

An Elder's Sagacious Advice

Anonymous

I asked a friend who has crossed 70 and is heading towards 80 what sort of changes he is feeling in himself? He sent me the following:



1. After loving my parents, my siblings, my spouse, my children and my friends, I have now started loving myself.
2. I have realized that I am not "Atlas". The world does not rest on my shoulders.
3. I have stopped bargaining with vegetable and fruit vendors. A few pennies more is not going to break me, but it might help the poor fellow save for his daughter's school fees.
4. I leave my waitress a big tip. The extra money might bring a smile to her face. She is toiling much harder for a living than I am.
5. I stopped telling the elderly that they've already told that story many times. The story makes them walk down memory lane and relive their past.
6. I have learned not to correct people even when I know they are wrong. The onus of making everyone perfect is not on me. Peace is more precious than perfection.
7. I give compliments freely and generously. Compliments are a mood enhancer not only for the recipient, but also for me. And a small tip for the recipient of a compliment, never, NEVER turn it down, just say "Thank You."

8. I have learned not to bother about a crease or a spot on my shirt. Personality speaks louder than appearances.
9. I walk away from people who don't value me. They might not know my worth, but I do.
10. I remain cool when someone plays dirty to outrun me in the rat race. I am not a rat, and neither am I in any race.
11. I am learning not to be embarrassed by my emotions. It's my emotions that make me human.
12. I have learned that it's better to drop the ego than to break a relationship. My ego will keep me aloof, whereas with relationships, I will never be alone.
13. I have learned to live each day as if it's the last. After all, it might be the last.
14. I am doing what makes me happy. I am responsible for my happiness, and I owe it to myself. Happiness is a choice. You can be happy at any time, just choose to be!

