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usOWLs.com: **LookOut**

Happy Birthday Me - There were 8 candles blazing as I take the cakewalk after 70 years.

Is this decade creep? The ME has transformed, questioned and judged by myself for too long and now is the time to revisit the real meaning of my future, uncertain as it may be, with some certainty. The amazing truth: This one was the easiest and clearest "decade to enter" yet still a bit "good scary" as my 3 year old grandson suggests. This new decade includes no familiar listing of expectations, has worries to conquer, and no illusions of ongoing leisure or total freedom to choose. But, it starts peaceful, focused, and full of new space. My goal now is to release fresh energy, and reshape all passions with simpler goals. The result must be: More good times and meaningful contributions.



I am NOT upset at this decade creep. I intend to keep on dancing in the moonlight like an OWL and this time to the music within..." I have had a life of magic, excitement, gratitude and the reshaping of grief, well integrated into my spirit. The 1st decade was about survival and learning all I could so I could be a "know it all", the second about knowing myself as a woman with hopes and dreams, the third about deserving and achieving love in all things done, the fourth was about helping others achieve and overcome woes, the fifth was helping others move onward and upward into the light, the 6th was about helping organizations truly act on their values as best places to work. My 7th decade has been getting used to outer challenges, confronting constant inner doubts head on, with my humor, while acting on predicaments I have to face as an older, wiser, person.

The 8th decade enters its second day with a smile as the sun comes up: I am clear about answers to 70 years of inquiry and laughter. As I said to a friend: Now is the timing for cleaning up one's act, clearing out unnecessary things and sloppy thinking, and finally leaving a legacy behind that is worthy of one's life. It must also be more FUN than it is supposed to be for as long as it has to be.

At my birthday celebration with my extended family from ages 3-75, I read a wonderful birthday message written by anonymous, and with apologies to the author:

"Youth is not a time of life . . . it is a state of mind. It is not a matter of rosy cheeks, red lips and supple knees; it is an attitude, a quality of the imagination, a vigor of emotions. (which I have termed a Whoopee! Attitude). Youth means a predominance of courage over timidity, a preference for adventure over a love of ease. Years may wrinkle, but to give up on enthusiasm would wrinkle the soul.

Whether 70 or sixteen, there can be in every heart a sense of wonder, the sweet amazement at the stars -the challenge of new events, childlike curiosity, and the joy of living.

The best part of this message was the conclusion: You are as young as your faith, as old as your doubt, as young as your self-confidence, as old as your fear, as young as your hope, as old as your despair.

And finally what I also teach:

So long as your heart is warmed by messages of love, hope, cheer, courage and meaning in life- you will remain young.

May Youth be forever yours, and may it continue to connect at the OWL Café and OWLWorks convenings. Stay tuned. Things are getting better all the time!

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