

Philosophy for Old Age

(Absolutely Brilliant)

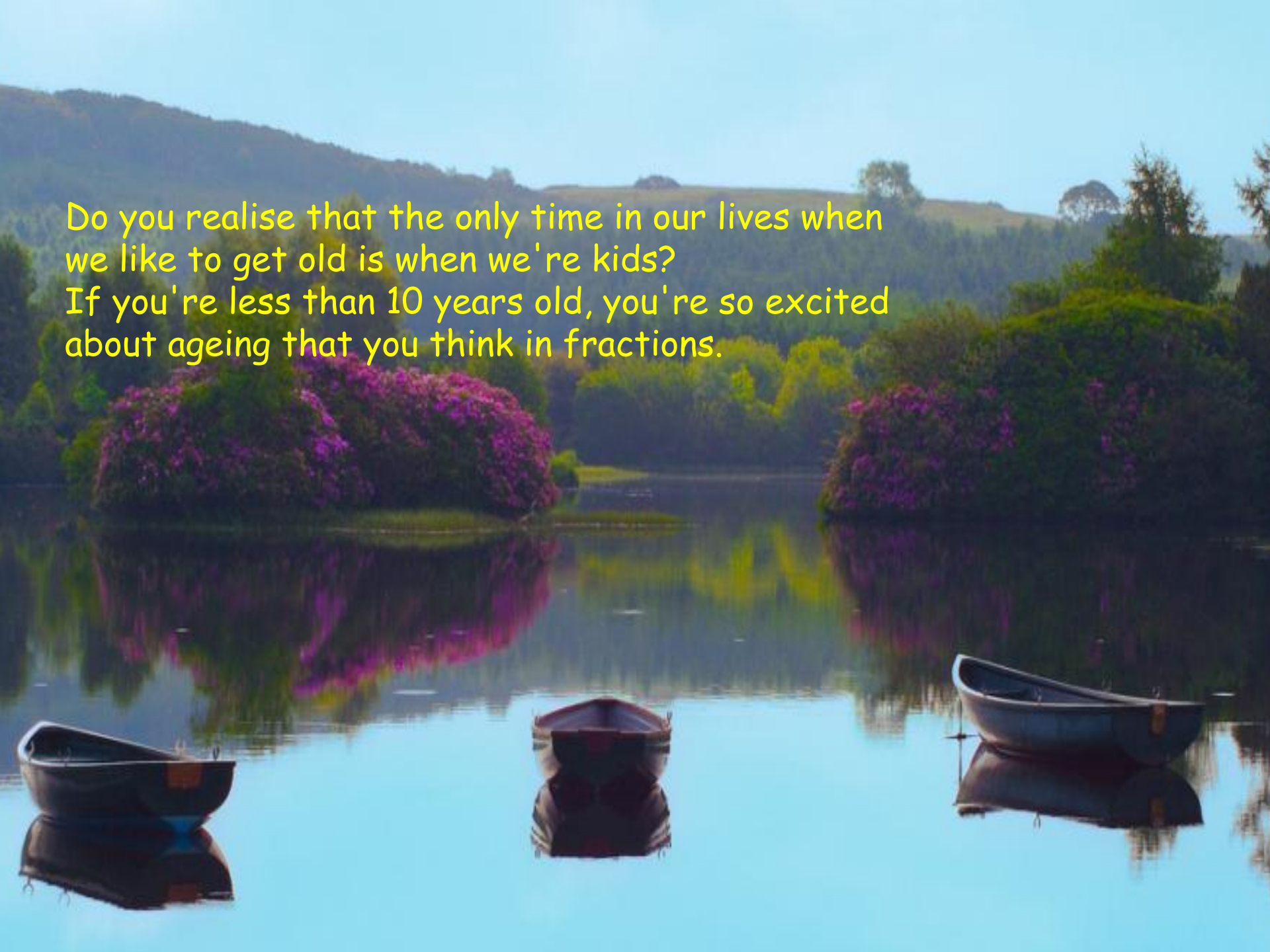
IF YOU DON'T READ THIS TO THE VERY END, YOU HAVE LOST A
DAY IN YOUR LIFE.
AND WHEN YOU HAVE FINISHED,
DO AS I AM DOING AND SEND IT ON.

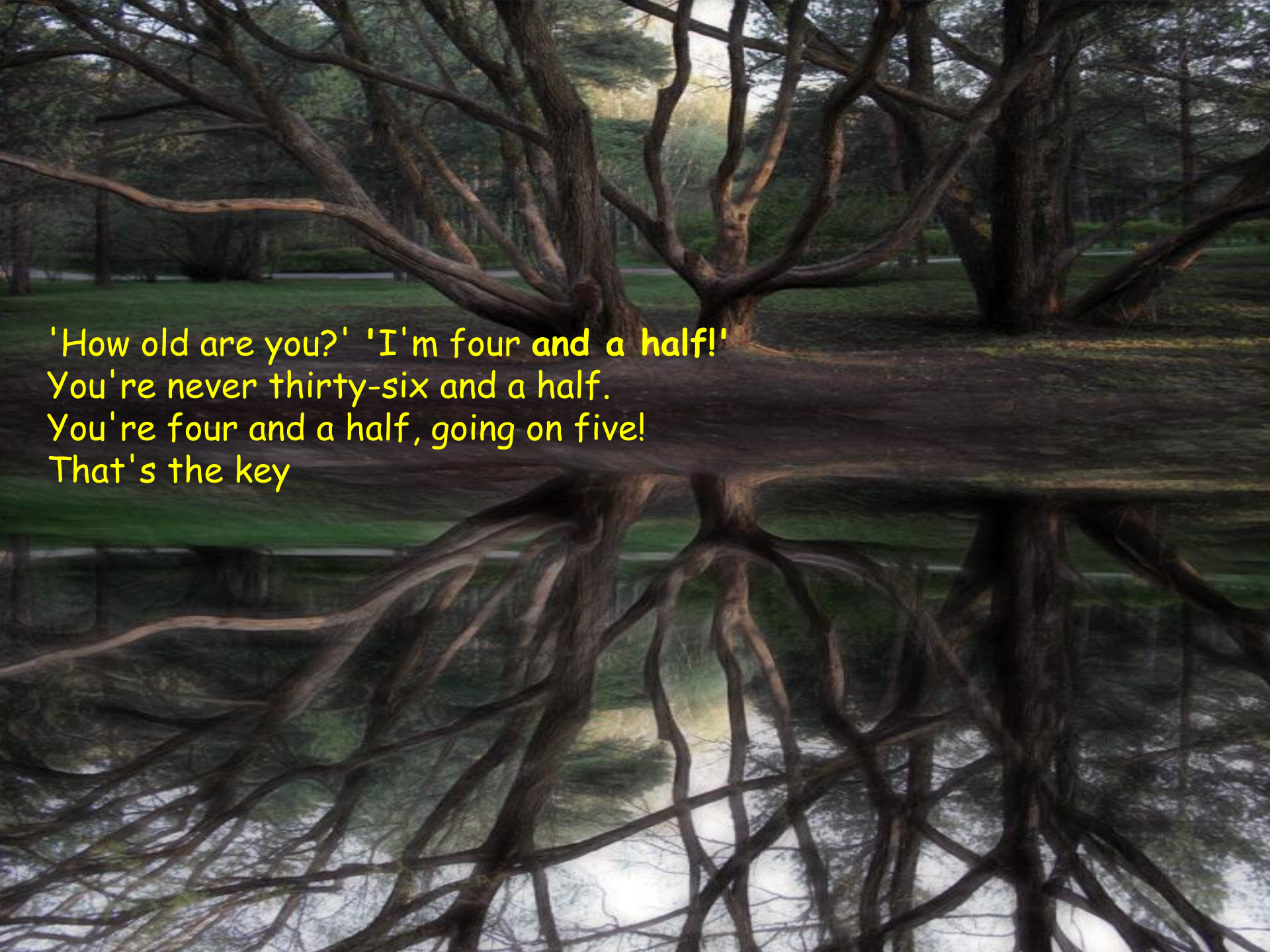
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Music: Ernesto Cortazar "Eternal Love Affair"

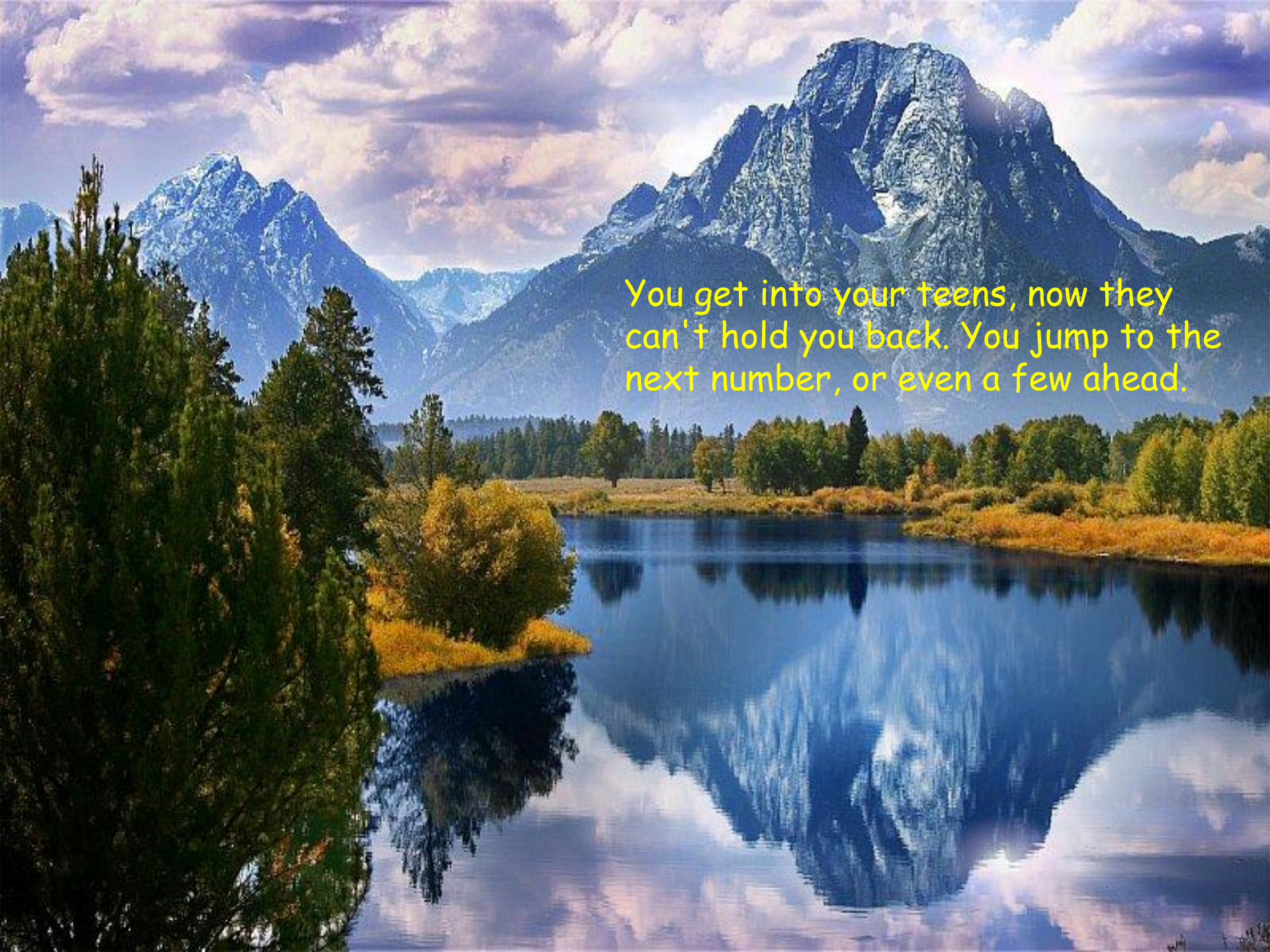
He Yan Jan 2010

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.

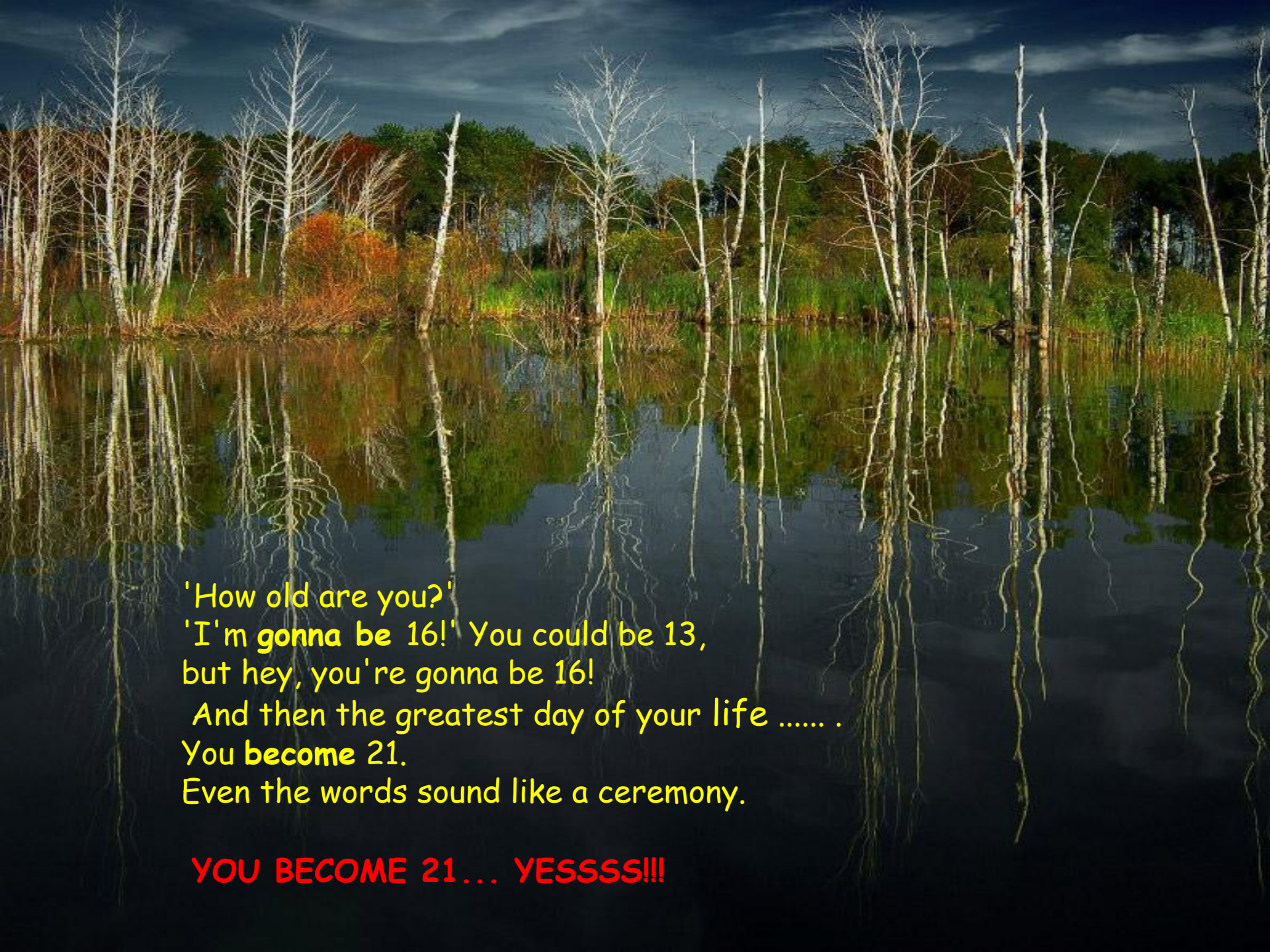


A large, gnarled tree with many branches, reflected in a body of water. The tree's trunk and branches are dark and textured, with some lighter patches where the bark is peeling or damaged. The branches spread out in all directions, some reaching towards the sky and others hanging down. The water is calm, creating a clear reflection of the tree's structure. The background shows a green lawn and other trees in the distance.

'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

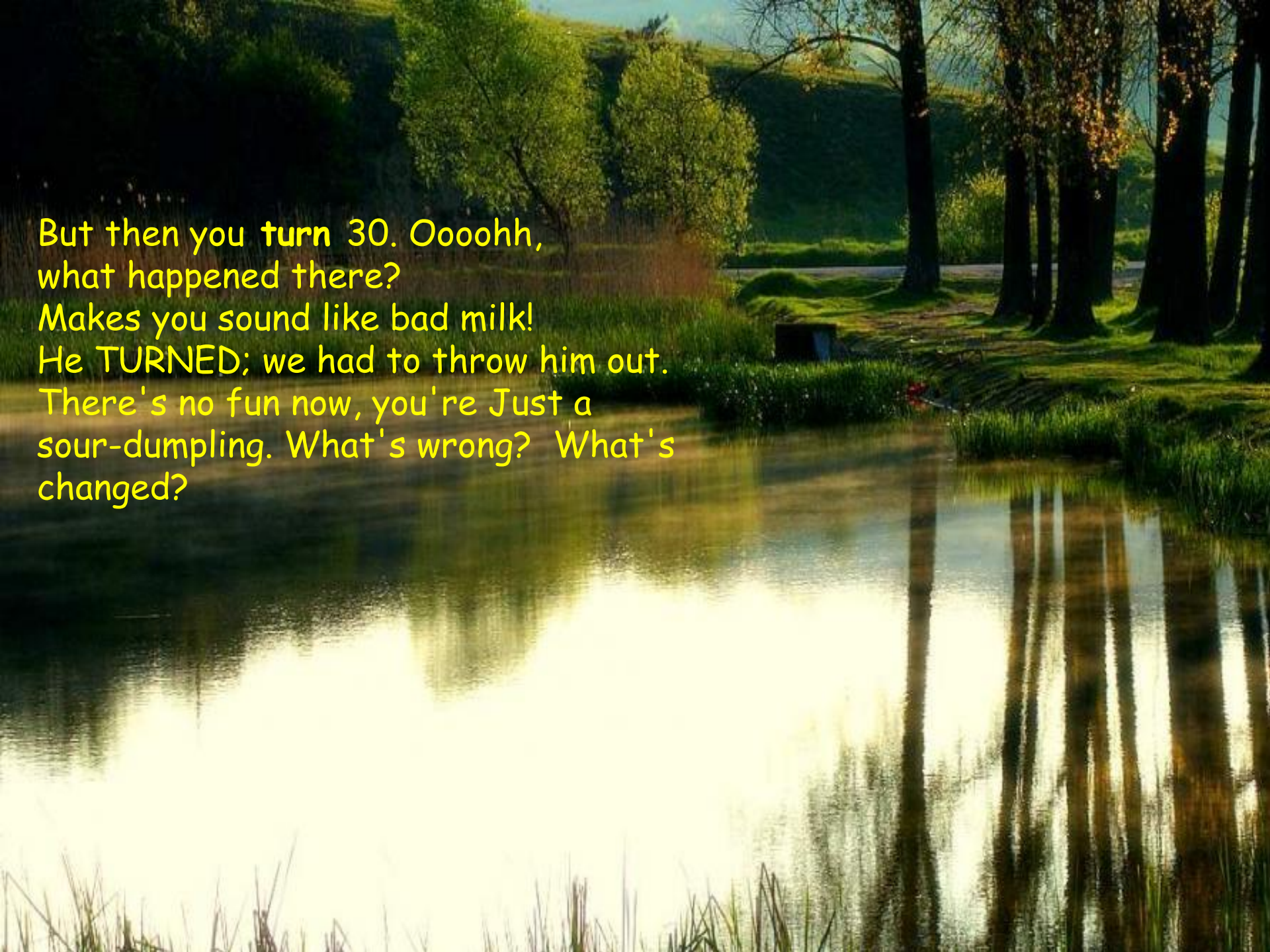


You get into your teens, now they
can't hold you back. You jump to the
next number, or even a few ahead.



'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. On the right, 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.

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 autumn landscape featuring a calm river in the foreground, reflecting the surrounding forest. The trees on the opposite bank are in various stages of autumn, with some showing vibrant yellow and orange foliage, while others are still green. The reflection in the water is sharp and clear, mirroring the colors of the trees. 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!

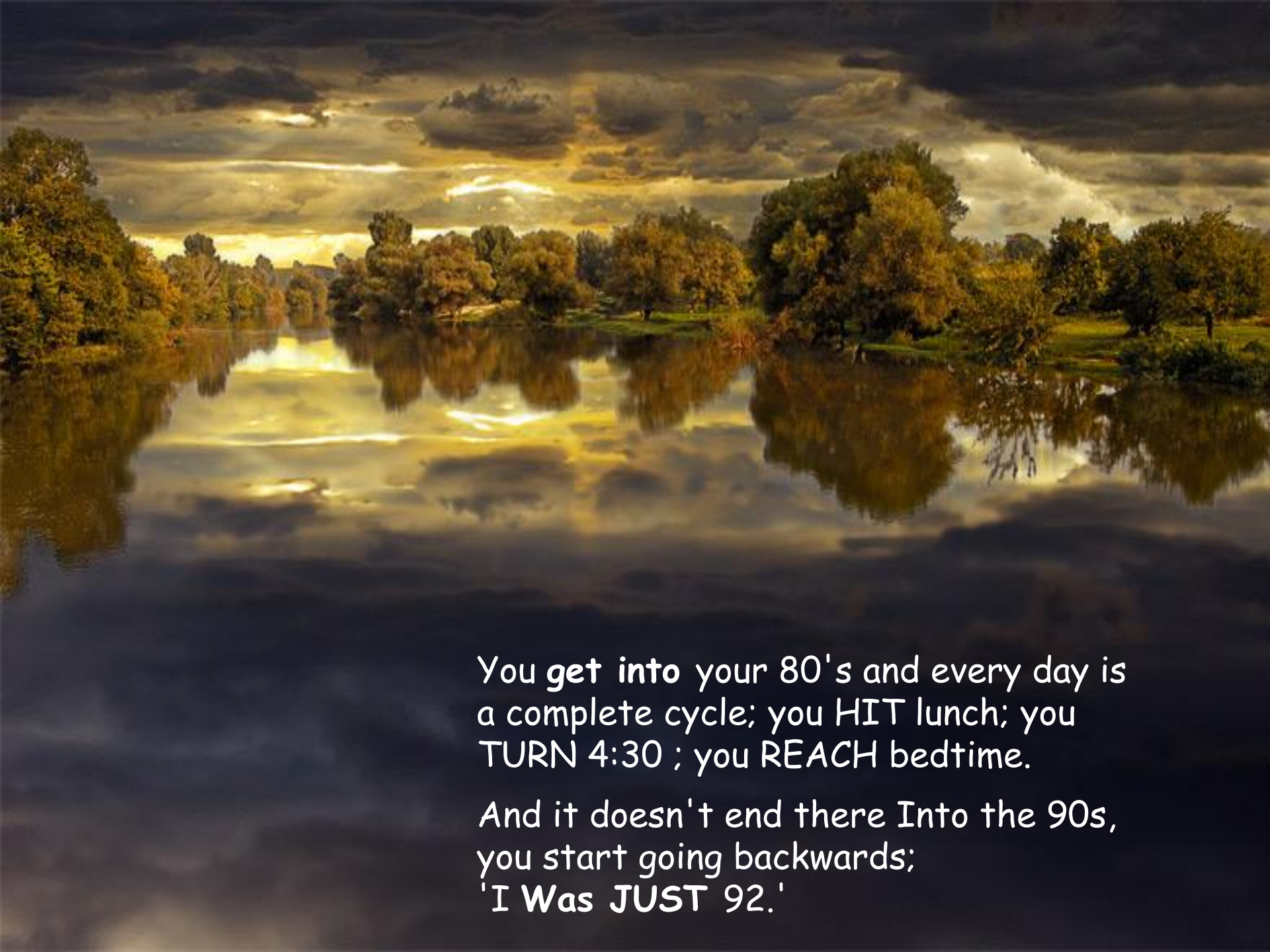




So you **BECOME** 21,
TURN 30, **PUSH** 40, **REACH** 50
and **MAKE** it to 60.

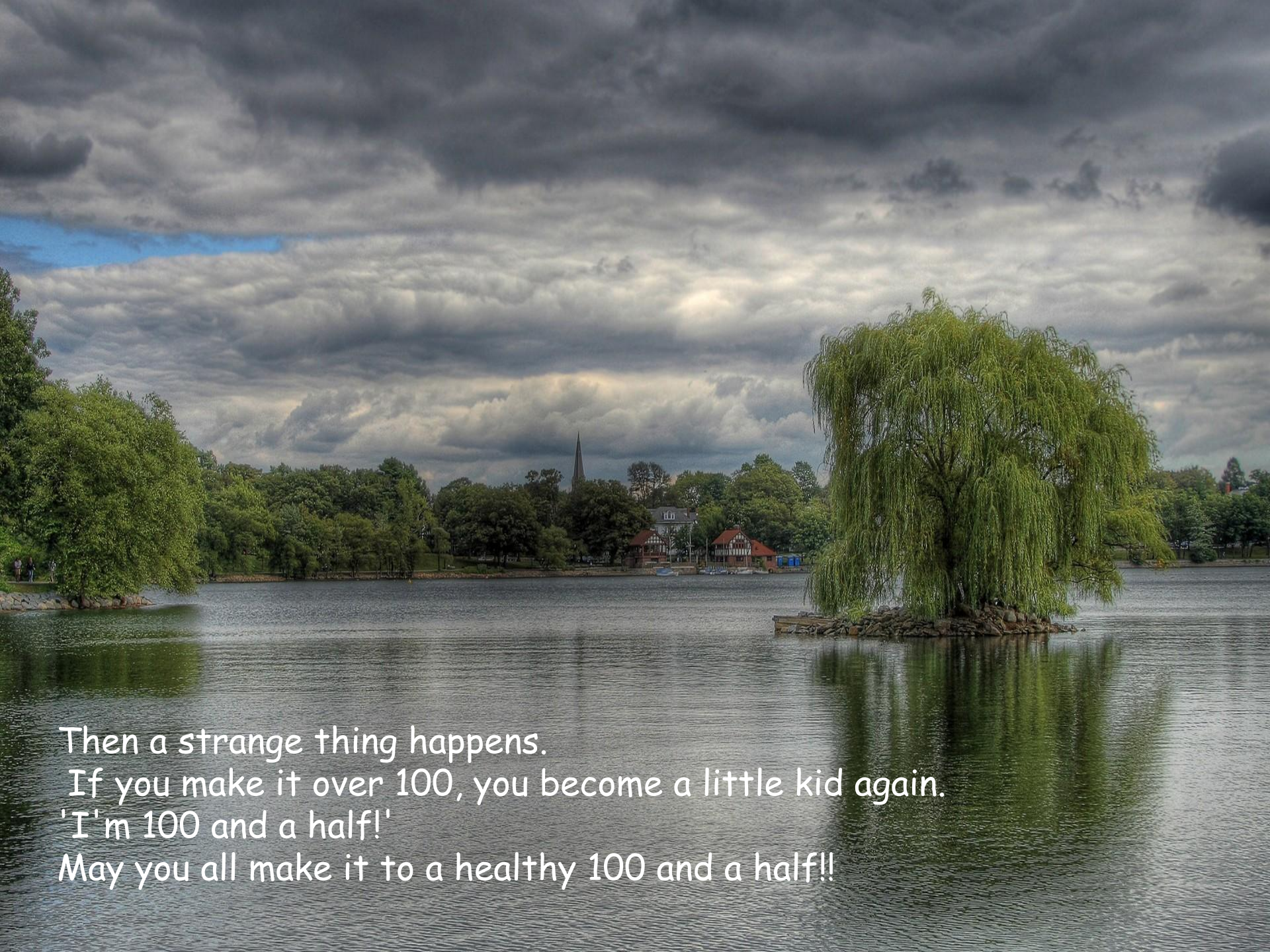
A scenic mountain landscape featuring a calm, turquoise lake that perfectly reflects the surrounding rugged, rocky peaks and green slopes. In the foreground, a large, weathered piece of driftwood lies on a rocky shore. The sky is a clear, vibrant blue.

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



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 a calm lake in the foreground, reflecting the sky and the surrounding environment. In the background, there are snow-capped mountains under a sky with soft, pinkish clouds. A small, leafy tree stands on the right bank of the lake, its reflection visible in the water. The overall atmosphere is peaceful and serene.

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

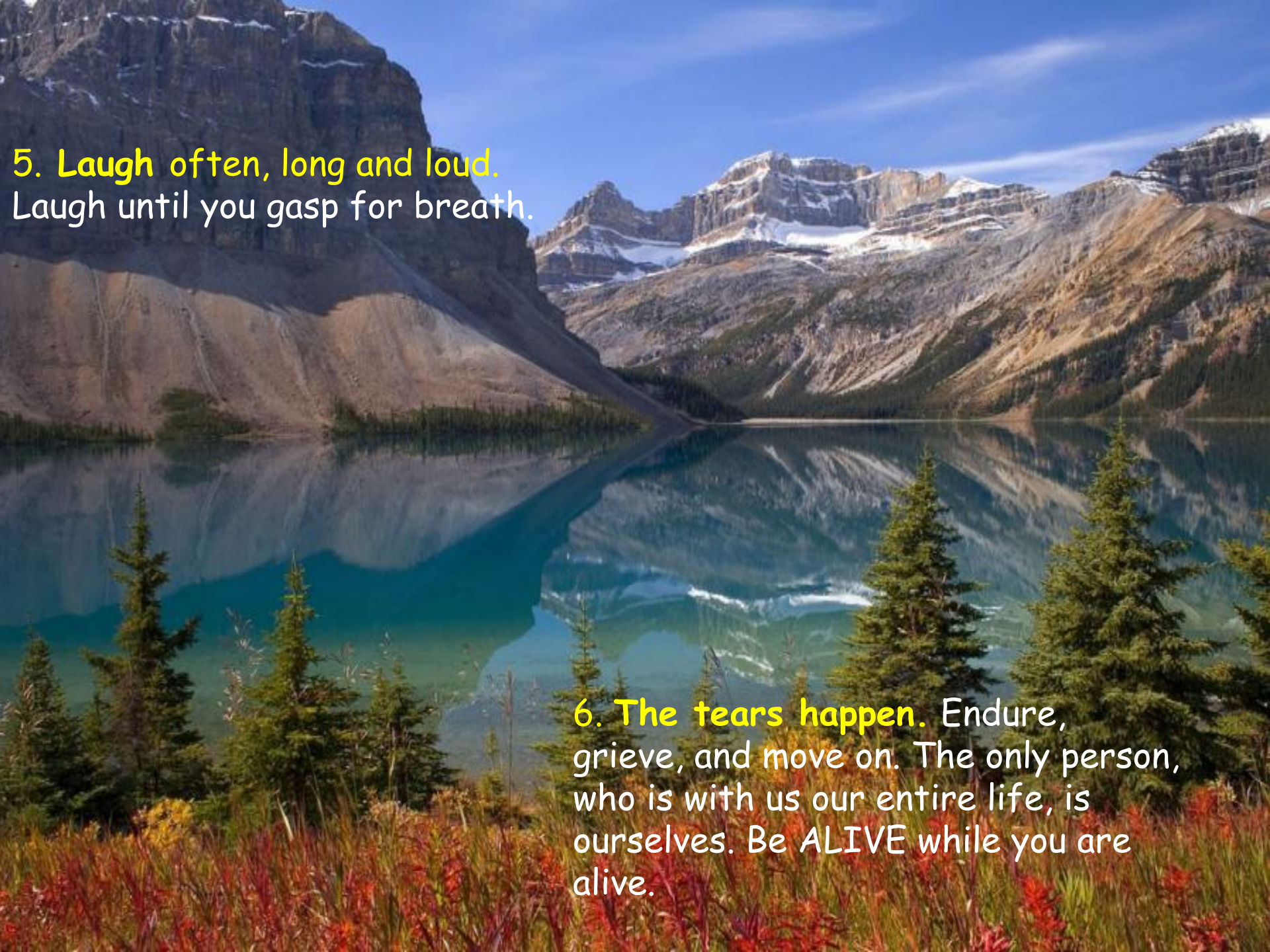
2. Keep only cheerful friends.
The grouches pull you down.

A scenic landscape of a mountain valley. In the foreground, a calm lake reflects the surrounding scenery. A large, dark log floats in the water. The middle ground is filled with dense forests of trees displaying vibrant autumn colors in shades of yellow, orange, and green. In the background, rugged mountains with patches of snow rise against a clear sky.

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.

A breathtaking landscape photograph of a turquoise lake, likely Moraine Lake in Banff National Park, Canada. The lake's surface is calm, acting as a perfect mirror for the surrounding environment. In the background, majestic mountains with rugged, snow-dusted peaks rise against a clear blue sky. The slopes of these mountains are a mix of dark rock and patches of snow. In the foreground, several tall, dark evergreen trees stand prominently, their forms also reflected in the water. The very front of the image shows a field of wildflowers in shades of red, orange, and yellow, suggesting an autumn setting. The overall scene is one of serene natural beauty.

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.

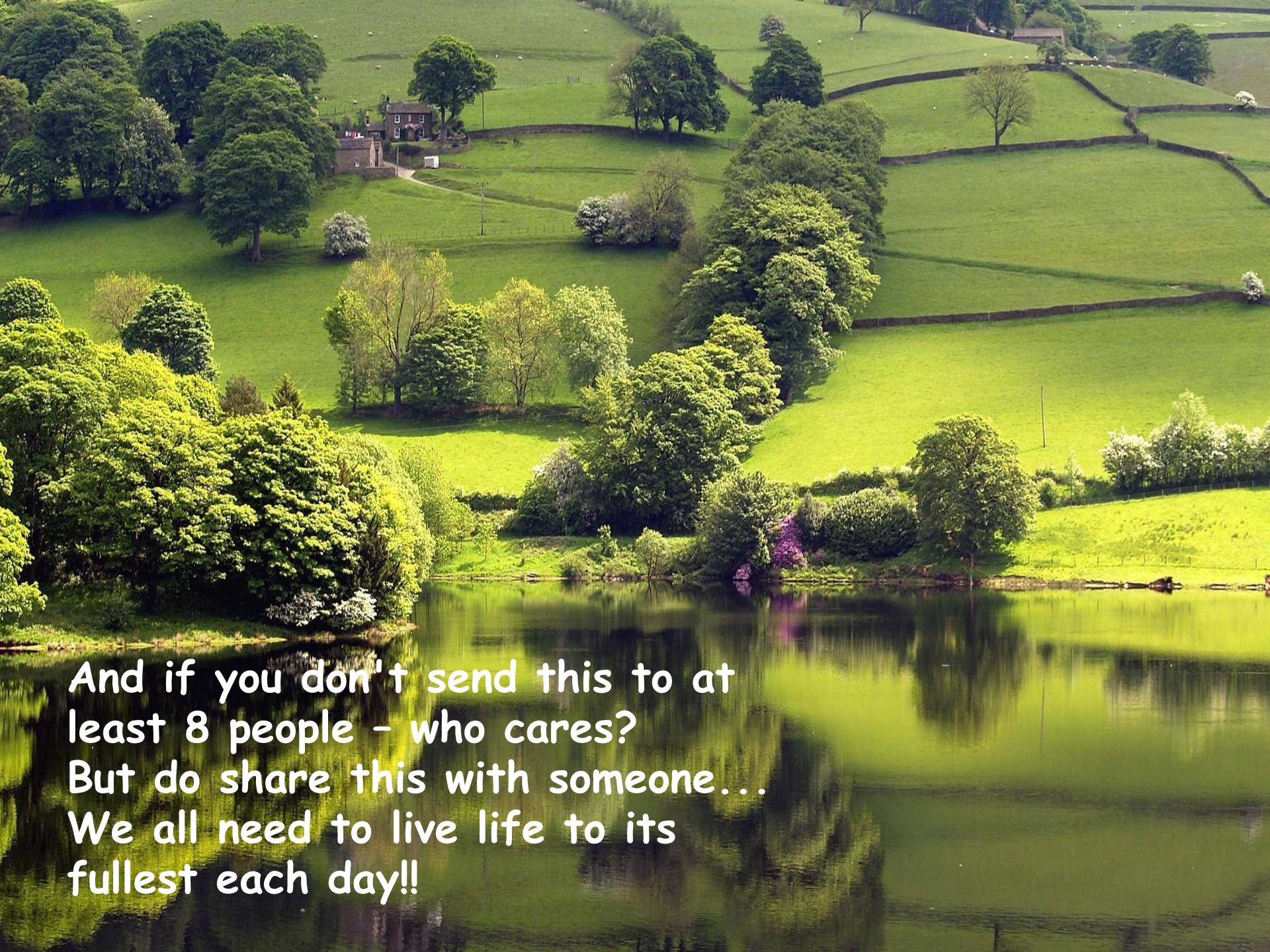
Take a trip to the mall, even to the next county; to a foreign country but NOT to where the guilt is.

**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.

A vibrant, high-angle photograph of a rural landscape. In the foreground, a calm body of water reflects the surrounding greenery. A dense line of trees, including some with bright yellow-green foliage, borders the left side of the lake. To the right, a stone wall runs across a lush green field. In the background, a small cluster of stone buildings is nestled among more trees on a gentle slope. The overall scene is bathed in bright, warm light, suggesting a sunny day in late spring or early summer.

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 !!!

