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IT'S NEVER TOO LATE

I've recently noticed an influx of new people at the local health club. Presumably they are following through on their New Year's resolutions.

As we get older there's a natural tendency to settle into comfortable grooves and avoid the effort of making new resolutions or exploring new territory. We tell ourselves that we are too old to begin learning Shakespeare, too old to begin appreciating the music of Mozart or Brahms, too old to start reading *The Secret Doctrine*, and too old to begin the practice of meditation.

If a person accepts the notion that we only live one life on this earth followed by an eternity in heaven or some celestial sphere, such attitudes may be understandable. Why make the effort to expand your horizons when the vigor of youth is long gone? What is the point of striving if you have only a few years left? What difference will it make anyway?

Such attitudes, though prevalent, are shortsighted and based on ignorance.

Many years ago a popular Theosophical speaker and writer spoke to this issue:

We must go on from where we are. Some will think they are too old because life has almost gone for them. What a mistaken idea. In the life of the Spirit there is no age, nor space nor time. The last year of a person's life—even the last few months—can give a new direction, begin a new road that continues beyond the confines of death and leads into the next incarnation. (Clara Codd, *Trust Yourself to Life*)

The knowledge that our immortal Self takes incarnation again and again can give us an entirely different perspective on life. As the *Voice of the Silence*¹ says, "Each failure is success, and each sincere attempt wins its rewards in time."

So regardless of where you are in life, why not welcome new challenges? Begin your exploration² of *The Secret Doctrine*; start your daily meditation practice in earnest; go to your local college and enroll in that philosophy or mathematics course you've always wanted to take. Life is a continuum. The body may age but the Spirit is timeless.

I'll see you at the health club.

David P. Bruce
Director of Education

¹ <http://www.questbooks.net/title.cfm?bookid=1578>

² <http://www.questbooks.net/title.cfm?bookid=41>