

Philosophy for Old Age

(Absolutely Brilliant)

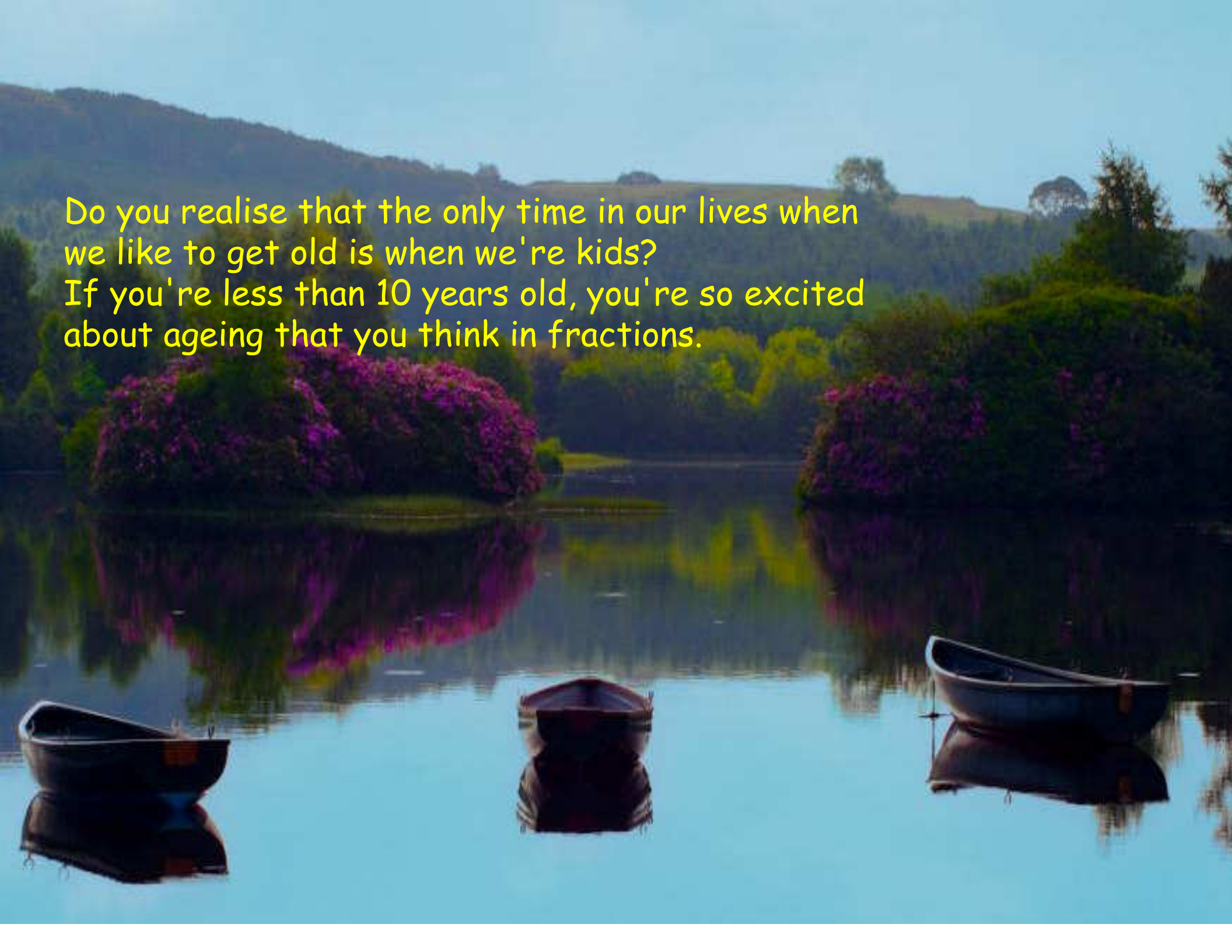
IF YOU DON'T READ THIS TO THE VERY END, YOU HAVE LOST A
DAY IN YOUR LIFE.
AND WHEN YOU HAVE FINISHED,
DO AS I AM DOING AND SEND IT ON.

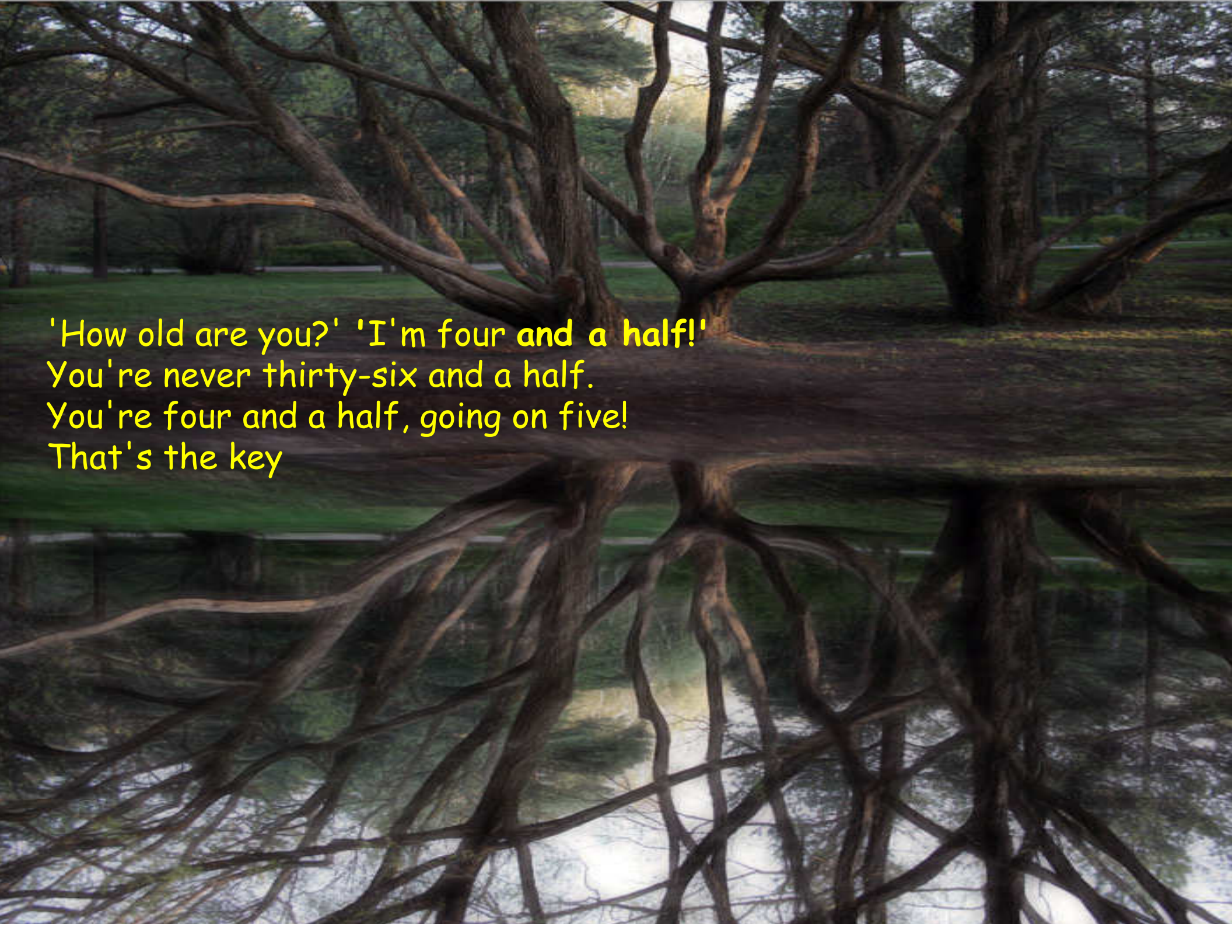
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Music: Ernesto Cortazar "Eternal Love Affair"

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.

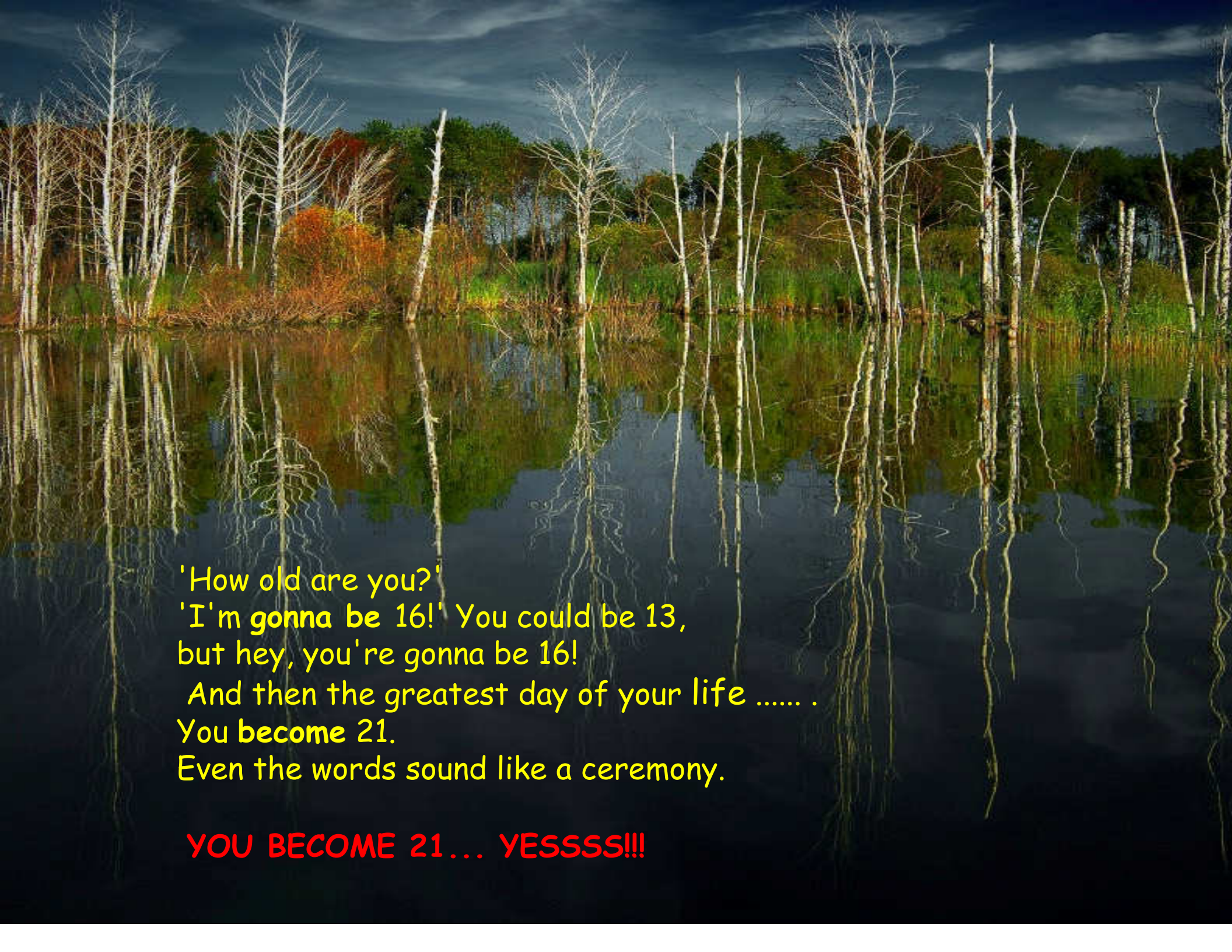




'How old are you?' 'I'm four and a half!'
You're never thirty-six and a half.
You're four and a half, going on five!
That's the key

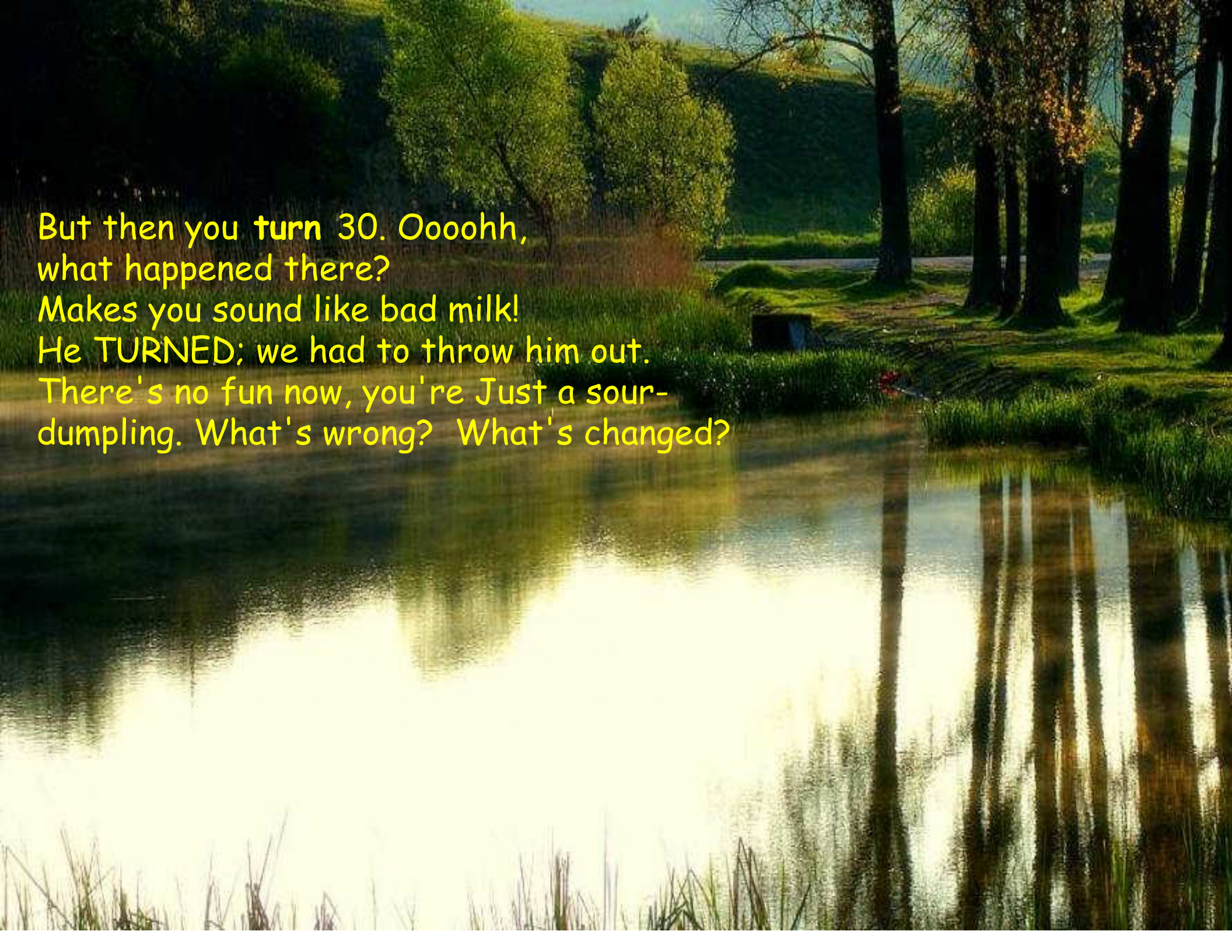


You get into your teens, now they can't hold you back. You jump to the next number, or even a few ahead.

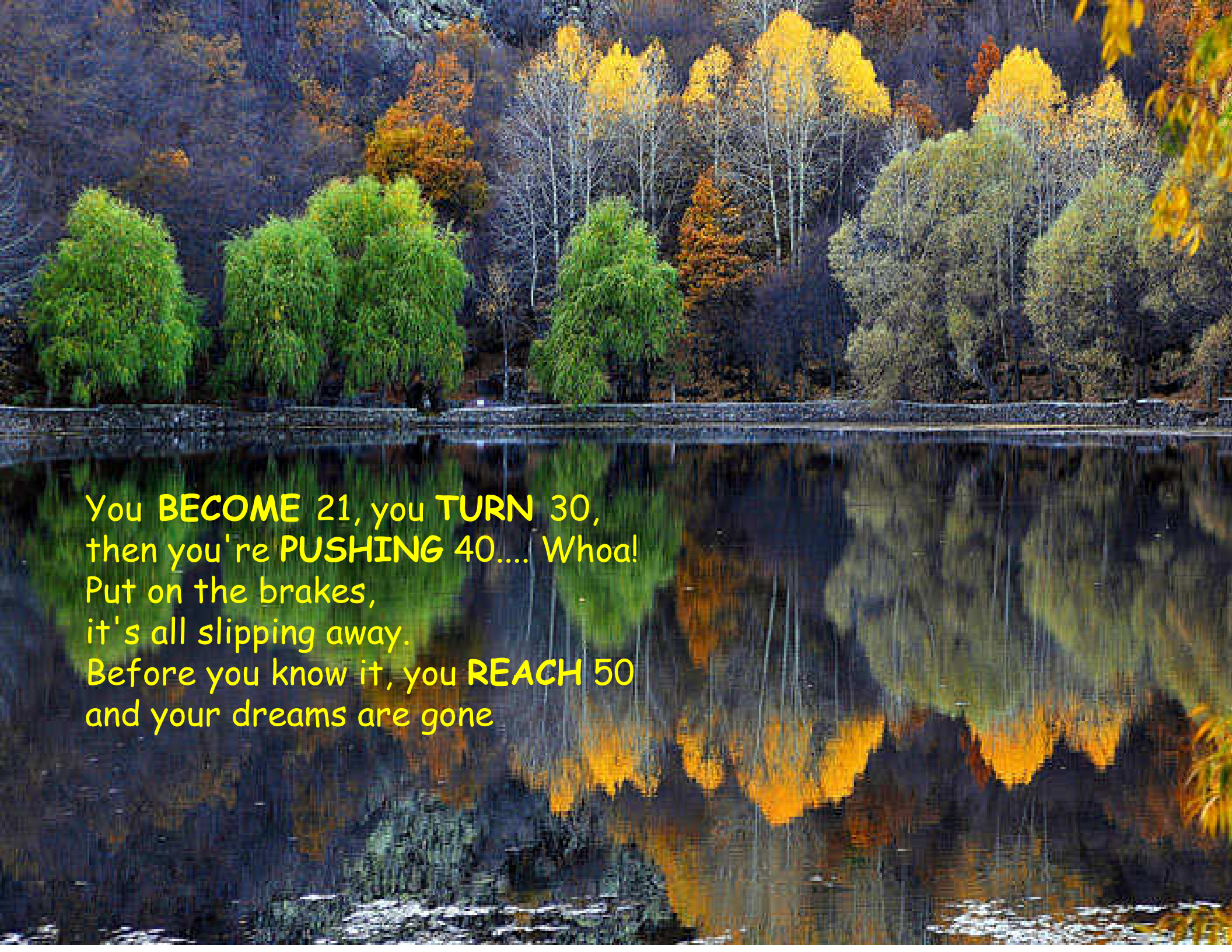


'How old are you?'
'I'm gonna be 16!' You could be 13,
but hey, you're gonna be 16!
And then the greatest day of your life
You become 21.
Even the words sound like a ceremony.

YOU BECOME 21... YESSSS!!!

A scenic landscape featuring a calm pond in the foreground, reflecting the sky and surrounding greenery. The background shows rolling hills and a line of trees, including a prominent weeping willow on the left and several tall, slender trees on the right. The lighting is bright, suggesting a sunny day.

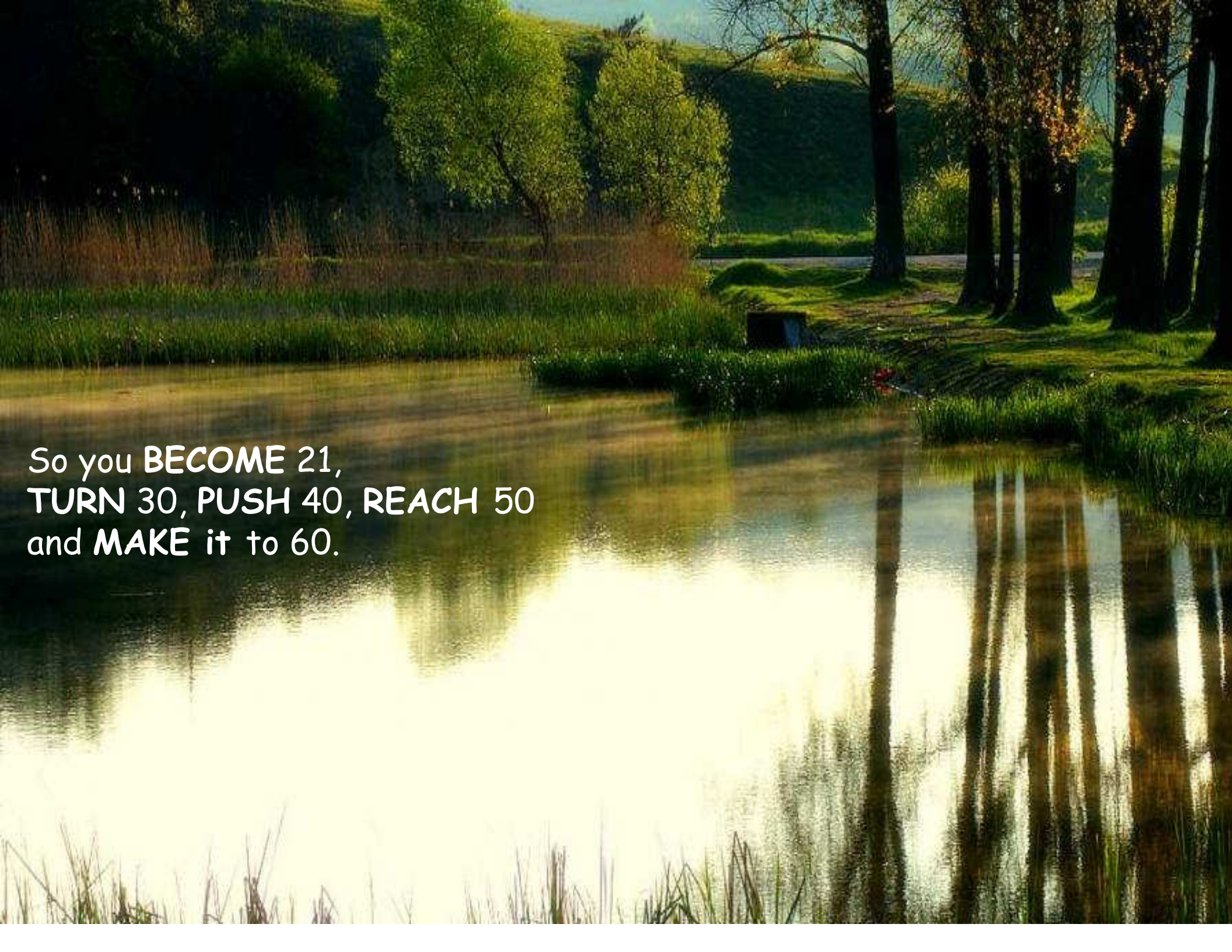
But then you turn 30. Oooohh,
what happened there?
Makes you sound like bad milk!
He TURNED; we had to throw him out.
There's no fun now, you're Just a sour-
dumpling. What's wrong? What's changed?

A scenic view of a lake with a forest of trees in autumn colors reflected in the water. The trees are in various shades of green, yellow, and orange, and their reflections are clearly visible in the calm water. The sky is a deep blue, and the overall atmosphere is peaceful and serene.

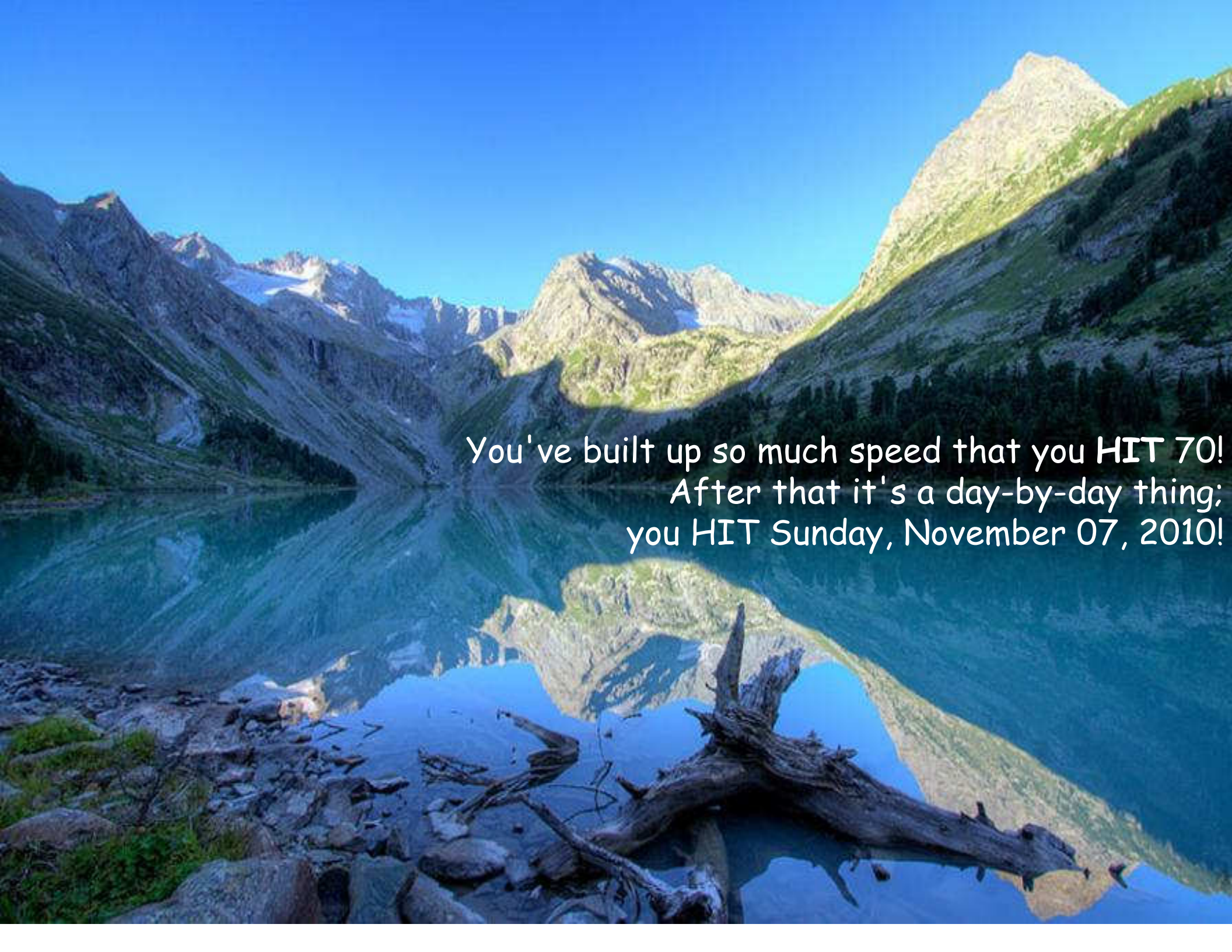
You **BECOME** 21, you **TURN** 30,
then you're **PUSHING** 40.... Whoa!
Put on the brakes,
it's all slipping away.
Before you know it, you **REACH** 50
and your dreams are gone

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



A scenic landscape featuring a calm pond in the foreground, reflecting the surrounding greenery and sky. The pond is bordered by tall grasses and reeds. In the background, there are rolling green hills and a line of trees, including a prominent weeping willow on the left and several tall, slender trees on the right. The lighting suggests a bright, sunny day, with the sun's reflection creating a shimmering path on the water's surface.

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

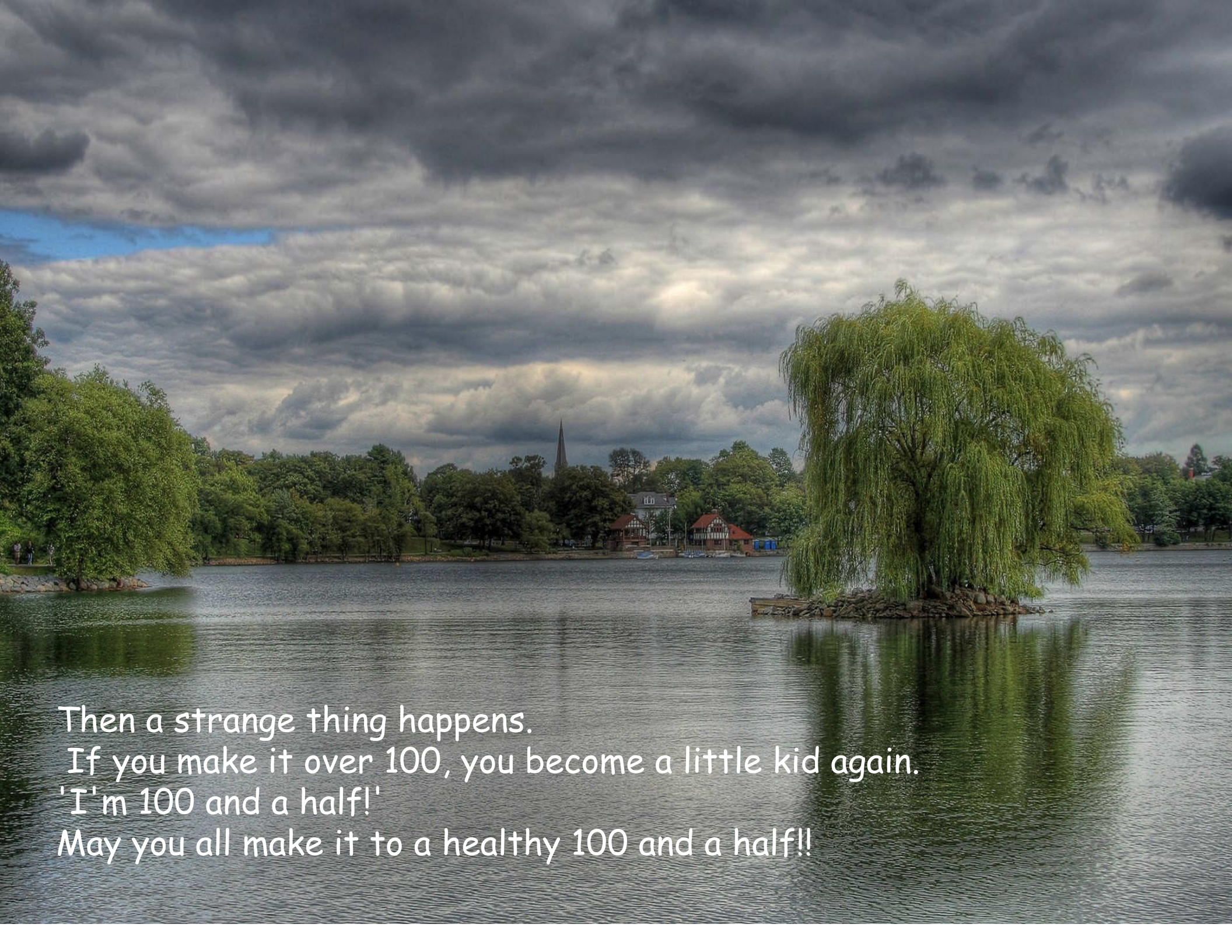
A scenic mountain landscape featuring a clear, turquoise lake that perfectly reflects the surrounding rugged, rocky peaks and green slopes. In the foreground, a large, weathered piece of driftwood lies on a rocky shore. The sky is a clear, vibrant blue, and the overall scene is bathed in bright, natural light.

You've built up so much speed that you HIT 70!
After that it's a day-by-day thing;
you HIT Sunday, November 07, 2010!



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



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

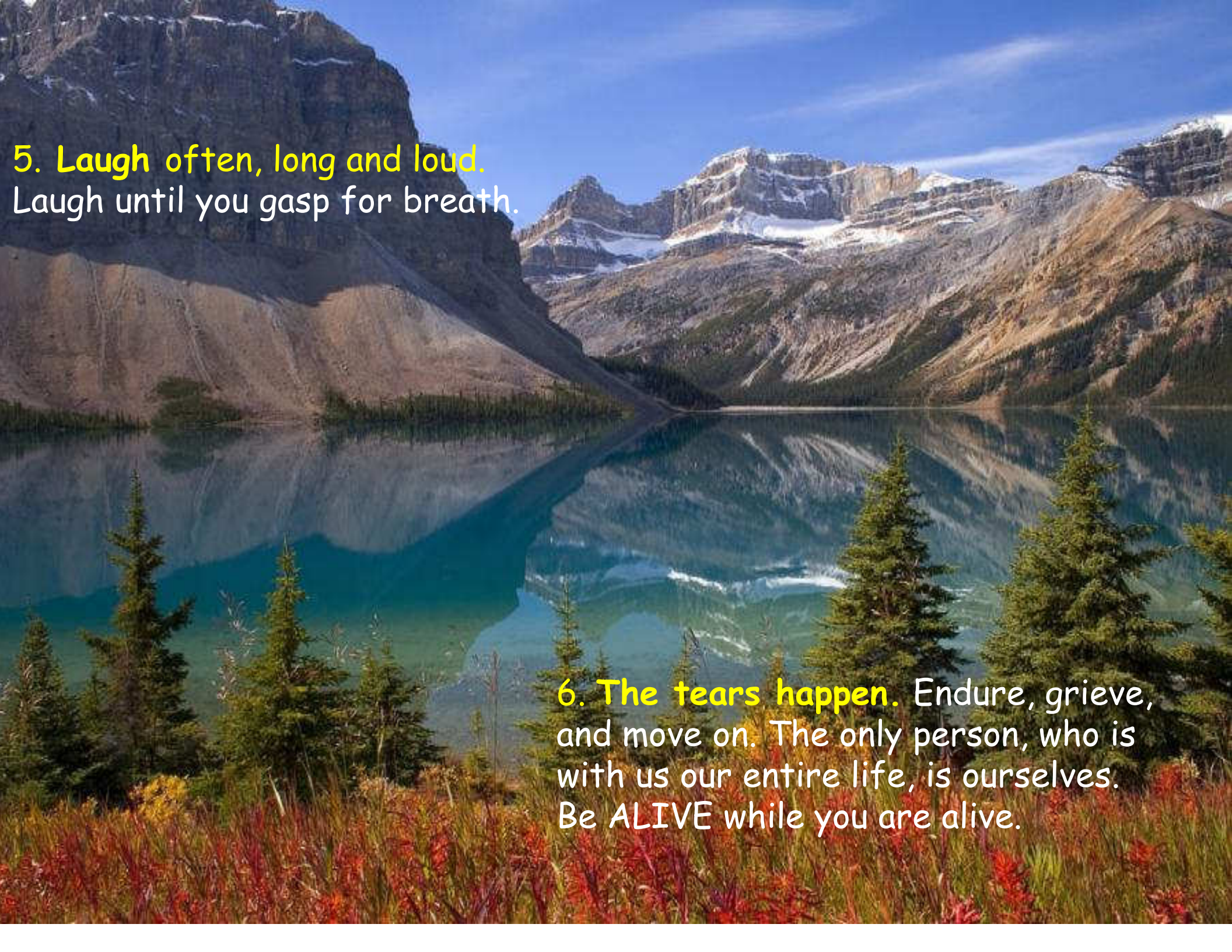
2. Keep only cheerful friends.
The grouches pull you down.

A scenic mountain landscape with a lake and a log. The image shows a valley with a lake in the foreground. The mountains are covered in dense forests with vibrant autumn foliage in shades of yellow, orange, and green. The sky is clear and blue. A large, dark log lies on the shore of the lake, partially submerged. The water reflects the surrounding scenery.

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.

A scenic landscape featuring a calm body of water in the foreground, reflecting the sky and a line of lush green trees. The background shows rolling green hills and distant mountains under a bright blue sky with scattered white clouds.

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.

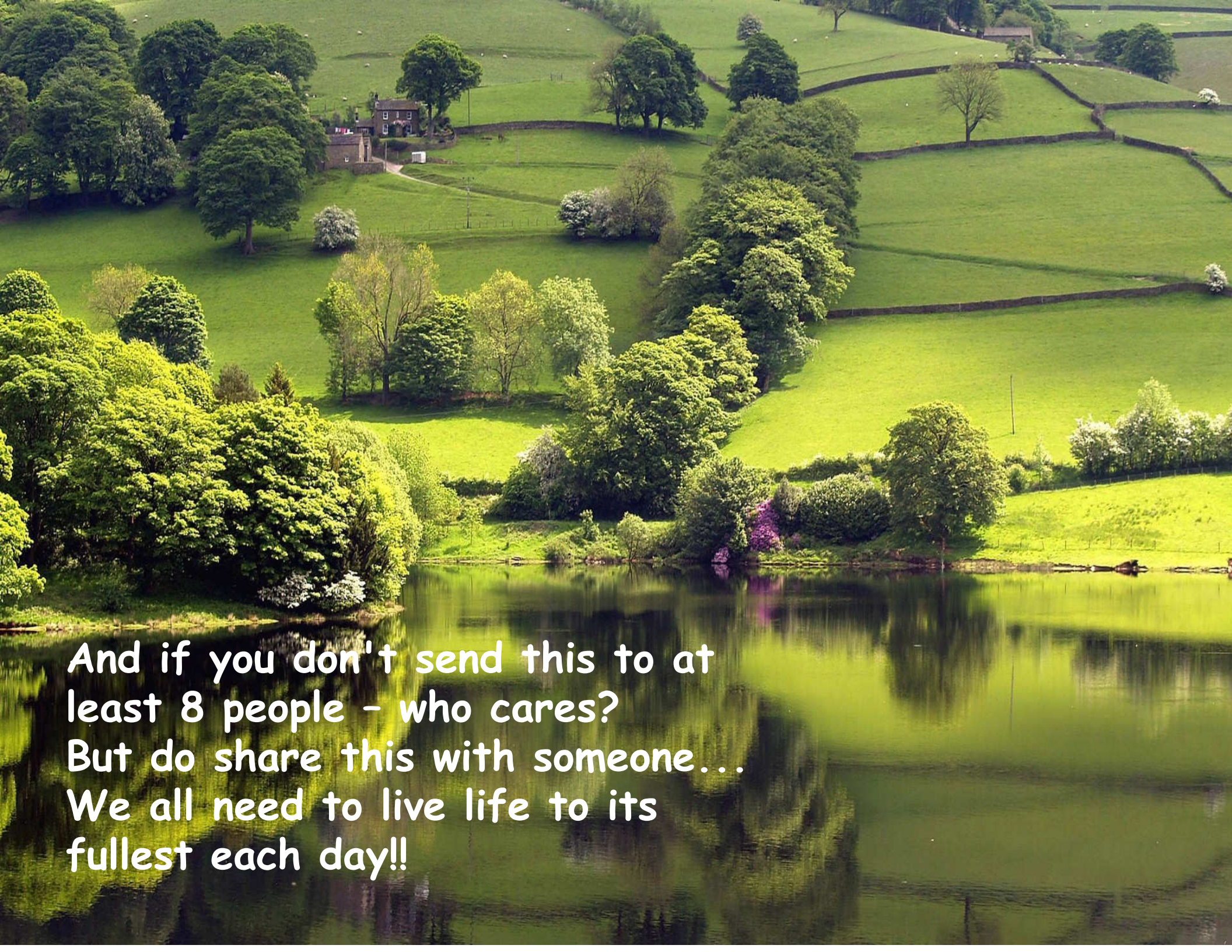
Take a trip to the mall, even to the next county; to a foreign country but NOT to where the guilt is.

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.

A scenic view of a lake surrounded by lush green hills and trees. In the background, a small house is visible on a hillside. The water reflects the surrounding greenery and sky.

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 !!!

