

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, w~~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 chairs. 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 ~~o~~ move your head very much. ~~New-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. Dependg 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 ~~then than~~ it would if you were e 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