

Philosophy for Old Age

(Absolutely Brilliant)

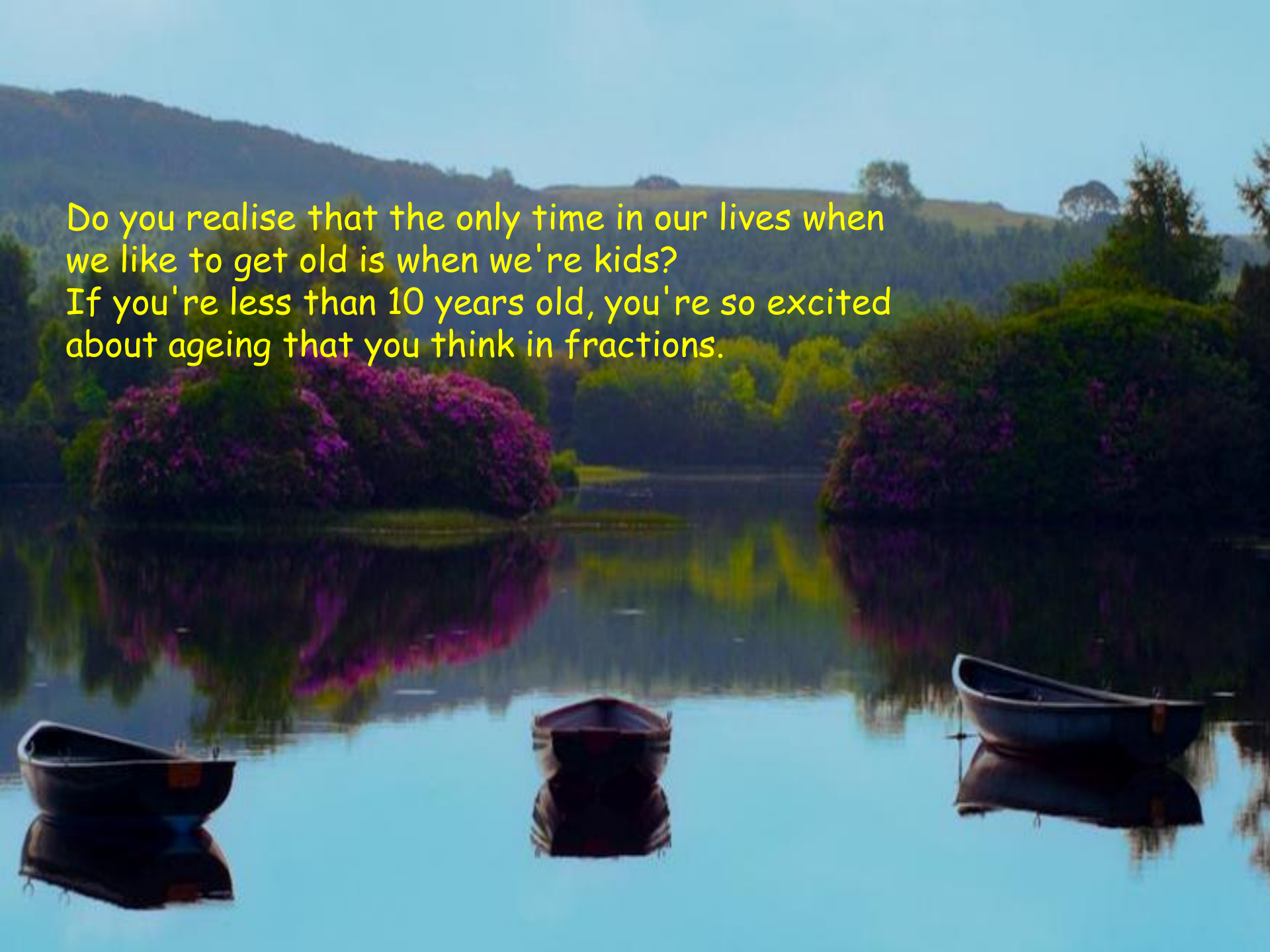
IF YOU DON'T READ THIS TO THE VERY END, YOU HAVE LOST A
DAY IN YOUR LIFE.
AND WHEN YOU HAVE FINISHED,
DO AS I AM DOING AND SEND IT ON.

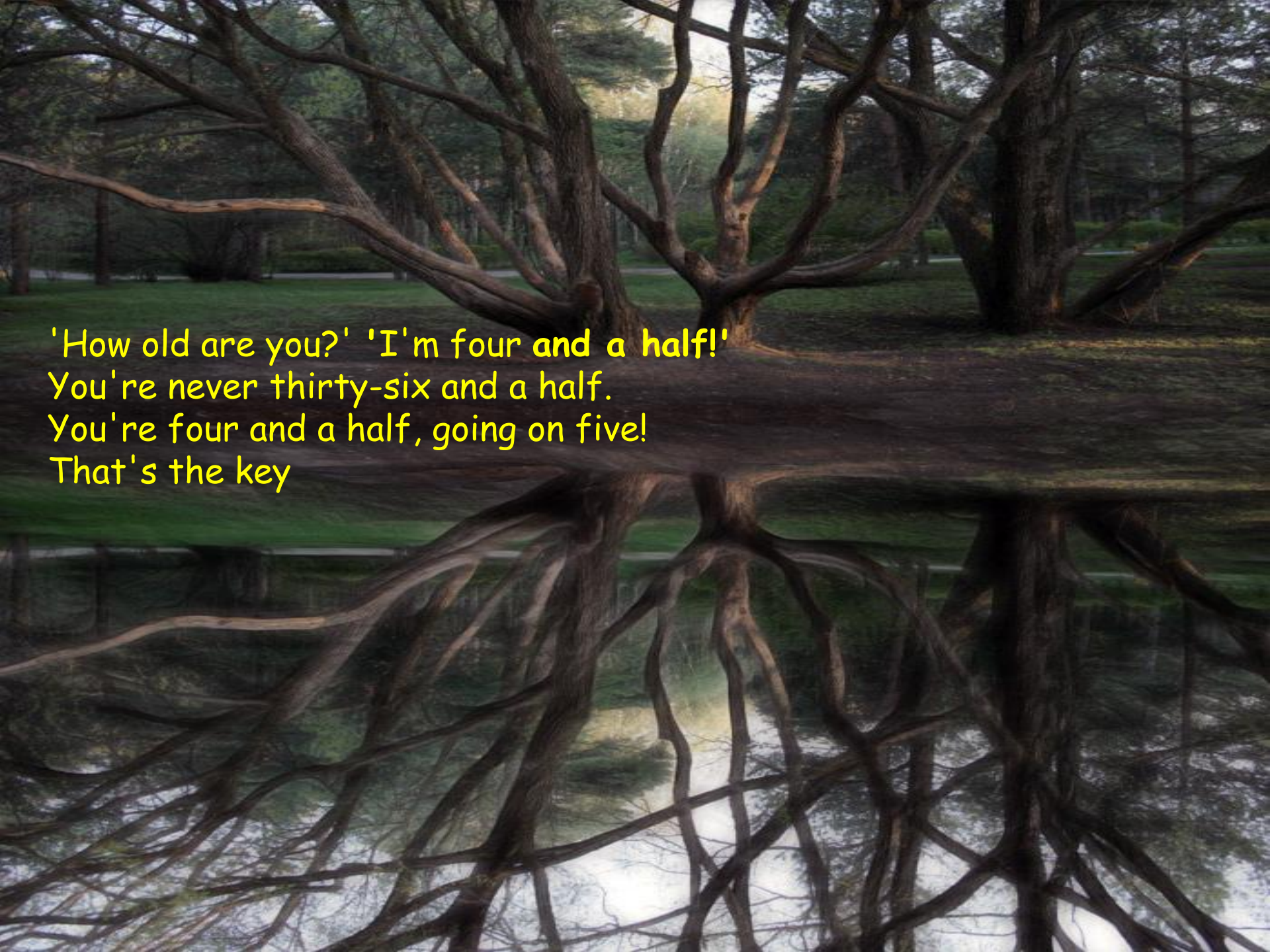
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Music: Ernesto Cortazar "Eternal Love Affair"

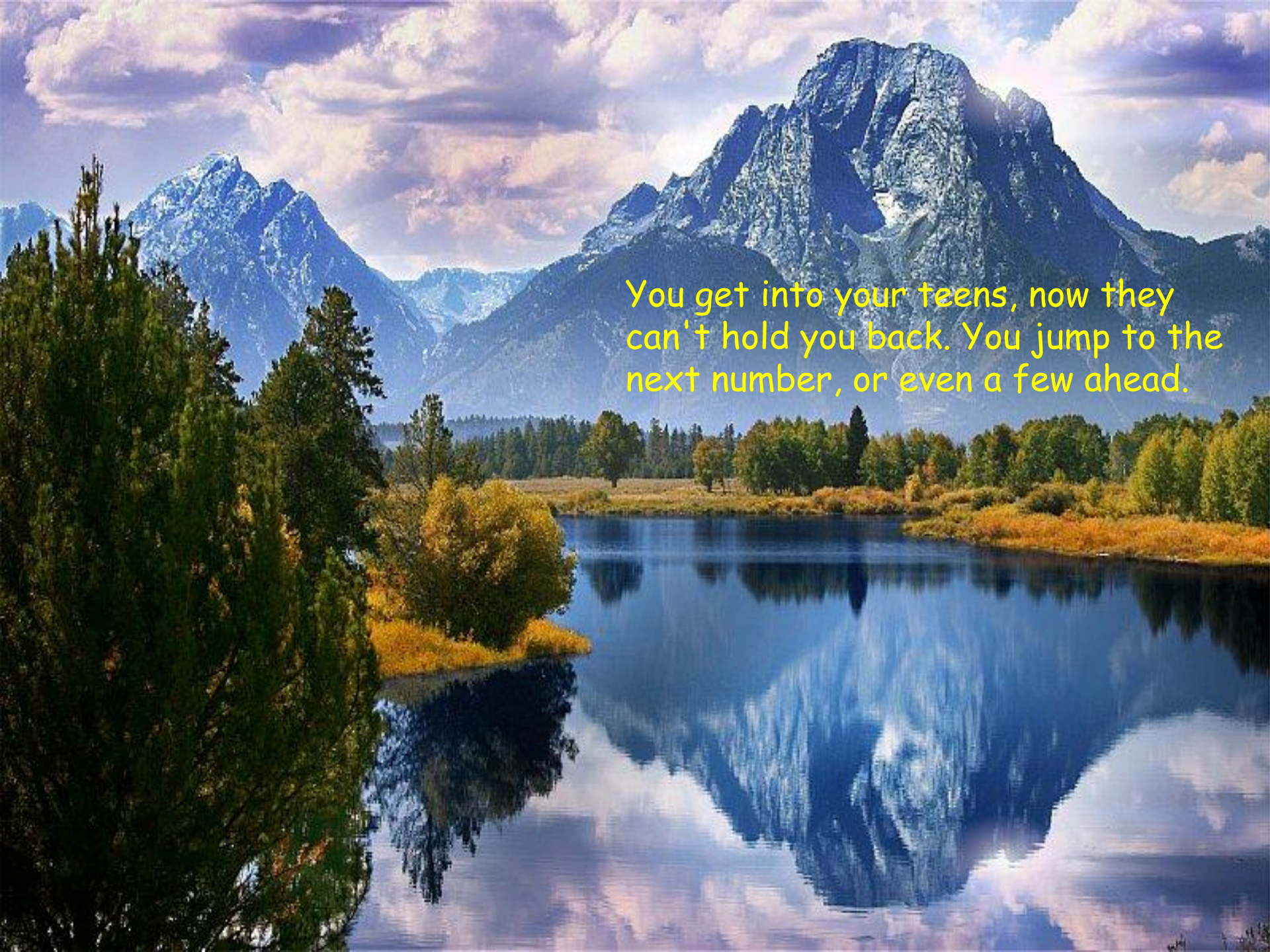
He Yan Jan 2010

Do you realise that the only time in our lives when we like to get old is when we're kids?
If you're less than 10 years old, you're so excited about ageing that you think in fractions.

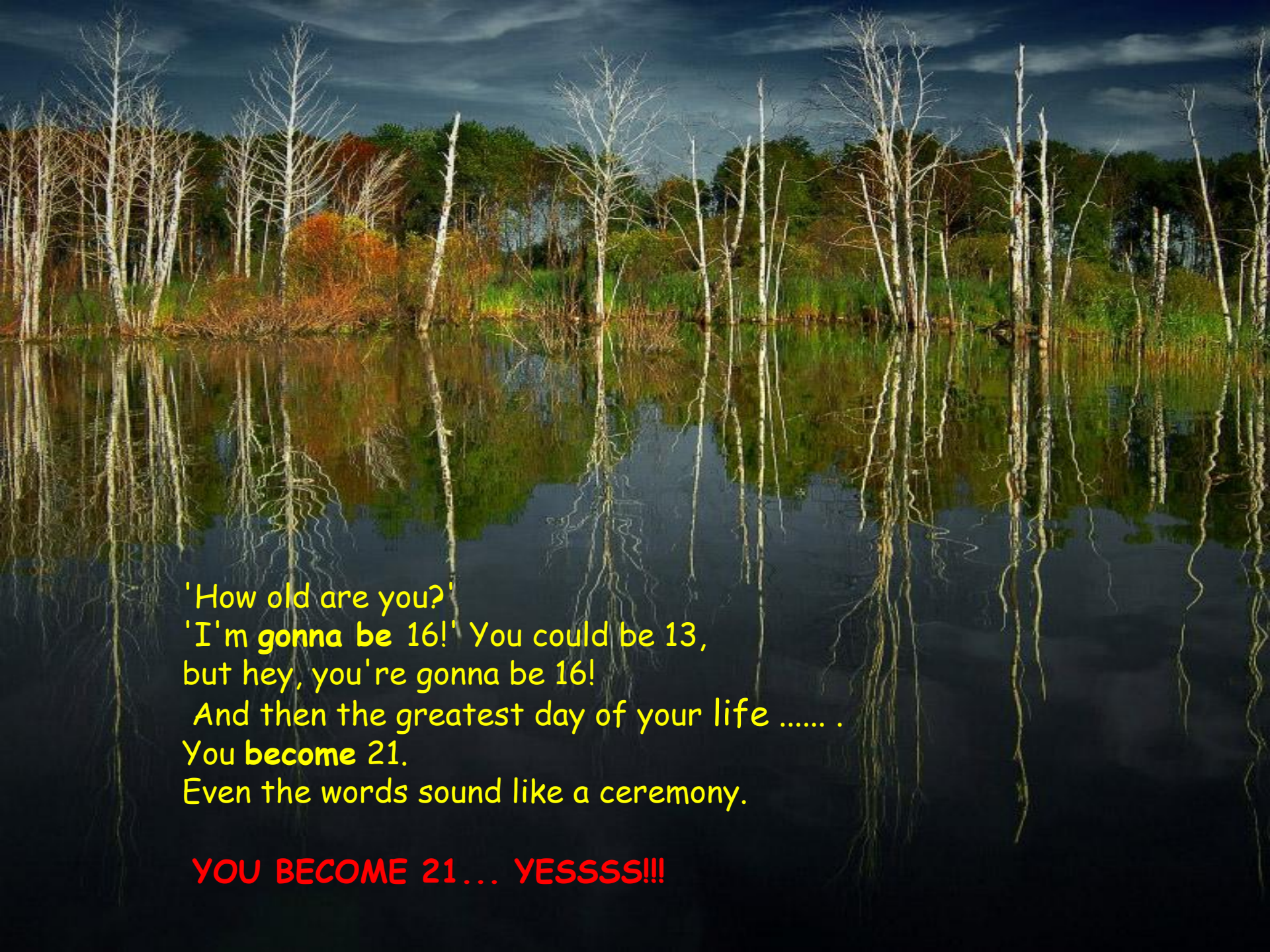




'How old are you?' 'I'm four and a half!'
You're never thirty-six and a half.
You're four and a half, going on five!
That's the key

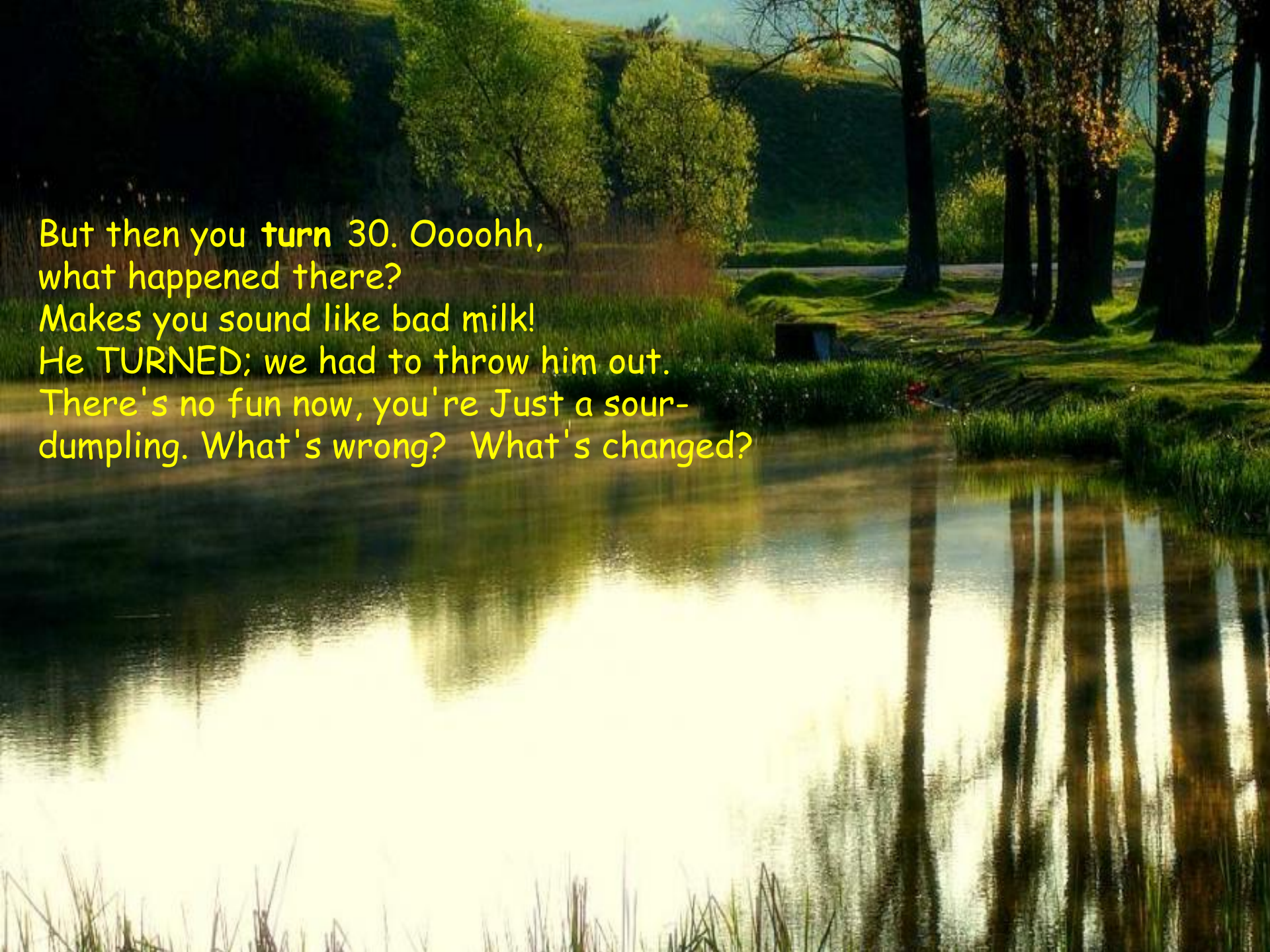
A scenic landscape featuring a large, rugged mountain peak in the background, partially covered in snow. The mountain is reflected in a calm lake in the foreground. The sky is filled with dramatic, colorful clouds. In the middle ground, there are several trees, some with yellow autumn foliage, and a line of evergreens. The overall scene is peaceful and majestic.

You get into your teens, now they can't hold you back. You jump to the next number, or even a few ahead.




'How old are you?'
'I'm gonna be 16!' You could be 13,
but hey, you're gonna be 16!
And then the greatest day of your life
You become 21.
Even the words sound like a ceremony.

YOU BECOME 21... YESSSS!!!

A scenic landscape featuring a calm pond in the foreground, reflecting the sky and surrounding greenery. The background shows rolling green hills and a line of trees, including several tall, slender trees on the right side. The overall atmosphere is peaceful and natural.


But then you turn 30. Oooohh,
what happened there?
Makes you sound like bad milk!
He TURNED; we had to throw him out.
There's no fun now, you're Just a sour-
dumpling. What's wrong? What's changed?



You **BECOME** 21, you **TURN** 30,
then you're **PUSHING** 40.... Whoa!
Put on the brakes,
it's all slipping away.
Before you know it, you **REACH** 50
and your dreams are gone

But wait!!!
You **MAKE** it to 60.
You didn't think you would!



A scenic landscape featuring a calm pond in the foreground. The water reflects the surrounding greenery and the bright sky. On the right side, a row of tall, slender trees stands on a grassy bank. In the background, rolling green hills are visible under a clear sky. The overall atmosphere is peaceful and natural.

So you **BECOME** 21,
TURN 30, **PUSH** 40, **REACH** 50
and **MAKE** it to 60.

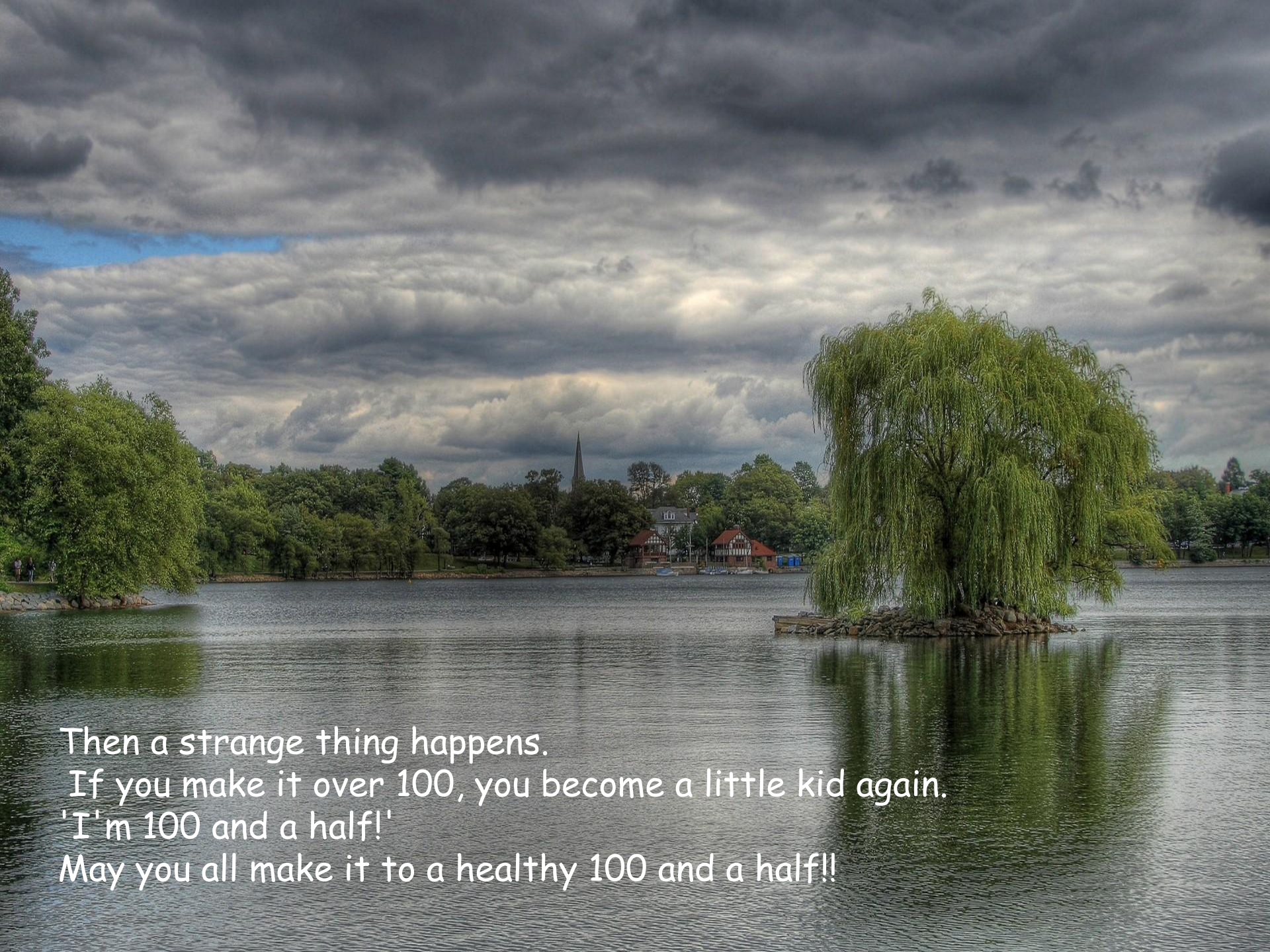


You've built up so much speed that you **HIT 70!**
After that it's a day-by-day thing;
you **HIT Tuesday, February 15, 2011!**



You get into your 80's and every day is a complete cycle; you HIT lunch; you TURN 4:30 ; you REACH bedtime.

And it doesn't end there Into the 90s, you start going backwards; 'I Was JUST 92.'



Then a strange thing happens.
If you make it over 100, you become a little kid again.
'I'm 100 and a half!'
May you all make it to a healthy 100 and a half!!

HOW TO STAY YOUNG

A scenic landscape featuring snow-capped mountains in the background, a calm lake in the middle ground reflecting the sky and mountains, and a tree on the right bank. The sky is filled with soft, pinkish clouds, suggesting a sunrise or sunset. The foreground shows rocky terrain with sparse vegetation.

1. Throw out nonessential numbers.

This includes age, weight and height.
Let the doctors worry about them.
That is why you pay 'them'

2. Keep only cheerful friends.

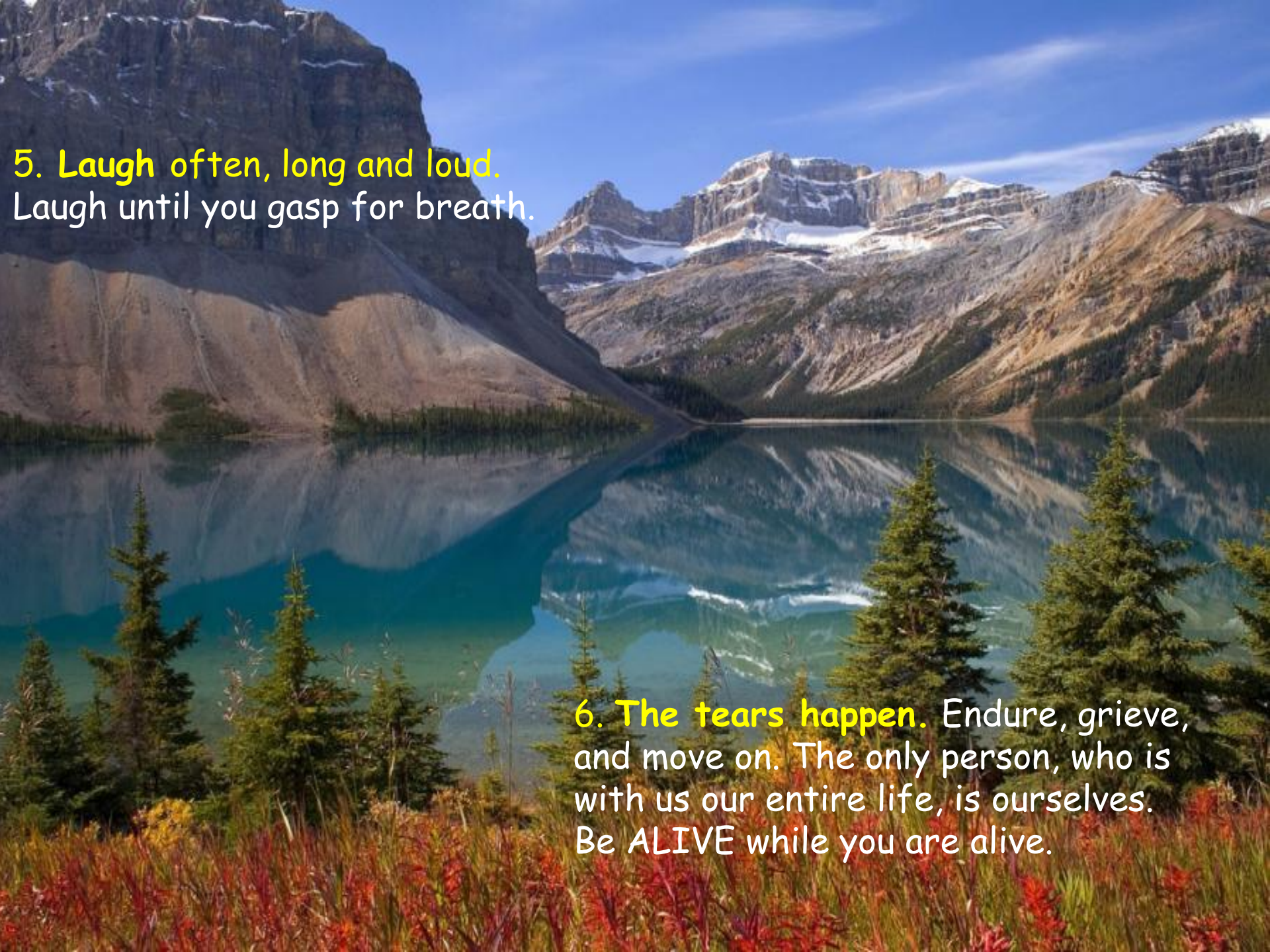
The grouches pull you down.

A scenic mountain landscape with a lake and a log. The image shows a valley with mountains in the background, some with snow. The middle ground is filled with trees in autumn colors (yellow, orange, green). In the foreground, a calm lake reflects the surrounding scenery. A large, dark log lies horizontally across the lower right portion of the lake's surface.

3. Keep learning.

Learn more about the computer, crafts, gardening, whatever... Never let the brain idle. 'An idle mind is the devil's workshop.' And the devil's name is Alzheimer's.

4. Enjoy the simple things.



5. Laugh often, long and loud.
Laugh until you gasp for breath.

6. The tears happen. Endure, grieve,
and move on. The only person, who is
with us our entire life, is ourselves.
Be **ALIVE** while you are alive.



7. Surround yourself with what you love ,
whether it's family, pets, keepsakes, music,
plants, hobbies, whatever. **Your home is
your refuge.**

8. Cherish your health:

If it is good, preserve it. If it is
unstable, improve it. If it is beyond
what you can improve, get help.



9. Don't take guilt trips.

Take a trip to the mall, even to the next county; to a foreign country but NOT to where the guilt is.

10. Tell the people that you love them, at every opportunity.



AND ALWAYS REMEMBER :

Life is not measured by the number of breaths we take, but by the moments that take our breath away.



And if you don't send this to at
least 8 people - who cares?
But do share this with someone...
We all need to live life to its
fullest each day!!

See you again !!!

