



We are moving toward the sunset together and
on that horizon, eternity lingers.

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Laughter ties everything together with
appreciation and gratitude for life.

The real priority, the real greatness of these
years, is not in accomplishments, but in the
ongoing conversation between hearts.

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Life takes things away with one hand and offers
something with the other hand.



Spiritual connection is found in quiet moments
of appreciation, in gratitude, and in the early
morning hours of reflection, and prayer.

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Loss and letting go textures us, refines us and
educates our hearts, growing our capacity for
compassion.

I dance just as much as I used to. Only now I
have to be careful that I don't induce whiplash.

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Stand as a spiritual warrior at the threshold of
old age. This is no time to shrink away, to
believe the lies of insignificance or uselessness.

