

## Birth Decades

When you are decades old  
Do you celebrate the birthdays  
Or relish recollecting old memories  
Of the days you were young and bold.



Mentally you are always in youth  
But the signs of body aging is the truth  
Realizing that mismatch is difficult  
That's the reality one has to accept.



As the life races towards the peak  
It gets lonely and lonely all around  
You search for the company to speak  
Where the frequencies that match abound.



The day is filled with recollections  
Trying to remember faces and events  
Forgetting on what work we went some places  
And smartly covering up all these deficiencies.



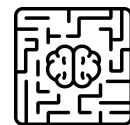
It's a struggle to balance on many dimensions  
Dealing with comments on our inabilities  
Fighting to be as independent as possible  
And embracing the new technologies and change.



The days are about looking for simple pleasures  
Eating with the family with care and smiles  
Having a two way warm conversations  
And a shoulder to lean when you are out of senses.



As the body is aching and getting out of shape  
Exercise and be healthy physically  
As the blanking mind is creating the trouble  
Sharpen and be alert mentally  
As the loneliness is agonizing your daily life  
Meditate and be calm spiritually.



These three mantras are savior for everyone  
To add life for the unknown years we live  
As the only thing we look forward is, peace  
While years are adding to the decades of our age.



Nevertheless let's celebrate because age is just a number and our attitude is what matters.

Girish Elchuri