

AUGUST 3

*"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.*

-- poet Lord Byron

### Exploring timeliness

Being able live a life that's not bounded by time is extremely vital to your overall wellbeing when you age. For, when you're not held captive by time you don't have a sense of what you can't do, with time boundaries, there's no escape from the physical and emotional decay which time inevitably brings to one who is over the age of 90 or so.

"To prove these, choose a time of day when you *can, feel* nonpressured and relaxed. Sit quietly in a comfortable chair. Take off your watch, but place it or on a clock nearby so you can't easily look at the timepiece without having to move your head very much; Now 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, until you feel your muscles contract.

When your mind and body fill still, slowly open your eyes and concentrate on *the* second hand on your watch or clock. Depending on how relaxed you 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 to be moving much slower than it would if you were to glance at it, during the normal course of events in the day.

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