

“The Best of You”

As we grow older, our desires, comforts and needs change. We begin to look and feel different. We are no longer fazed by things that once drove us to the brink of insanity. Age not only brings wisdom, it also brings peace of mind, if you allow it to exist in your life. If you find that your life is still "noisy," it's probably because you haven't accepted the changes that have inevitably occurred within your being. It is sometimes difficult to look in the mirror and recognize that your physical body is not what it once was. The changes are subtle at first, then one day you barely recognize the you of yesterday. The good news is that the mental growth that occurs is phenomenal! The evolution of your mind and spirit, far outweigh the physical. In this moment you are growing older, but in this same moment you are gaining wisdom that could only come from aging. You have acquired knowledge and insight that you could never have understood in your youth. Today, you are the best version of yourself and it just keeps getting better.

--Author unknown