

AUGUST 3

Comment [C1]: Is this a date or a title?

"It was one of the deadliest and heaviest feelings of my life to feel that I was no longer a boy.

From that moment I began to grow old in my own esteem--and in my

esteem, age is not estimable.

Comment [C2]: Is this quoted exactly?

-- poet Lord Byron

Comment [C3]: Not usually included in a quotation.

Exploring ~~timelessness~~ Timelessness

Being able to live a life that's not bounded by time ~~be-is~~ extremely vital to your overall well-being ~~when-as~~ you age. ~~For, wW~~hen you're ~~not~~ held captive by time you don't have a ~~sence-sense~~ of what you can or can't do, and, ~~with time boundaries,~~ there's no escape from the physical and emotional decay which time inevitably brings to one whom is over the age of ~~9-9~~ our so.

Comment [C4]: Should this be 90?

"To prove ~~thesethis~~, choose a time of day when you ~~can,feel non/don't feel/ pressured pressure~~ and are relaxed. Sit quietly in a comfortable chair. Take off your watch, but and place it or on a clock nearby so you can't easily look at it/the timepiece without having to move your head very much. Now-Then close your eyes and take slow, deep breaths. Concentrate only on your breathing, on the steady stream of air flowing gently in/out of your body. Do this for ? minutes, or until you feel your muscles contract.

Comment [C5]: How many???

When your mind and body ~~fill-feel~~ stilled, slowly open your eyes and concentrate on the second hand on your watch or clock. Depending on how relaxed your are, it may seem, at first, as if the hand isn't moving. OR THE HAND may seem to hesitate in its movement, or even disappear, or to be moving move much slower than than it would if you weree to glance at it, during the nomal course of events in the day.

Comment [C6]: Should not be italic type

Comment [C7]: Should be regular type

What does this mean? Well- That when your mind is filled with restless thoughts, time seems