

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 ~~these~~ this, 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. Depending on how relaxed you ~~r~~ 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