

TIME-BOUND, AND NOT

Time-bound your body is.
Not so, your heart and mind.

You have two responses to Life's challenges.

- 1 You can wallow in the mire of misery,
Or
- 2 You can celebrate the joy of wisdom gained.

You have two options for your attitudes.

- 1 You can focus on the hurt and pain you sorely suffer,
Or
- 2 You can bless the lesson learned and anticipate the arrival of the next lesson,
Because it **will** come.

LEARNING THE LESSONS IS WHY YOU'RE HERE.

The time-bound body will grow old, bent, and dim,
But the heart and mind within know not time.

They live moment-to-moment, and only your attitude,
Your constant focus and attention, affect their moments.

Remaining young at heart, enthusiastic about possibility,
And willing to explore **within**, is the key to living a full life.

Otherwise you just poop out,
Miss out, and then
You're gone.
Bam!

Life will always wear out your body,
But you don't have to let it use you up.

Your choice, Baby Love.

