

# *Philosophy for Old Age*

(Absolutely Brilliant)

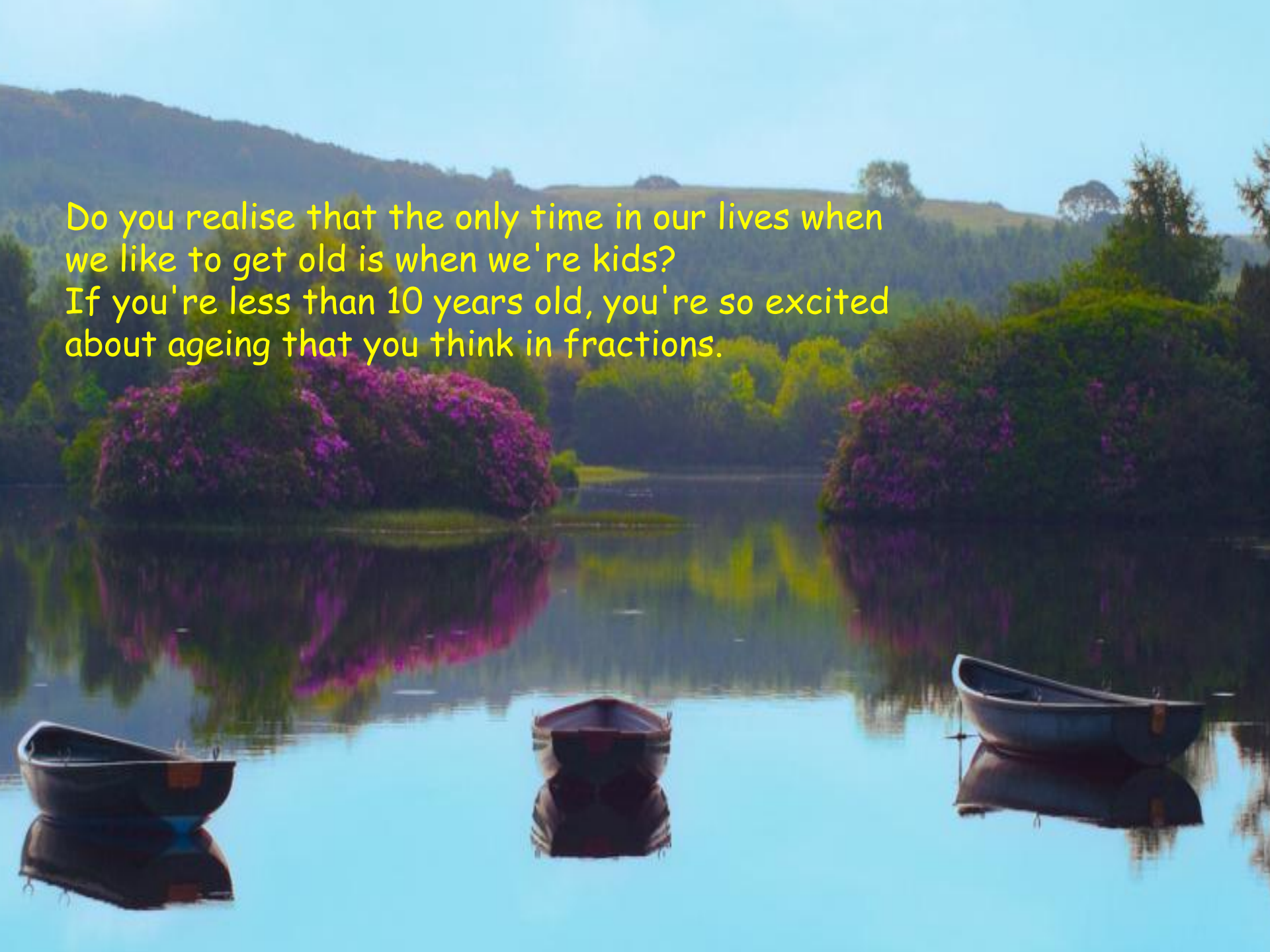
IF YOU DON'T READ THIS TO THE VERY END, YOU HAVE LOST A  
DAY IN YOUR LIFE.  
AND WHEN YOU HAVE FINISHED,  
DO AS I AM DOING AND SEND IT ON.

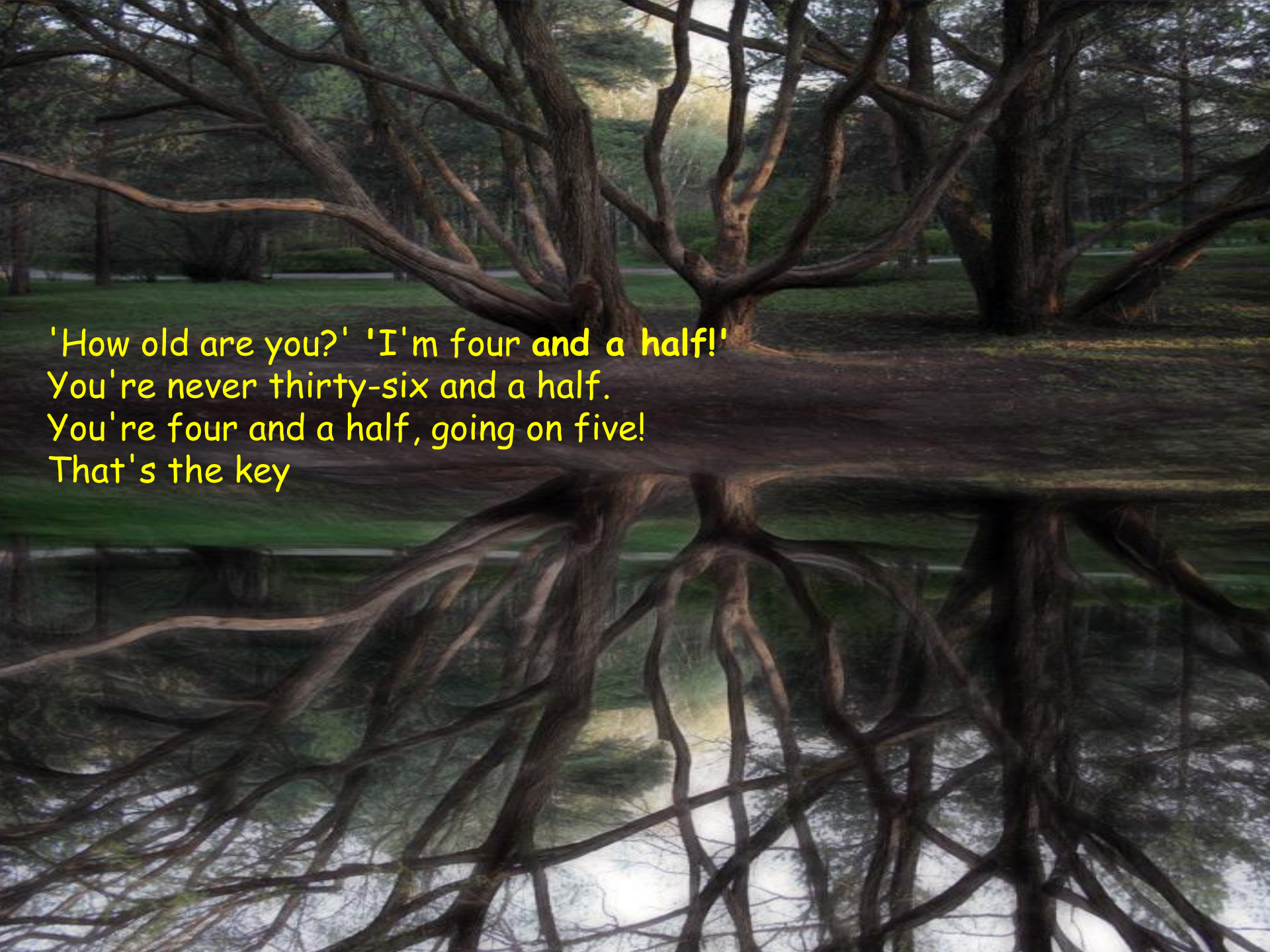
[Click to go](#)

Music: Ernesto Cortazar "Eternal Love Affair"

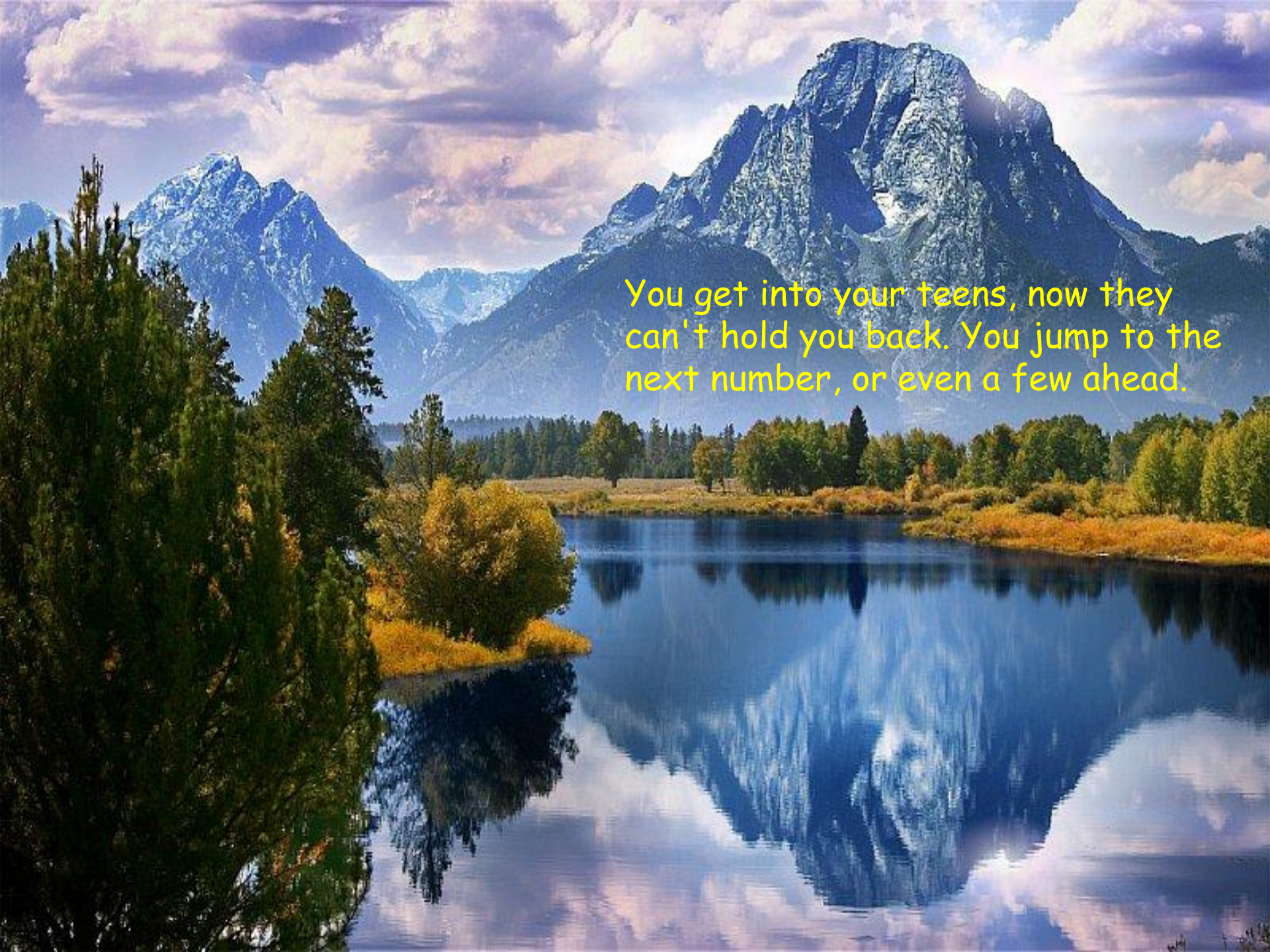
He Yan Jan 2010

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.

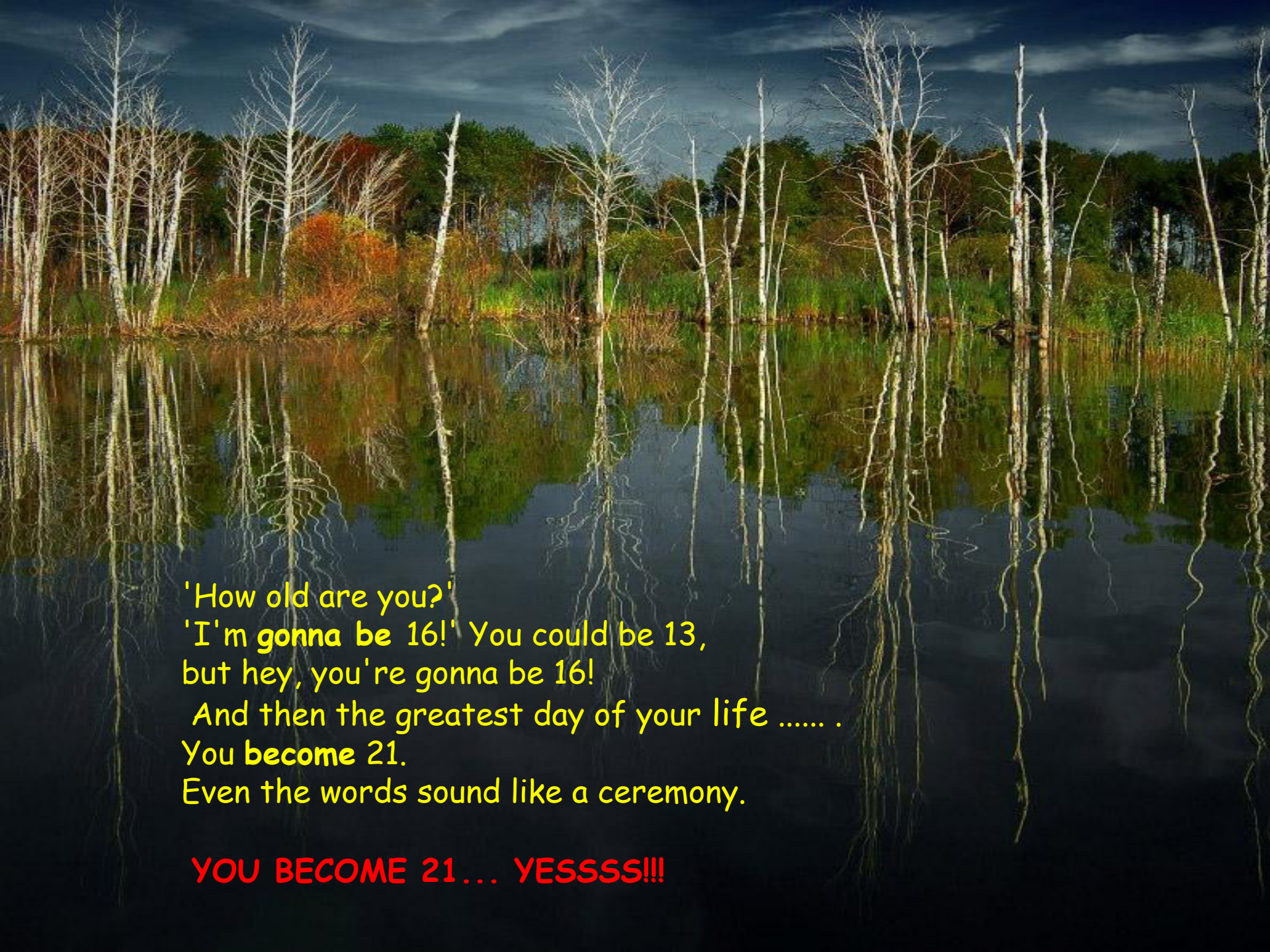




'How old are you?' 'I'm four and a half!'  
You're never thirty-six and a half.  
You're four and a half, going on five!  
That's the key

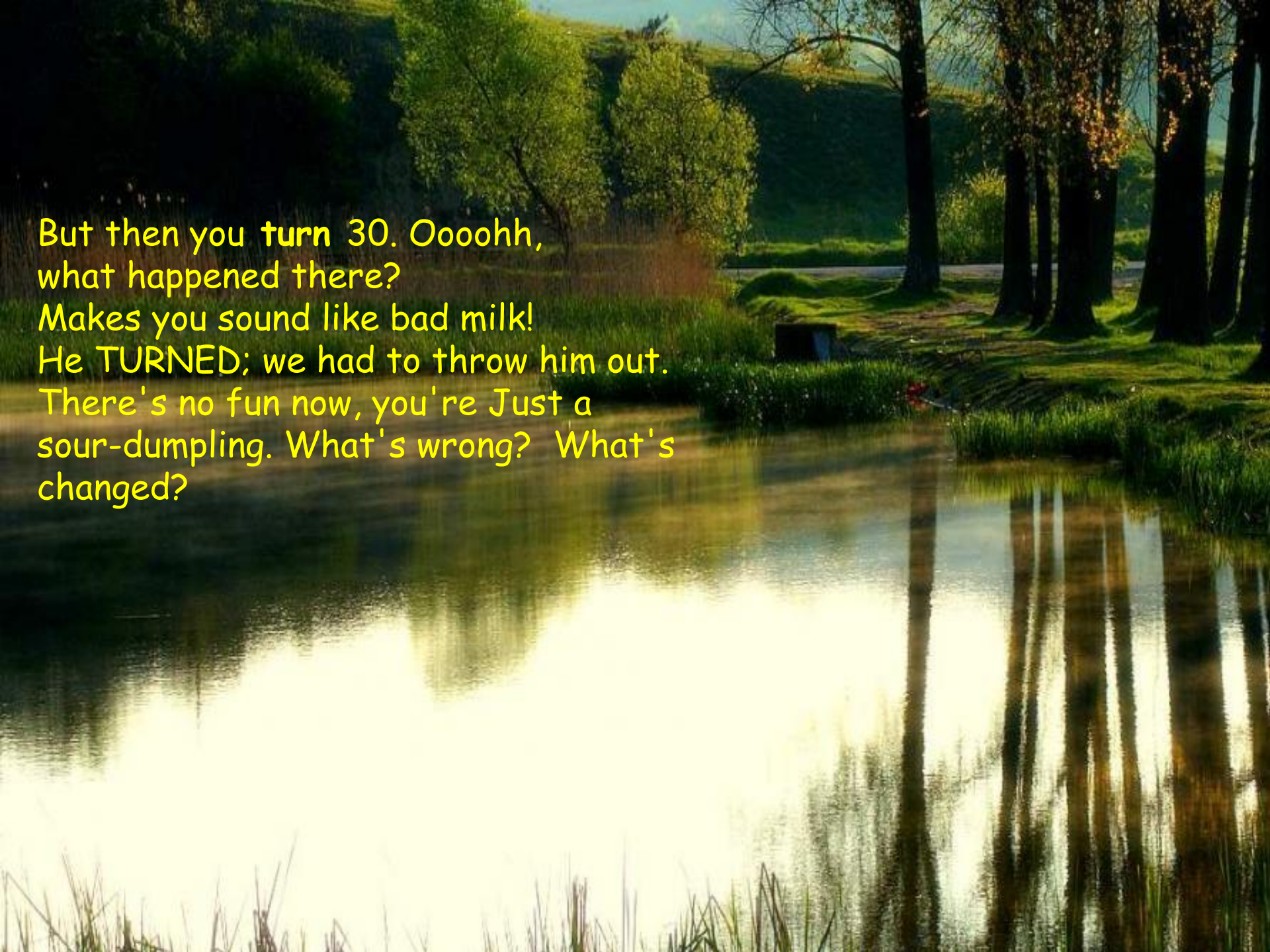
A scenic landscape featuring a large, rugged mountain peak in the background, its reflection clearly visible in a calm lake in the foreground. The sky is filled with dramatic, colorful clouds. The foreground is dominated by a large, dark green evergreen tree on the left, and a line of smaller trees and shrubs along the water's edge. 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 bright sky and surrounding greenery. The pond is bordered by tall grasses and reeds. In the background, there are rolling green hills and a line of trees, including several large, mature 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, reflecting the bright sky and surrounding greenery. The pond is bordered by tall grasses and reeds. In the background, there are rolling green hills and a line of trees, including several tall, slender trees on the right side. The overall atmosphere is peaceful and natural.

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

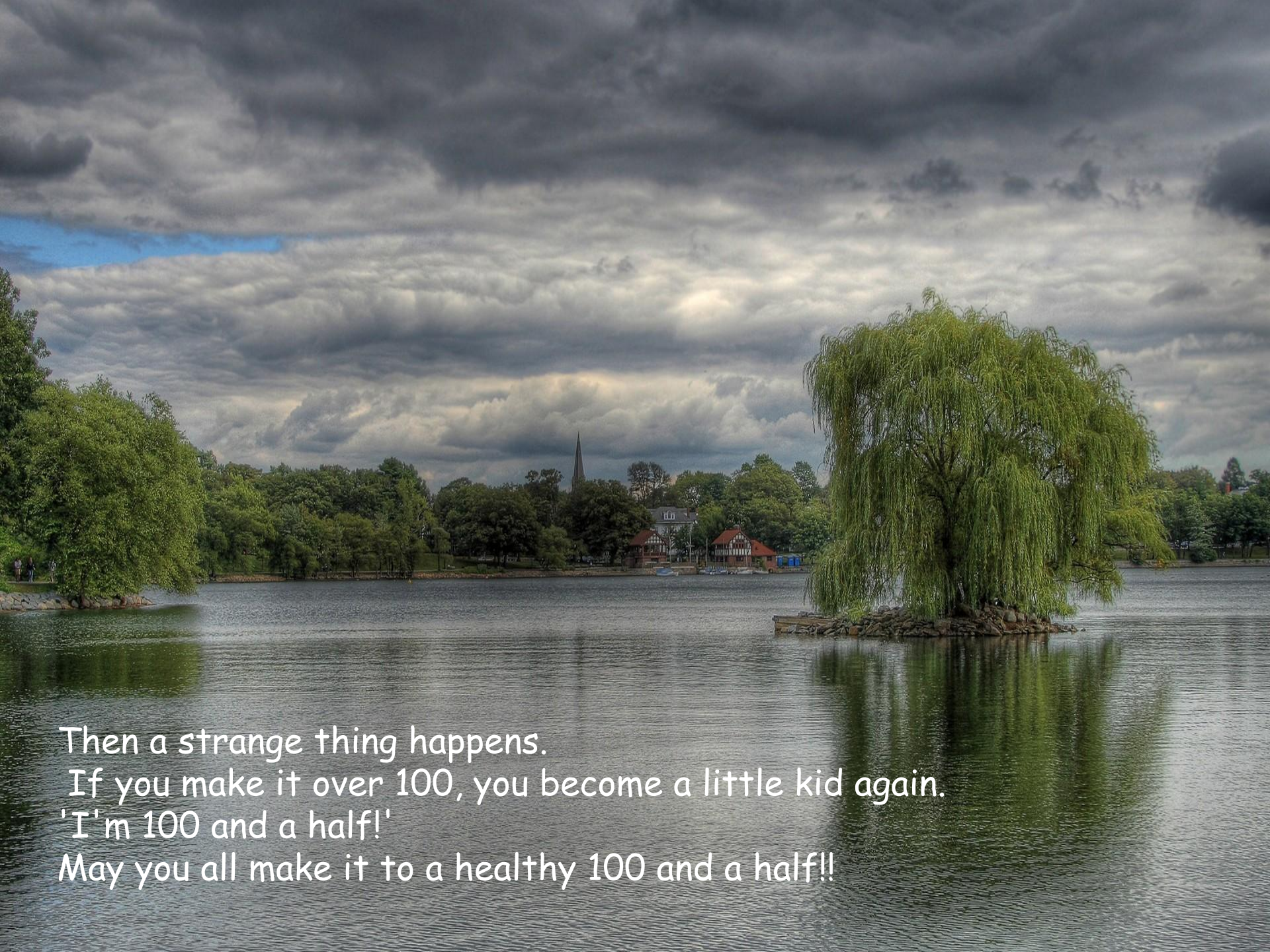
A scenic mountain landscape featuring a clear, turquoise lake that perfectly reflects the surrounding rugged mountains and a bright blue sky. In the foreground, a large, weathered piece of driftwood lies on a rocky shore. The mountains are covered in patches of green grass and small shrubs, with some snow visible in the higher elevations. The overall atmosphere is serene and majestic.

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 large tree on the right side of the lake is also reflected 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.**

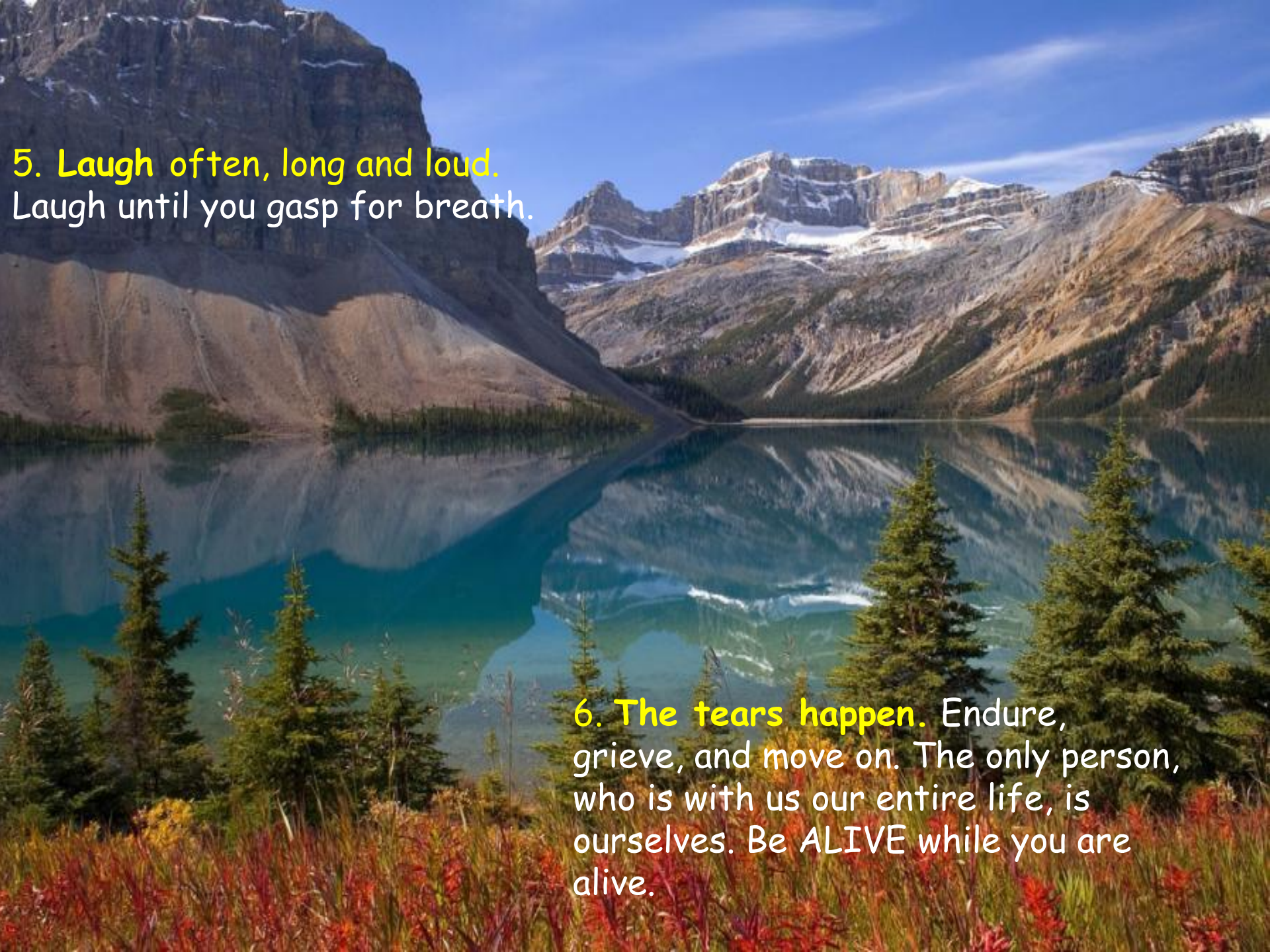
The grouches pull you down.



### 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.



A scenic landscape featuring a calm lake in the foreground, reflecting the sky and surrounding environment. The sky is filled with large, white and grey clouds, some of which are illuminated by a warm, golden light, suggesting a sunrise or sunset. In the background, there are rugged, rocky mountains. To the right, a dense forest of tall, dark green evergreen trees lines the shore. The water in the lake is still, creating a clear reflection of the clouds and the forest. In the bottom left corner, there are some rocks and green grass. The overall atmosphere is peaceful and serene.

**9. Don't take guilt trips.**

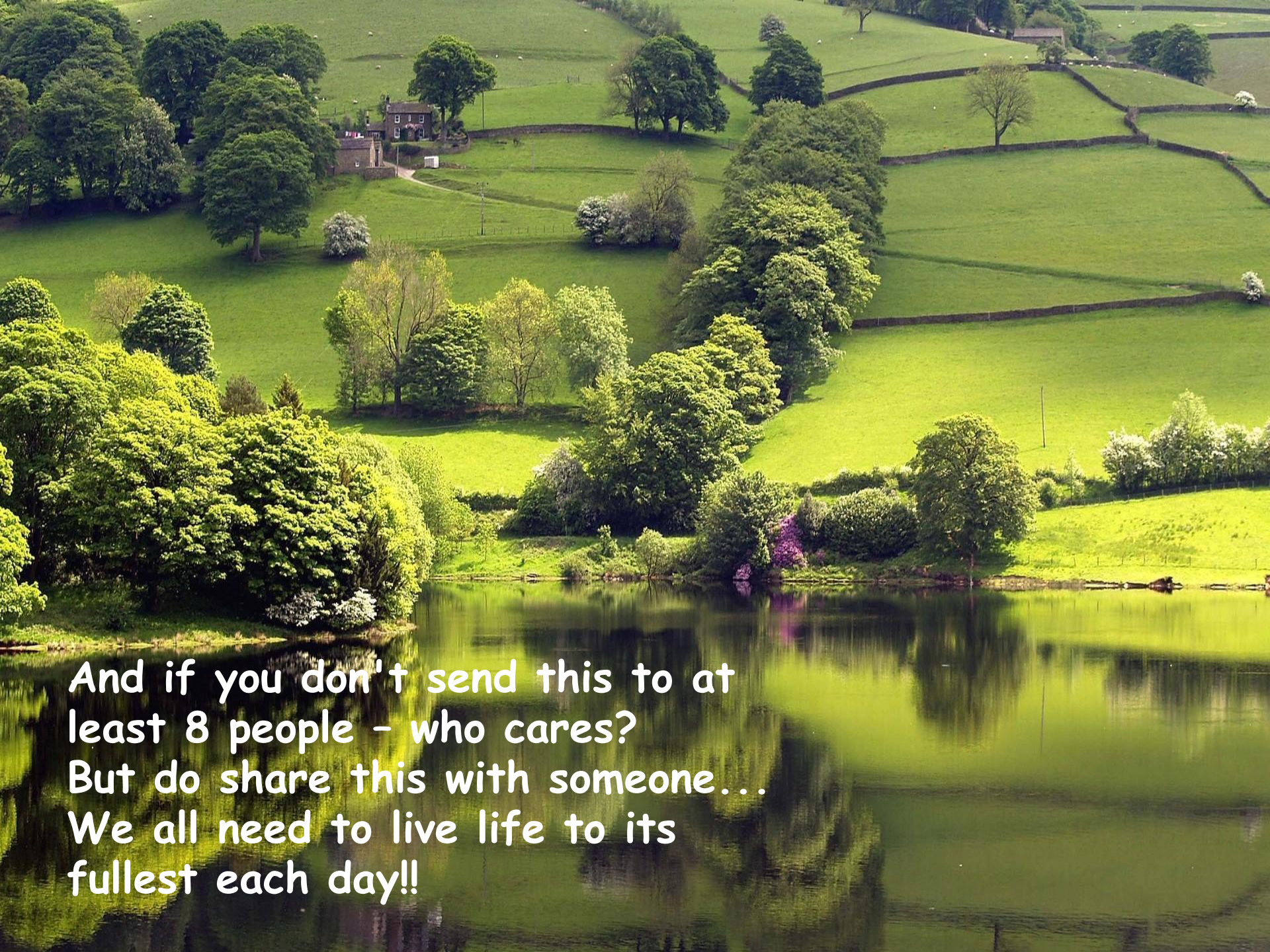
Take a trip to the mall, even to the next county; to a foreign country but NOT to where the guilt is.

**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 !!!*

