

# *Forever Young*

It's time to learn the secret, how to stay forever young;  
Throughout the ages humankind, so hopefully have clung  
to each new elixir which promises them youth;  
Yet years ago, I found it, discovered profound truth;  
I read it in a book, I could not believe my eyes;  
The words I knew that I could trust, for this book never lies;

You are all mature enough to have full comprehension;  
This truth will take your thinking into a new dimension.  
You are too intelligent to bore with some trite platitude;  
But simply put, you'll never age if you have the right attitude;  
"As a man thinks in his heart, that he will be" are the words I read;  
These words kept on repeating, revolving in my head;

Truth is truth, that could not change, my faith I put to test;  
Then I believed with all my heart, and oh, how I've been blessed;  
True, the body changes, but the process we can slow;  
This is a truth that all men seek, but too few get to know.  
People grow old on the outside, because inside they've grown old;  
"Act your age", how many times to children this is told!

It makes me cross I want to scream, this is a lie from Hell;  
Think young, stay young, don't act your age, has served me very well;  
And what is age, I ask you now? To me it is quite logical;  
But others think of age this way, purely chronological;  
We have a spirit and a soul, and these can never age;  
They cannot wrinkle, fade or dim, not at any stage;  
Unless of course we make it so, and this by our own choosing;  
harbour self-pity, or don't forgive, then, by choice, we will be losing;

It is not the number of days we live, but the quality of day;  
The gift of time, a fleeting thing, not to return our way;  
Your family and friends are precious gifts; don't take them all for granted;  
Each day appreciate and love them, a seed will then be planted;  
A seed of love, deep in their souls, it's priceless, ageless too;  
"Love conquers all" Yes even age, God's greatest gift to you.

- **Maureen Boddy**