

“THE QUEST”

By Tom Henchy

Being a senior in this day and age is in effect not being a senior. The old saying that “age is a state of mind” never were more true then it is in the 21st. Century I have found. Today’s lifestyle affords us the change to live long and healthy as well as being happy. The key to recognize what is destructive and what is beneficial and, be prepared to take the necessary action to undermine the former and embrace the latter. There are no reruns in this life! There is no “I’ll be happier etc. on the next go-around. This is it, one life, and one chance to be part of something bigger than one’s self. One chance to be part of a continuum of life from the smallest protozoan to the largest species that exists now and in the past on this remarkable planet.

Our existence is not by chance but, here with a purpose. Sometimes the reason is clear from the start but, for most, it is clouded by life’s “side trips” that not listening to your heart and gut causes you to go in the wrong direction from your true path, many never to return! We are all part of a cosmic plan. Separate but connected in more ways than one can realize. To waste one’s life based on status and possessions is to miss the soul of one’s existence. To go through life lamenting “could of, should of & would of” is a waste of one’s time and energy that, could be better channeled into change that recenters one’s focus on what really counts . We are alive in the moment; the past is prolog, the future unwritten. What is written on your slate-of-life? Mine simply says “I’m Happy, is life perfect no, but it suits me”, can you say the same.