

# *Philosophy for Old Age*

*(Absolutely Brilliant)*

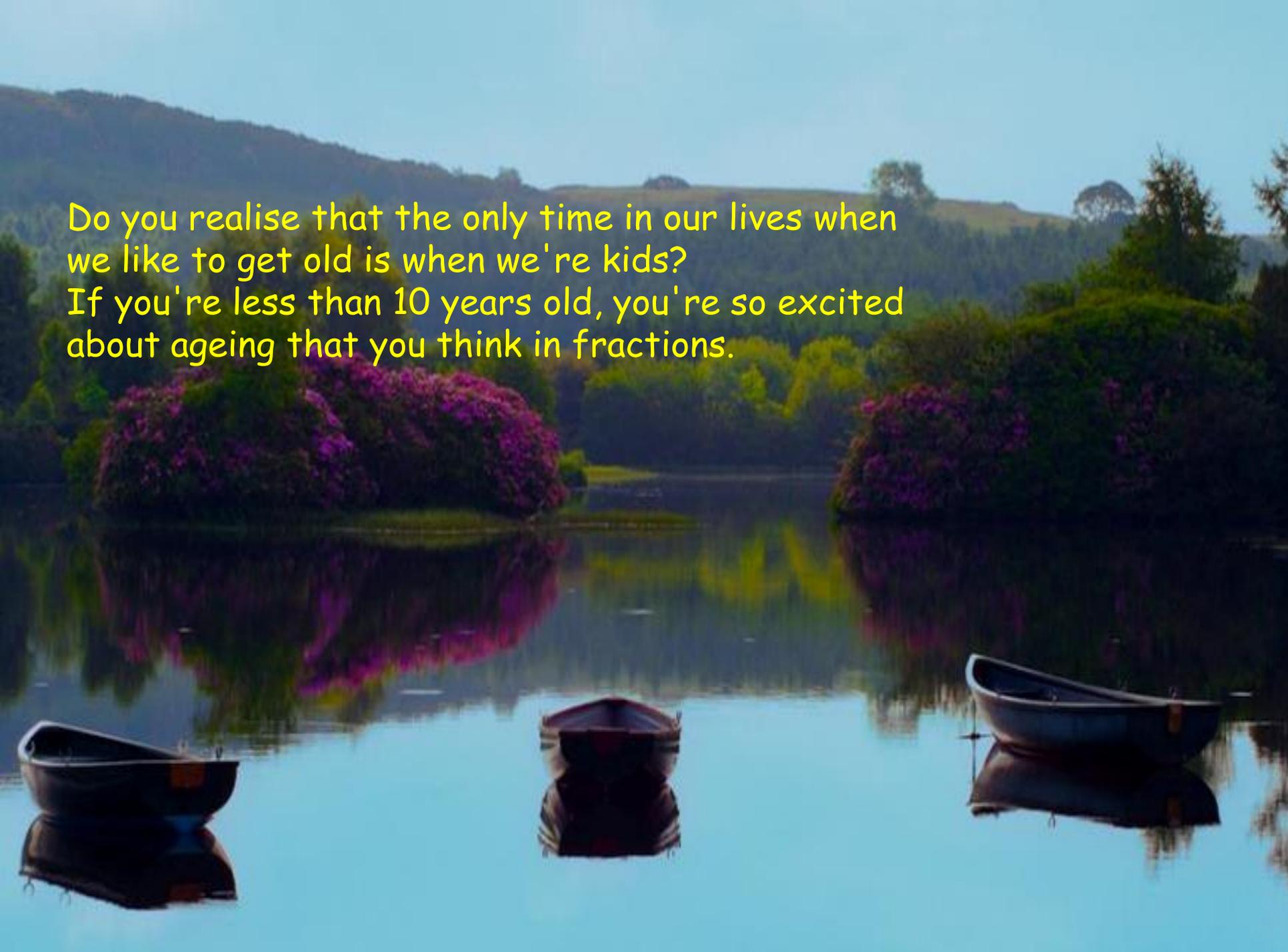
IF YOU DON'T READ THIS TO THE VERY END, YOU HAVE LOST A  
DAY IN YOUR LIFE.  
AND WHEN YOU HAVE FINISHED,  
DO AS I AM DOING AND SEND IT ON.

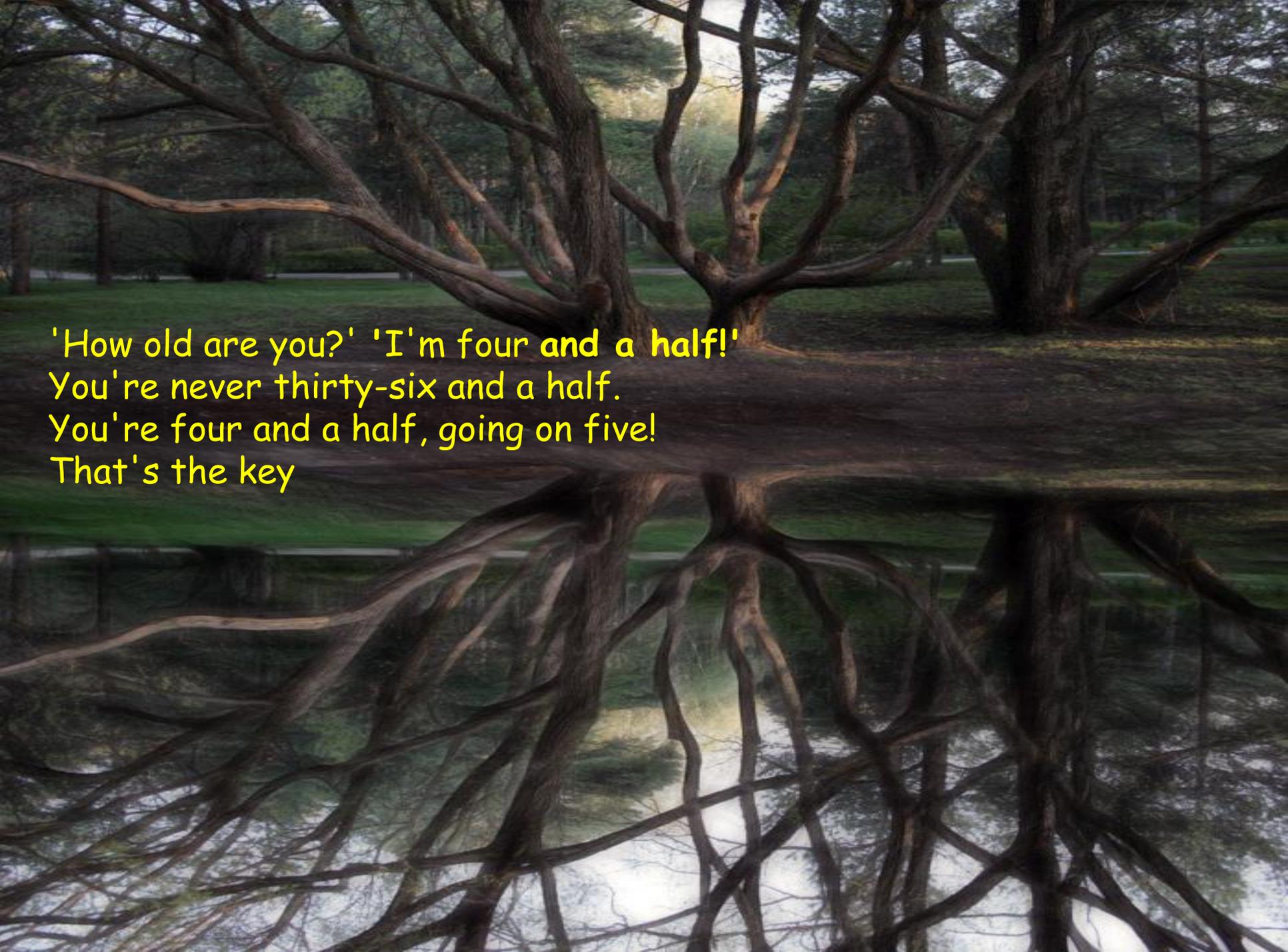
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*Music: Ernesto Cortazar "Eternal Love Affair"*

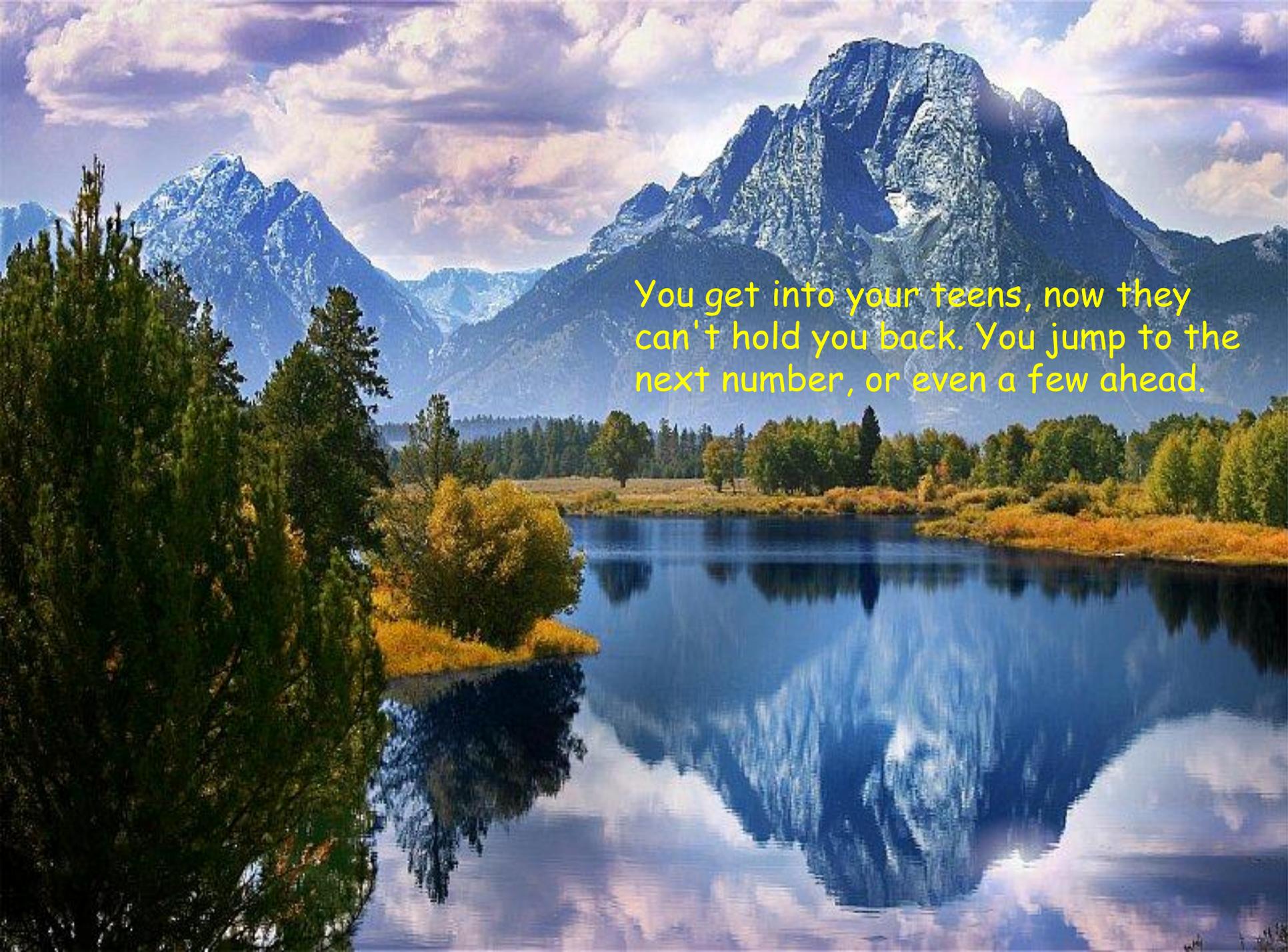
*He Yan Jan 2010*

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.

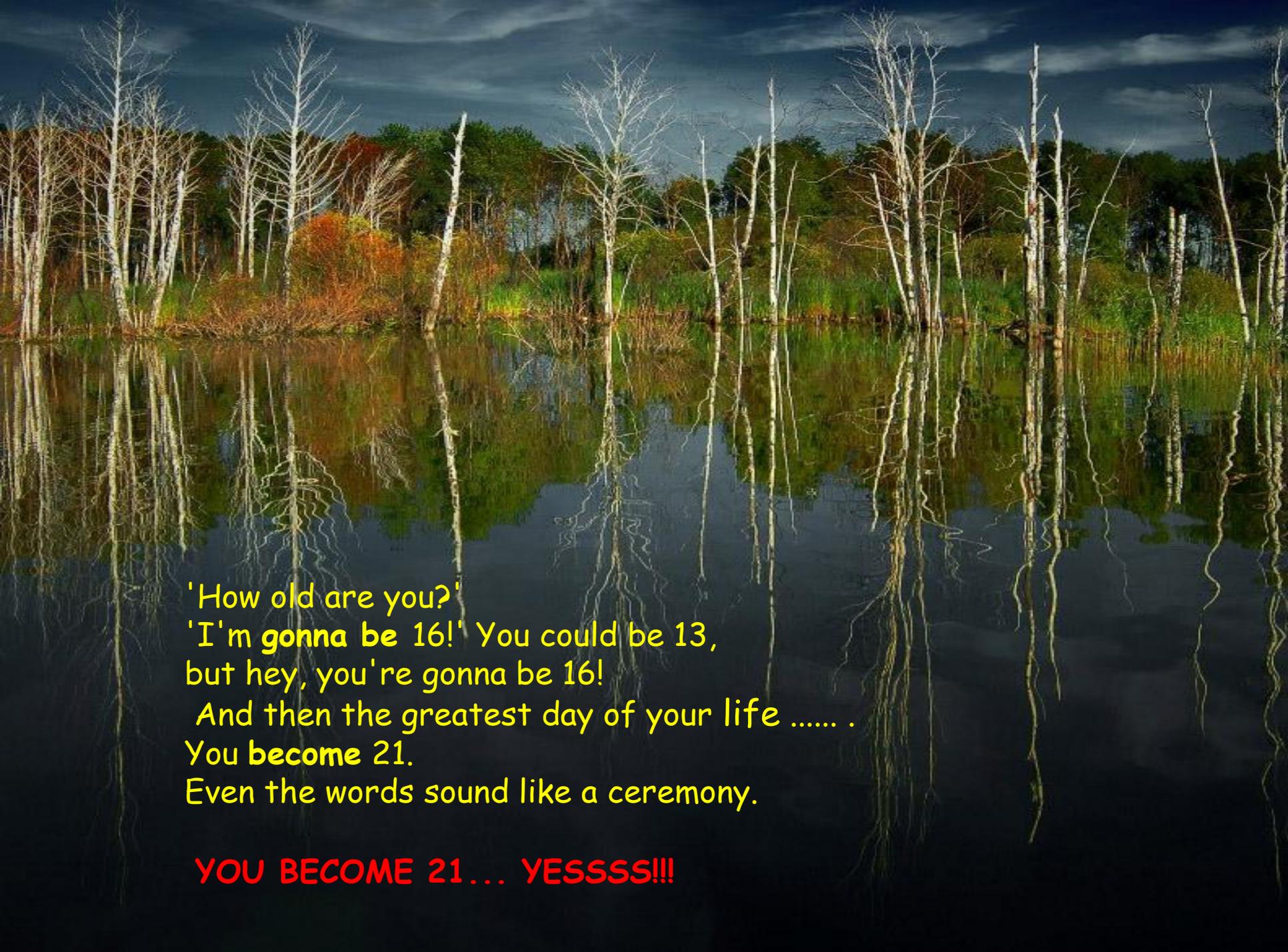




'How old are you?' 'I'm four and a half!'  
You're never thirty-six and a half.  
You're four and a half, going on five!  
That's the key

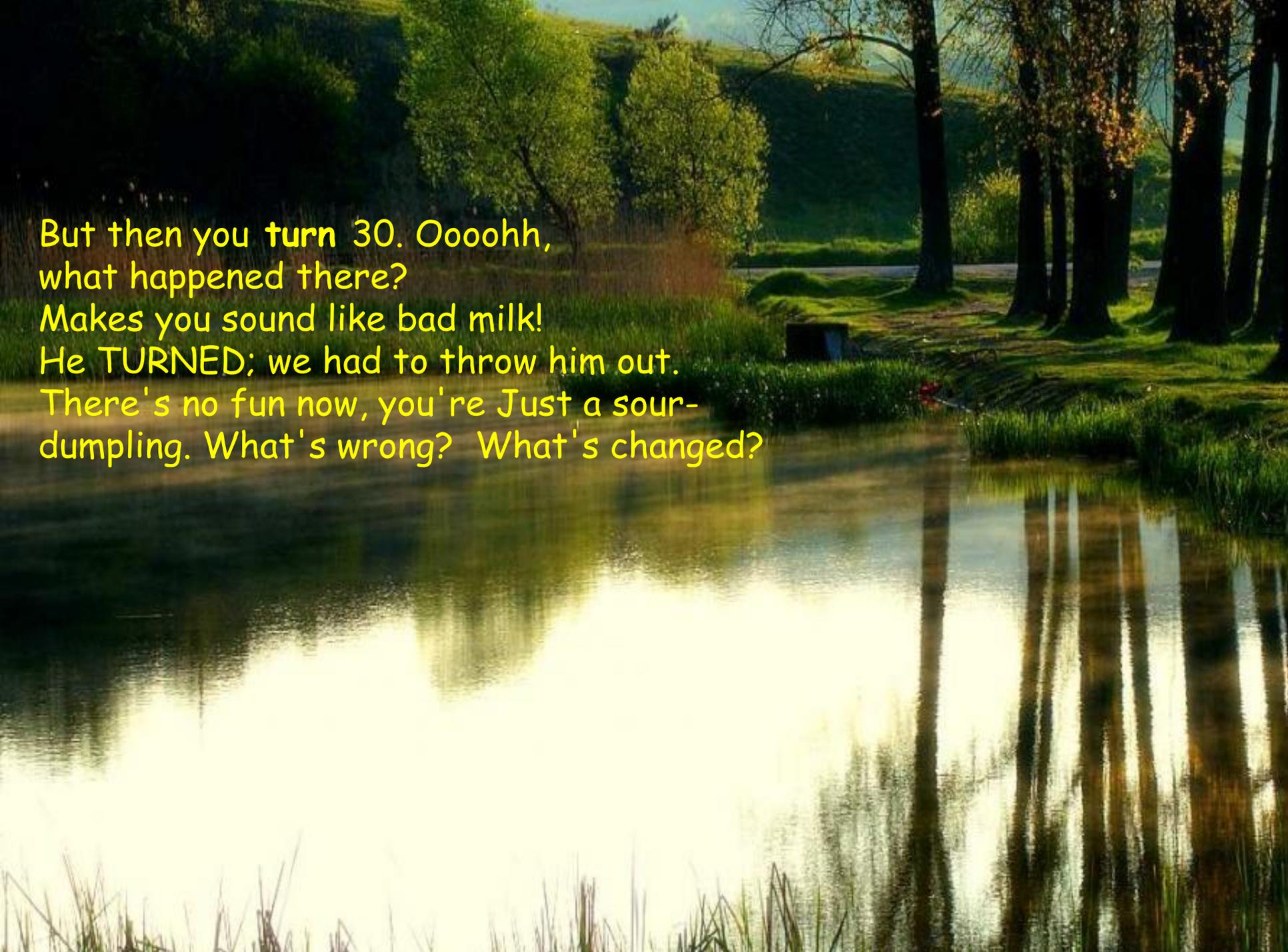
A scenic landscape featuring a calm lake in the foreground that perfectly reflects the sky and the surrounding mountains. The sky is filled with large, dramatic clouds in shades of purple, pink, and blue, suggesting a sunrise or sunset. In the background, several rugged mountain peaks are visible, with the most prominent one being a large, craggy mountain with a sharp peak. The middle ground is filled with a dense forest of green trees, and some yellowish-brown shrubs are visible near the water's edge. The overall atmosphere is serene 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 hills and a line of trees, including several tall, thin 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?



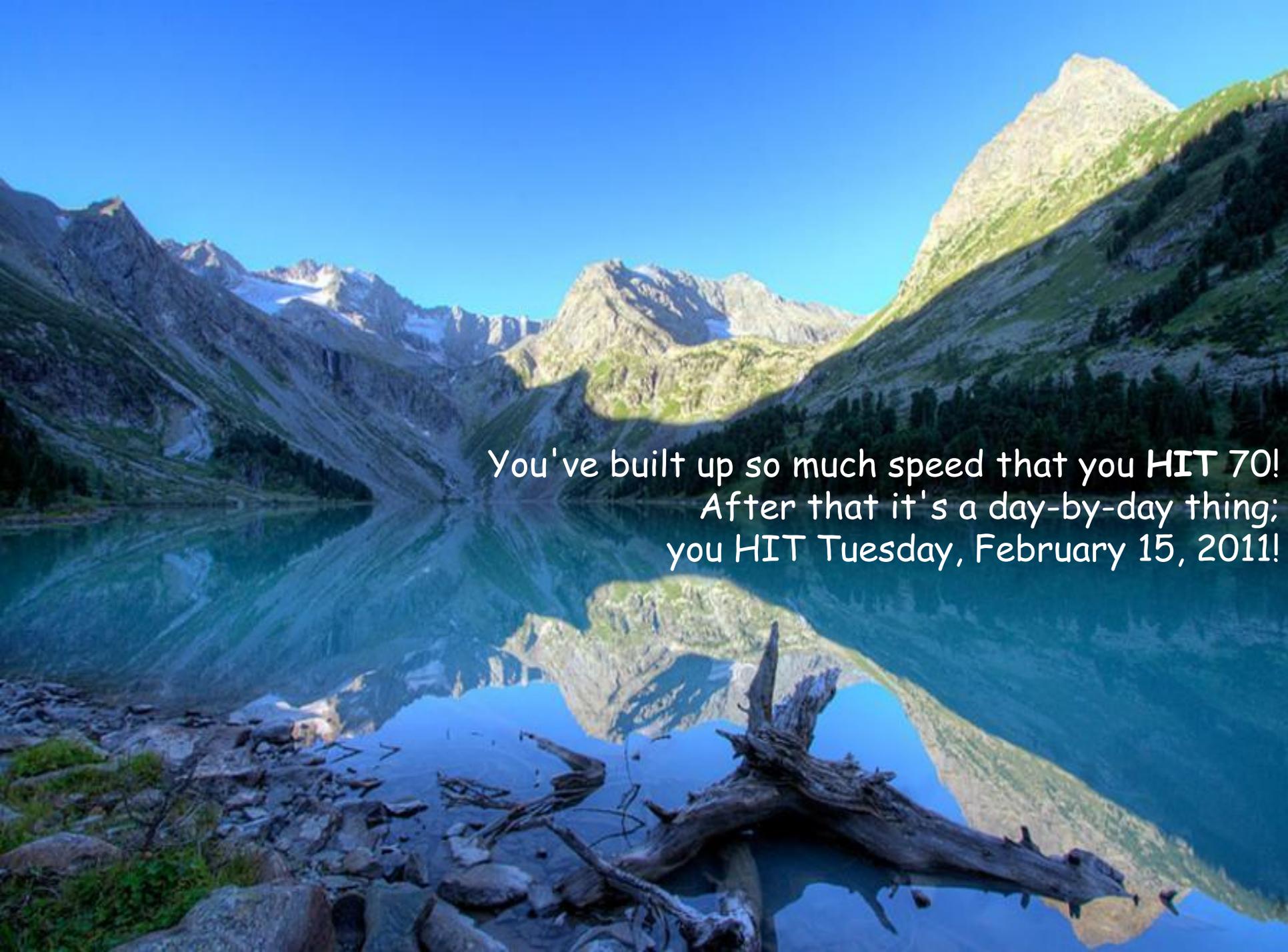
You **BECOME** 21, you **TURN** 30,  
then you're **PUSHING** 40.... Whoa!  
Put on the brakes,  
it's all slipping away.  
Before you know it, you **REACH** 50  
and your dreams are gone

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 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 some with autumn-colored leaves. The lighting suggests a bright, sunny day, with long shadows cast by the trees on the grass.

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

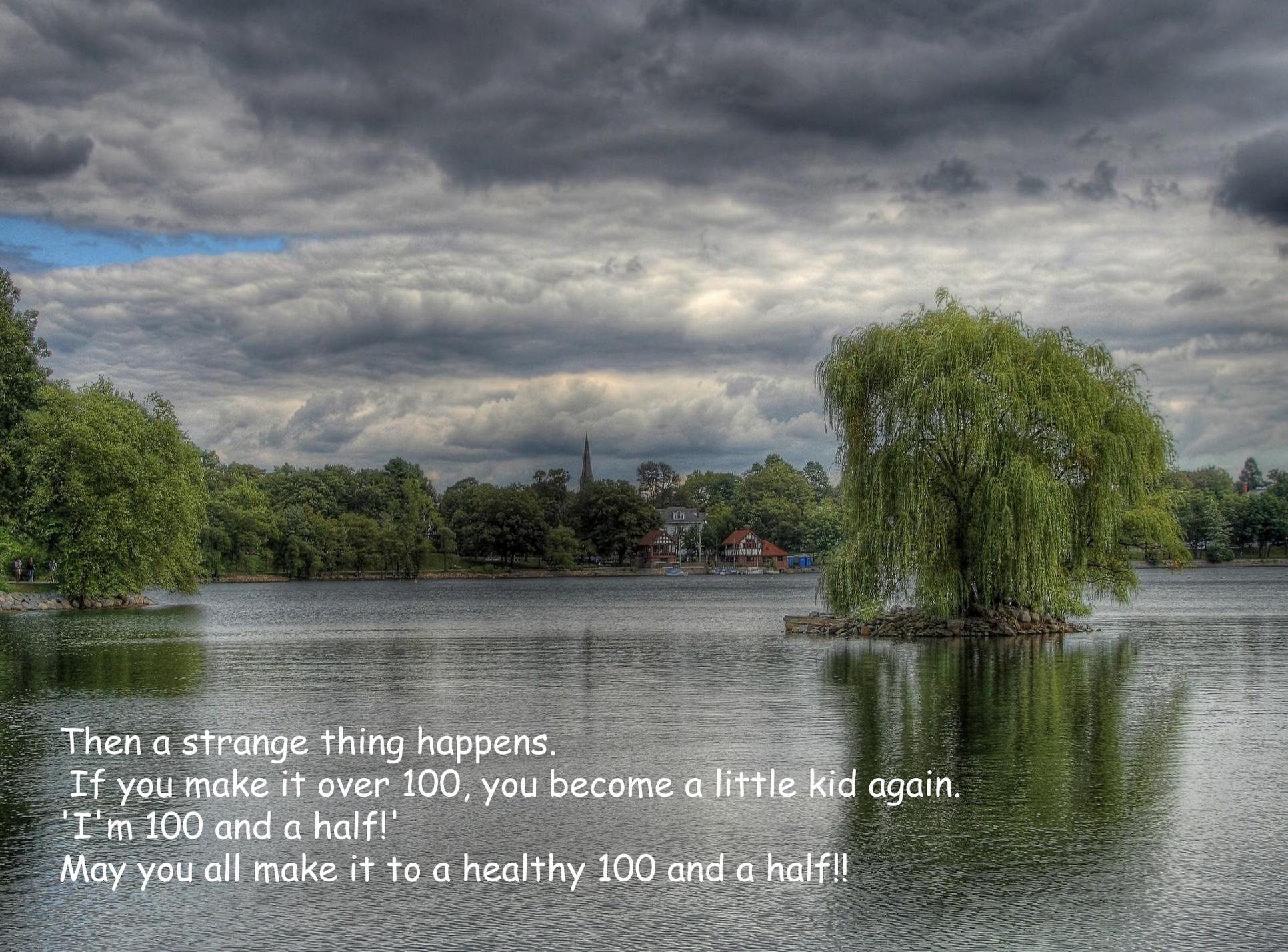


You've built up so much speed that you **HIT 70!**  
After that it's a day-by-day thing;  
you **HIT Tuesday, February 15, 2011!**



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 side. The sky is filled with soft, pinkish clouds, suggesting a sunrise or sunset. The foreground shows some snow-dusted ground and rocks.

## **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.**

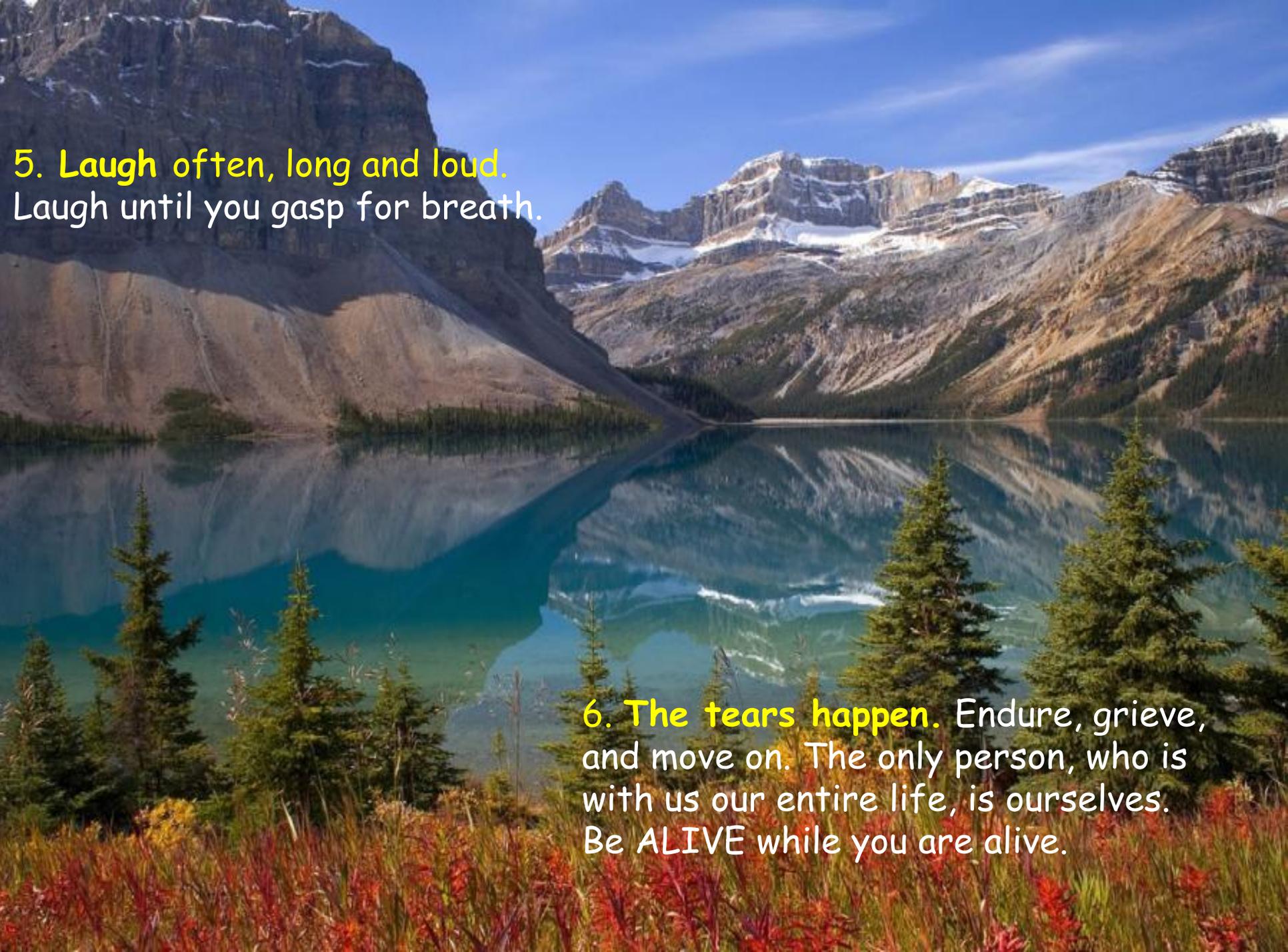
The grouches pull you down.

A scenic landscape of a mountain valley. In the foreground, a calm lake reflects the surrounding scenery. A large, weathered log lies horizontally in the water, partially submerged. The middle ground is dominated by a dense forest of trees with vibrant autumn foliage in shades of yellow, orange, and green. In the background, rugged mountains rise, their peaks and ridges partially covered in snow. The sky is a clear, pale blue.

### 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 a mix of blue and orange, with scattered white and grey clouds. In the background, there are rugged mountains and a dense forest of evergreen trees. 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 !!!*

