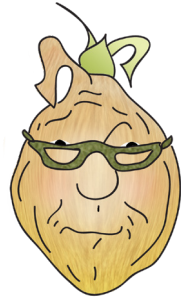


# The Importance of Being an Elder in This World



*Human beings would certainly not grow to be 70 to 100 years old if this longevity had no meaning for the species to which they belong. – Carl Jung*

In ancient times, elders were revered and honored more than any other person in the family. In our present times, this respect and honoring seems to have diminished substantially. However, whether the times dictate it or not, all elders deserve to this nobleness and respect. This will not only change the way we think as individuals, but it will change the way the world functions at large.

How important is an elder? In truth, when elders take their rightful place, they lay the seeds for seven generations to come. Throughout our lifetime, we come in contact with meanness, coldness, gossip and neglect. Therefore, no matter our age, we do not need to care what others think or do – all that is important and keeps our vitality is what WE think and do.

Our bodies and minds slowing down has little to do with the grandeur and greatness of our souls. It is not what we do that counts, it is what we THINK. Our thoughts dictate the present and the future. When we realize that our thoughts create everything, we come to realize how significant we are.

As long as we are alive, we have a purpose. It matters not if we live alone, live in an elderly facility, or are stuck in the hospital, we still have a reason for being here. Every minute is important, every second counts. Our hearts can extend across the globe and our souls can soar as high as we want them to.

We all have the power to age well and feel content. We just have to put a focus on it. Like every other time period in our life – everything is what we think it will be. What we think – we manifest. How we see ourselves is unexplainably the most important aspect of our life's journey.