort, and my spirit begins feeling better almost immediately. So find a seat in a comfortable chair, stretch your legs, your arms, your back and anything else that will stretch because stretching, when we are older, is the secret to feeling better physically.

To feel better mentally I have eliminated certain words from my inventory of thought - revenge, resentment, hate, worry and guilt. I find no benefit in thinking or speaking those words. Those thoughts bring nothing but misery.

Physically, as we age, it becomes necessary to slow down, to ease up, but mentally and spiritually we can grow, we can expand. When we pamper our minds and massage our spirits, life becomes more tranquil and serene. We approach the edge of "peace beyond all understanding."

If you are a golfer your legs will be steadier and your putting will improve. If you are a painter, your imagination will expand. If you are a musician, new tunes will dance in your head.

Allow life to share its pleasures and its pain. If you and I had no pain, we would not appreciate pleasure. Put your mind in neutral, stop the worry and let happiness happen. Allow your Higher Power to share Her blessings with you and know that life is good