Aging eyes that have seen so much

Eyes that see how time changes things all around us

The wisdom to understand how these changes affect us

Experiences that can cause us to be soft or that can harden us

Be proud of the wounds of aging – they equal a life well lived

Slow down and see the beauty all around you and within you

Life is a journey to be cherished

No words need to be spoken to have a song in our hearts (by Jan Garinger)

I bother with meeting expectations and my elder self sees it as folly.

My cat companion models that a deliberate slow pace would be more prudent.

My elder self advises me to drink in the day, bask in the night's rest.

So, I allow her to bring a lullaby and I'm grateful to be at peace in the moon's light. (bt Fa Lane)

Out of the Darkness

Watching the day unfold
is a little like watching the
unfolding of my life
Out of the darkness
the dawn light breaks forth
clouds gray and ominous
threaten the gentle dawn light
the rhythms of my life
unfold love peaking through
streams of love
threatened by ominous
clouds of pain
and suffering
the rain showers down
the thunder claps
the pain of a trauma
suffered shared by tears of grief
the clouds clear
the sun shines
the haze sets in

Pain gives way to hope
New life shines
onto paths which
glimmer with promise
Hazy mist sets in
As forward moves
me into life
shared in community
close
loved, Holy.

(by Susan R. Emmons)