

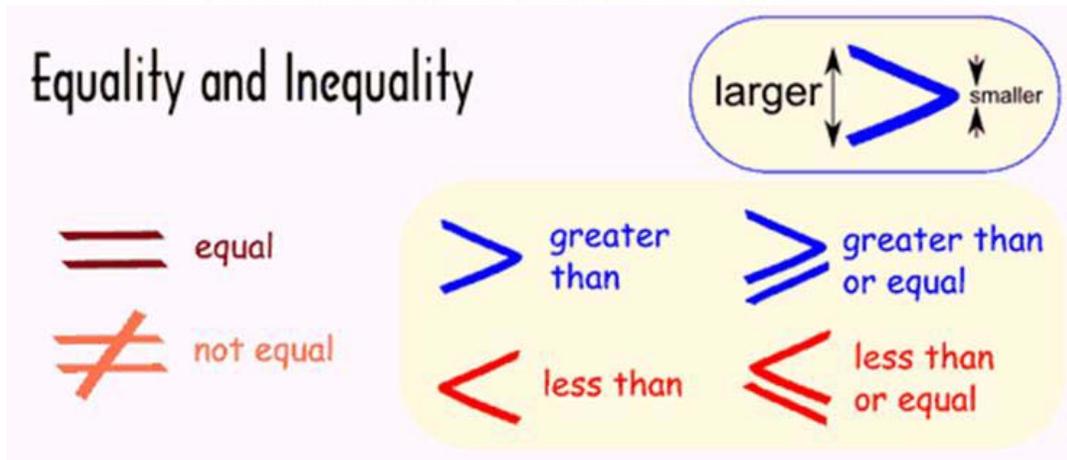
# The Switch for Seniors

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## Introduction – Part 1 of 10

*Are you growing greater, or lesser? Have you found your power to dream the dreams of age?*



The older I get, the more I come to believe that all the most important battles in life are over concepts. The images above illustrate my point.

The largest concept set above is that of a human life cycle. In the second image, the next largest concept pair is that of **Equality** and **Inequality**. What's to fight about? Most of us fail to engage math, to access and unleash its power to guide us how to best live our lives and make day-to-day decisions.

The cause I propose is the failure to fight over the concepts of equality and inequality. They are fundamental to the entire endeavor of math. In our everyday lives we must ask what we want more of, and what we want less of. To

even think this way is to be more than mathematically empowered, it is to take what control over our lives we can.

But, in the process of teaching our children math, instead of fighting and winning this battle of applied concepts, we force them to memorize things that have no meaning to them, and we call that math.

In this series, we won't focus a great deal on math directly. But there is a pounding theme I hope you'll feel in each installment. The theme is that as we age, we must carefully and soulfully decide what our dream is. More, we must fight for our dreams better now than ever. We must decide where to place our investments of focus and energy. As our ability to invest shrinks, the critical nature of the choices remaining grows exponentially. Aging, the more important are our dreams; the greater the import of the battles we fight for the dreams of age.

Or...the more important it becomes that we keep growing and not surrender to the forces that make us shrink. Inequality. Greater than. In our dreams of age, we must choose where we will fight and win more, of what, for what reason.

***Author's Note: regarding the intended audience and recommended process for this series...***

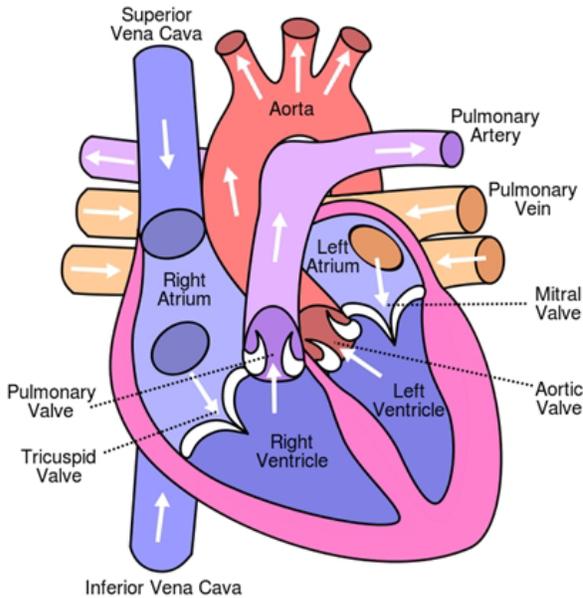
My greatest hope is that our current crop of elders will find their way to these essays for themselves. In my experience, it appears that there are few places to go to speak seriously about these topics. Perhaps we can break the silence in a productive and meaningful way together.

Equally though, I hope that adult children of aging parents will read and meditate on these essays, before our parents have passed on. More still, I passionately hope you'll share these essays with your parents and read them out loud, together. It is the conversation you share with your aging parents that is my greatest dream for this small series.

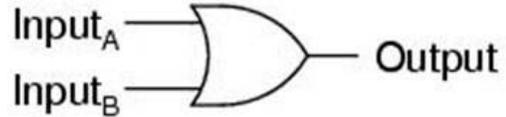
Every day your parents are still with you, here, is a treasure. My prayer is that you'll take advantage of that treasure now, and that these essays will empower a different, deeper, more meaningful, mightier encounter should you decide to share; to share and speak, together.

## Executive Overview – Part 2 of 10

*The heart is the ultimate “Or Gate” of the human soul.*



2-input OR gate



A	B	Output
0	0	0
0	1	1
1	0	1
1	1	1

It isn't just blood that flows through the human heart; it is also thoughts, emotions, even your body's real time reactions to the world you live in. It is not just pumping that is its function. It is also the conversion of thoughts into decisions, emotions into actions, the full engagement of all your powers with the world in which you live, fight, win, lose, conquer or fail to conquer.

We looked at math in our introductory essay, and we're looping an "Or Gate" in as the basic idea of our overview.

A decision takes the form of an ***Either/Or Choice***. My core article, ***The Switch***, does not explore this definition of decision, nor does it bring up truth tables or gates. Yet, precisely as Equality and Inequality are within its every concept, so also is this definition of a decision.

It is not a prerequisite for this series that you read the original, but of course it can't hurt, so here's the link in case you wish to do so:

### [The Switch](#)

The structure of my case in ***The Switch*** is built upon seven key challenges. These challenges follow a linear sequence as well as build on each other cumulatively. In today's overview we will look at the concepts all at once, in brief.

In coming essays, we will delve into each challenge individually. We'll move very quickly, limiting each focused study to just 300 words. Then we will close our explorations out in a final, equally brief concluding meditation.

***1. The first challenge you must meet is to:***

***Know Your Dream***

As an aging person suffers body and health failures; as one dysfunction compounds another physically...the greatest threat faced is loss of spirit, loss of life vision. However, the older we grow, the greater is our power to reach out and touch others. The more life experience we have the better we understand what life itself is and who we are. The courage and power to dream a new dream for your final years in this world is the greatest step you can take to live long, well and meaningfully. As a senior, your mandate to know the dream you live for is greater than for those who are younger.

***2. Stirred by the guiding light of your dream:***

***Boldly Awaken***

The gift of life is our greatest treasure. You are still here for a reason. Surrender to the challenge of discovering your purpose for each day. Awaken, truly awaken! Waking up is more than what your body does. It is what your soul does. This is accomplished by knowing your dream, and deciding how you will work for your dream today and every day you have.

***3. Alert and aware, with an unyielding stare:***

***Envision Your Victory***

Once you've awakened your soul you must visualize your successes BEFORE you let the day roll away from you. Living for your dream each day includes battles you will either win or lose. You won't win all battles. But if you decide which battles you must win today and visualize your victories BEFORE your day gets under way, you have a far greater chance of success. It's distinctly possible that the failure to visualize victories is the ultimate and greatest failure of all. It is distinctly possible that the decision to SEE today's victory is the single most important decision of all.

***4. Course set, charged and resolute:***

***Express Your Word; Exercise Your Might***

No one knows the power or weakness of a person's word the way an elder does. You've seen everything in life and no one can fool you anymore (unless you wish to be fooled!) You know the truth, and you know what a decision is and how to make one. Use your knowledge of decision and your word with complete awareness of your power. You are mighty to the degree you use your word to commit to the victories demanded by your dream. Your performance in the battles of the day mean more now than ever before. Fight hard throughout the day. Give it all you have expecting victory with everything you are!

***5. Your powers expended, your strengths toiled away, sit in silence and:***

**Appraise The Day**

There is no exhaustion like elderly exhaustion. Still, you must not merely collapse at the end of each day's battles. You must judge your victories and defeats with clear eyes, honest, real, true. Knowing life, the world and yourself as you do, you are fully empowered as never before to learn from each day's battles. To do so, though, you must engage in purposeful, progress building performance appraisal. Your assessments will generate instant performance improvements now in ways that no young person's can match.

***6. Lessons revealed, your mandate is change, the time is now to:***

**Embrace A New Way**

Beloved elder, your greatest temptation is to believe your days of change are over. NOTHING could be further from the truth. As an elder, with your special power of knowing truth and extensive life experience, you're far more ready to decide for positive changes than any young soul ever possibly could. You can tackle your changes with incredible strength that younger souls will envy. More. With each new newness that you embrace, you'll add if not a day, MORE than a day to your life. Longevity is the result of growth. Of claiming more and fighting for it till you win.

***7. As new truth is found and lessons accrue, your dream commands you:***

**Become As Anew**

"Elderly new" kicks royal butt over "youthful new." You must picture the changes still here for you to execute and master as the greatest treasures of your entire life. Remember, life itself is about growth and change, improvement and progress. Be proud. Be strong. Believe in yourself. Become, now, what you have

been preparing to become for all the decades previous, leading you to this extraordinary, this amazing, this wonderful moment.

One more thing. **Truth**. As an elderly soul you have the GREATEST claim on truth of anyone. In fact, the way to see truth itself is to hold onto it in the new realities you create now. It is for precisely these realities that you were born. It is for these new realities that you are still alive.

## **Know Your Dream – Part 3 of 10**

### ***1. The first challenge you must meet is to – Know Your Dream.***

What do you know about dreams and dreaming? Are you one of those who dismiss dreams? Are you too practical for such whimsy?

Are you one who dreamed great dreams in youth, only to have life tempt and persuade you into giving up your dreams?

Or, now that you're past all the illusions, seasoned by the decades of your life, are you someone who knows that nothing in the world can touch a dream for power, pragmatic force, spiritual meaning, human joy, accomplishment and fulfillment.

When your children ask you for your stories, they'll gratefully devour any crumbs that you're willing to let fall their way. Any story will do. But, even if they aren't aware of it, what they're hoping for are the stories of your dreams in life. From heartbreak to transcendent glory, it is the story of your dreams and their ultimate outcomes that hold greatest power. I say you owe the stories of your dreams to your children.

Ah, but the mandate to know your dream is NOT centered in your past! Actually, it is your current challenge, the very greatest challenge you bear.

You do have a future and you cannot know how short or long your future may be. To allow this final future to slip through your fingers undreamed is a tragedy. *You must still dream for your future!*

More important than that, though, is your dream for today, each day.

What might you win if you fight hard, smart, strategically? There are victories for you to win now. A dream is nothing more than the vision of a victory seen clearly, before the battle begins. You have battles, therefore, you must have dreams.

So I repeat,

*The first challenge you must meet is to*

*- Know your dream!*

## **Boldly Awaken – Part 4 of 10**

### ***2. Stirred by the guiding light of your dream – Boldly awaken.***

Let's talk about the hard part first. On some days your dream may be to get up off the sofa, balance well, and walk around the house on your own. And on some days, even that may be too much to hope for. There are times you may literally fall right back down onto the sofa and need help to move at all.

Boldly awakening does not mean your dream will come true. It just means you're actually ready to fight.

Now look back at your definition of "dream." On a day when you can't move easily, the act of self-propulsion, free and unencumbered qualifies as a dream.

Your freedom – be it physical, intellectual, emotional or spiritual – your freedom is a dream to fight for each and every day.

It's a strange thing that so few of us learn, this dreaming thing. You dream while you sleep. When you wake up, your brain is essentially programmed to forget your dreams. But, you can't actually awaken, not boldly, without a dream to fight for today. So, while you may wake up with your body, your mind, heart and soul will still be sound asleep if you fail to have dream to fight for.

That's your check list:

1. Body Awake and Alert?
2. Mind Awake and Alert?
3. Heart Awake and Alert?
4. Spirit Awake and Alert?

Alert readiness for battle is one definition of waking. Another is knowing your purpose for the day.

It isn't all fighting. Part of the dream, and waking up into it, is to note each joy as it comes, whether on its own or hard won.

When you're truly awake, you take your daily joys for the treasures they are.

## **Envision Your Victory – Part 5 of 10**

### ***3. Alert and aware, with an unyielding stare – Envision your victory.***

In advance of any action, no matter how large or small the stakes involved may be, you must see the victorious outcome first and only then get started.

With today's victory in perfect view, you will naturally veer toward the outcome you desire. When heading toward a clearly seen target you automatically correct, instinctively overcoming hurdles. To release these powers you must see each victory as if it has already taken place.

If you haven't practiced this habit, yet, it helps to shut your eyes so that your outer vision is turned off. Input reduced, what do you see within?

The easiest things to find are the challenges and causes of pain and hindrance. Your health is your wealth. If you don't have it you will likely see the difficulties that result.

If you can find any aspect of your health that could improve, right now, that is the best thing to see. Are your hands stiff? Do you know how to loosen them up, and build more range of finger motion or greater strength of grip? Building your grip strength can change your life.

The same is true with your posture and walking stance. Do you know how to really stretch? If not, learn! See yourself loose, flexible, strong and agile, or at least more so.

What else do you care about? There are battles you are truly more qualified to wage and win than anyone else. Do you know how to find and commit to them?

Your dream is the sum of a string of smaller victories, mounting up and joining together to create the life you want. Find today's battle, see its victory, and know that you are making your entire dream come true, one victory at a time.

## **Express Your Word; Exercise Your Might – Part 6 of 10**

### ***4. Course set, charged and resolute – Express your word; exercise your might.***

It isn't easy to set your course, charge up and be resolute. These are tremendous challenges. To succeed, you must give yourself to them completely. Take your time.

What course will you walk upon, to what destination today?

How much charge will it take to get there?

Have you found your resolution and set it in place so you cannot be deterred?

Be patient and careful covering these vital steps each day, before you set out.

Once completed, though, you must express your word. Setting course, charging up and resolving yourself require the power of your promise to remain intact against the world's opposition.

No promise is more important than the one you give yourself. Practice these words, **“I promise myself that...”**

When you give your word, you must keep it. Your honor and self-respect are on the line. Your integrity and character are called upon. Your very identity is tapped when you give your pledge. That's further reason to be careful in course setting, charging up and in building your resolution. Once you've given your word, all three must be in place firmly, immovably.

Then, the very moment you've given your word, you must spring into instant, unhesitating action. But, what if you can't do a whole lot of springing anymore? No problem. I assure you, a resolute soul, rolling forward in his or her wheelchair is a force to be reckoned with. An ancient saying teaches us the way:

**“What you can't reach flying, you must reach limping,”** we are told.  
**“The book says; there is no sin in limping.”**

You are mighty. If you're not mighty in body, you must be mighty in spirit.

Exercising your might, fly, stride or limp to the finish line, today. Cross it, and know that you have won.

## **Appraise The Day – Part 7 of 10**

### ***5. Your powers expended, your strengths toiled away, sit in silence and – Appraise The Day.***

No one sits as well as seniors do. In youth everyone thinks they'd like to sit, but virtually never do. Why not? The mind is a difficult mistress, indeed. When you sit you must listen to your thoughts sounding, virtually out loud and clear as a bell.

Religious souls know what this means. There is no lying to God when you pray. What would be the point?

The older we get, the more difficult it becomes to lie to self. No, anything but impossible. If there's anything the normal human soul can do, its lie and most of all to lie to self. Most of us run rapidly to our graves protecting all our lies from the slightest chance of detection.

Not you. You wouldn't be reading this if you were such a dedicated liar. Besides, you're not going to die today, are you? Hell no. Not today.

So, in honor of your efforts today and in preparation for tomorrow, appraise yourself. Honestly.

Strengths, weaknesses, virtues, vices, dedication, surrender, will, skill, luck, fortitude, fighting spirit or...?

How did you do today? How well, how poorly? What will you repeat tomorrow? What will you alter?

To claim the power of the day, today, you must rise up over yourself, over your work of the day, and be your own judge.

Your dream demands and deserves the full might and force of your mind's pure judgment. What did today's efforts teach you? You must ask. You must decide.

Your mightiest judgment flows from the power of your dream. The lessons you seek point to its fulfillment. Time is surely short, but since you'll be awake and fighting again tomorrow, today's appraisal is the price your dream demands, before you fall asleep tonight.

## **Embrace A New Way – Part 8 of 10**

### ***6. Lessons revealed, your mandate is change, the time is now to – Embrace A New Way.***

For all the strength and wisdom of age, there are also ever growing dark spots in mind and consciousness too. There's no fool like an old fool. And who among us, young or old, aren't fools sometimes?

The worst blindness is that change is for the young. Hardened and settled, rigid and brittle, no longer learning, growing or changing, we prepare for the grave.

The cure is change. Embrace new things. When you hear an invitation to do anything new, lean favorably toward it, instantly. Take up an instrument. Start singing or dancing. Take up a sport or a martial art. Start an exercise program. Go to new restaurants. Learn new languages. Read new authors. Make new friends. Stop allowing yourself to be stopped.

If you notice you're hanging out too close to home, go on a day trip. Do not allow the circle of travel to shrink. It can be just to a new grocery store farther away from home, or a mall you haven't been to in years.

In each endeavor observe yourself growing, transforming, rising to new heights.

Yes, you will also fall to new lows. But, each low offers new lessons. Never believe a low is final. A new height is soon to arrive. The only thing a low means is that learning awaits.

And don't be afraid of conflict, don't hesitate to compete. You need both victories and defeats. The mix of both, in ongoing flow, is real living.

Fantastic as the spoils of victories are, the funny thing is that the lessons delivered only by our failures and defeats end up being what we treasure most. Take the trophy, but the learning is what you fight for.

Embrace change, as informed by your learning and demanded by your dream.

## The Switch for Seniors: Become As Anew – Part 9 of 10

***7. As new truth is found and lessons accrue, your dream commands you – Become As Anew.***

If we were ready – we're NOT – we might discuss something like “ending well.” In medieval times they had an amazing term for this: a “sumptuous death.” But as I said, we cannot linger there today. While you're still fighting forward, and still have a dream, each day gives birth to yet another New You.

We're also told that ***no man steps twice into the same river***. The water of the current changes the river itself. Time is just such a river. So we can alter our statement to: ***no one enters a day the same as he was yesterday***.

The elements of your dream place a force of newness within each day.

Consider the power this gives you in choosing your ever evolving daily commitments. What are you more qualified to fight for now than ever? What victories have you been preparing for – or being prepared by life – and can only hope to win now, as never before?

I'd like to offer a single example. To be heard. Perhaps with a child, now also an adult getting older in his or her own right. What message have you never gotten through; never felt the satisfaction of understanding won, shared and aligned over?

In the past, you were most likely a voice that could be dismissed. Now you're not. That is new.

There are many other examples, all resulting from the reality of the new you that you have become. Know that you are the mighty soul achieving these new things.

Deeply contemplate that. What power this gives you. Find it. Know it. Use it. Celebrate it, and celebrate yourself.

Be this new you – become as anew – and use your power for good, now, as never before.

It is these victories that you were born to achieve.

## The Switch for Seniors: Conclusion – Part 10 of 10

*Each stage of your life has its dream. Summed together, those dreams are the dream of your life itself.*



Let's find the math in the image above. There are seven stages of a woman's life depicted. Each stage is its own identity. A whole, unique unto itself and complete. All seven identities sum up to an entire life. All seven are also parts of a single whole. Each stage's identity is a whole unto itself, but yet is only a part of the greater whole called life.

Remember who you were as you experienced these stages and think about the dream that drove you at the time. Even if you identify totally different dreams for each stage, all seven of them morph into the dream of your life itself.

The inequality expressions listed below provide the logical relations driving your dream. If you choose to, you can tell us a story for each of the seven stages in the pictures. Each inequality expression can be the core of that stage's story. In so doing, you'd surely document the dream of your life, at least by hints and indications.

This symbol . . .	Means . . .
$>$	"greater than" "more than" "exceeds" "in excess of"
$\geq$	"greater than or equal to" "no less than" "at least"
$<$	"less than" "fewer than" "up to"
$\leq$	"less than or equal to" "no more than" "at most"

Let's flip it again. Look at the stooping gal, identity number 7. What is still left unfinished, crying out for more of this or less of that? If it is still a dream, then it is still worth striving for.

- **More of this.**
- **Less of that.**

These two categories are the ultimate math of dreams, for any age indeed, but perhaps most of all in the last stage of life.

I say again, you have more power now than at any time before to:

- **Make Your Choice**
- **Set Your Strategy**
- **Execute Your Tactics, and**
- **Fight Forward**

This endeavor is the true expression of all your power, genius, goodness and by all means your glory.