

June and the Art of Aging

By Bob Taylor

June is "bustin" out all over in all its mid- year splendor. June is the month when almost every living thing reaches maturity, in full bloom. June is an enthusiastic month and displays an attitude of success. June is a glorious month, but has a short life span, only 30 days to distribute enough sunshine and showers to all growing things that need them. And suddenly it is July. June has gone to prepare for its reincarnation next year. Hallelujah for eternal life.

However, you and I are fortunate to have longer life spans than 30 days. In my case, 32,850 days and still counting. I believe it is my job to enjoy each and every one.

When you and I wake up each morning it matters not if the sun is shining or a storm is raging. We have the power to produce sunshine in our hearts and minds. We have the power to put smiles on our faces and songs in our hearts. We have the power to create June in January wherever and whoever we are.

Actuarial statistics insist that I am well past my middle, my June, years. They may be telling you the same thing, but there is no law that says we have to believe them.

When I was a little kid, I believed in the Tooth Fairy, Santa Claus, the Easter Bunny and other Wizards. However, as I grew older, those perceptions were destroyed. Now, I choose to believe I can perform miracles in my mind. I can close my eyes and change the weather. I can reduce the severity of pain. I can produce happiness and dry up tears.

I choose to believe that you can do all these things, too. We are never too old to achieve our pain free, healthy goals. So believe in yourself and know that...life is good.