

ATTITUDE – the 6th JOY OF AGING

By Donna Deos



Joy number 6 is attitude. Which attitude you choose is up to you!

Sometimes we choose a “devil may care” attitude where we decide it’s time we get to do whatever we want. Most of the time we feel something like “it’s about d*\$n time! My whole life has been for others, from now on it is going to be about me – at last!” You no longer care about pleasing others and letting them run your life for you. Maybe you never did care about it, but got stuck doing it anyway for whatever reason. Chances are if you choose this one, most people in your life will fall into one of two categories: “You go! It’s about time you finally put you first!” or, “have you lost your mind? This is so unlike you. Besides, I still want and need you to help me try and put my own life in order.” They never actually say that last part. It’s just really what is going on for them, which is why it is hard for them to accept that you don’t plan to be at their beck and call anymore. How dare you?! (I say, you go!!!)

By choosing this attitude, you will put people on edge. However, if you have the courage to claim this one, they will likely eventually

shrug their shoulders, shake their head and decide to step aside and watch how it goes. In which case you will undoubtedly dazzle and amaze them and they may even someday wonder why you hadn’t done that sooner.

The other attitude you may choose is one of Zen. This is one where you choose to just live each moment to the fullest – to be the observer of life. To no longer get caught up in the drama, but to watch it pass by. The Zen attitude is more of a living meditation state. One where you see the drama come in and you watch it walk right on out. You don’t get involved. It comes and it goes, just like a flowing river passing you by. You have no desire whatsoever to interact with it. You just watch it come and then go.

Sounds lovely, doesn’t it? I have seen older people in this state. It’s really very beautiful. They greet every day as a gift and every person and situation with a loving smile. Things flow beautifully for them and around them. Life is very good here.

Sometimes they are judged as being senile, demented or whatever. Really, they are none of the above. They have simply found a

peaceful attitude in which to live. This one’s my goal – can you tell? I also like the “it’s about me for once” one too. Many times you have to live through the first one first, then you can work your way into the second one.

I’m sure there are many other attitudes out there as well. I suppose if you choose not to embrace the gift/joy of attitude in your older age you can stay exactly as you always are/were. What fun is that? I find that as people age, they tend to use these “gifts” to their advantage. It’s almost like the excuse to be who they have always wanted to be!

It’s a shame we need an excuse to be who we are, to be who we want to be. It’s a shame we get stuck trying to be who others want us to be and that sometimes those people try to hold us back so that they can stay comfortable instead of letting us grow... instead of letting us show our light, which really brightens the world for everyone.

Next month we will talk about the 7th Joy/gift of aging – Legacy.

Until then, have fun choosing your attitude!

All my best,
Donna

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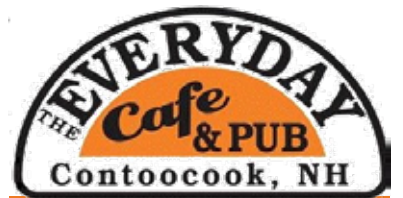
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