BUDDHA Says …

(4) Things That SENIORS Should 'LET GO Of' - For a More PEACEFUL Life



According to BUDDHA - most older people tend to "suffer silently" … for one primary reason … "not" because they are OLD … but, because they tend to spend their final years - "holding onto all of those things" that really - NO longer truly matter. Hmmm.

Here, **Buddha**) uncovers the four (4) "meaningless" things that slowly "steal PEACE" from older people, or those in their senior years. And the **4th** one is the main reason so many "older" people - 50 / 60 / 70 / 80+ might leave this world, sadly … with too much SORROW, or UNREST.

Buddhist teachings may completely change how many see – life – aging – happiness.

Growing OLD is not the tragedy. Growing old - without PEACE - is. And **Buddha** taught that our later years of life should not be spent in STRESS, from anger / grief / regret / loneliness / false accusations / etc / etc - but, that they should become … our most PEACEFUL years of all. Period.



BUDDHA'S Four (4) Timeless TRUTHS:

1 **Stop "wasting our PEACE" on people who don't VALUE us**. Yes, one of the deepest pains … in our older age, is … "feeling forgotten". Many seniors spend "years" … waiting for a phone call, that never comes - waiting for appreciation - waiting for affection - wanting more love - from those who have become so very busy with their "own" separate lives - friends / siblings / aunts / uncles / cousins / children / grandchildren / former neighbors / etc. Sound familiar?

Parents “sacrifice everything” for their children. They work hard - they often struggle - they even “give up on their dreams” sometimes. But one day, those very same children, or grandchildren, become “very busy with their own lives” (totally normal) … and then, our hearts may slowly break - in silence. Yes, it IS true - right?

A disciple once asked **Buddha** this - “why do humans “suffer” so much, from their many DISAPPOINTMENTS?" **Buddha** replied - “because they expect - permanent love - from temporary people." That truth IS painful … but it’s also FREEING.

Not everyone will “understand” our love. Not everyone will “return” our kindnesses. And spending our older years - “seeking validation from others” - only creates “loneliness”.

An elderly woman constantly complained - "my children / grandchildren never visit me", she cried. But one morning, she saw an old **monk**, sitting peacefully, beneath a tree - and she asked him … "How are YOU so “peaceful” - even when you are totally alone?"

The **monk** smiled, and replied - “because I stopped depending on “others” - to fill that deep EMPTINESS inside of me." In that moment - it changed her thinking, forever.

Buddha taught - the more we “depend on others” for our happiness - the more suffering we create. So, during our later years, we need to “protect” our peace. We need to love people deeply - but never “lose ourselves” - in their neglect.

2 **Stop holding onto ‘old’ ANGERS and REGRETS**. Many older people still carry pain from thirty, or more, years ago … old arguments … broken relationships … betrayals … family conflicts … guilty memories … on, and on.

Acording to **Buddha** … the “body” grows old … but “anger” remains young. And slowly, that anger can “burn the soul”. **Buddha** once said … “holding onto anger is like holding a hot coal - with the intention of throwing it at someone else … YOU are the one that gets burned."

Think carefully. How much time do we humans “waste” - replaying old pains? Memories become “prisons” … regrets, and guilts, become “suffering” … and so it goes.

An old man came to **Buddha** near the end of his life. Tears filled his eyes, and he said to him … "I wasted my entire life - hating my brother." **Buddha** asked, calmly … "Did your hatred change the past?"

The old man became silent. For the first time, he realized that his anger had “stolen” his peace. Many people think that … if I forgive - I become weak. But **Buddha** teaches that forgiveness is not weakness - it is “freedom” - not for the “other” person - but for US.

Our later years should not be spent - “carrying emotional poison” … NO - they should be spent - “living more PEACEFULLY”. Let’s really “think” about that.

But now comes - “the most dangerous thing” - a silent TRAP - one that destroys millions of older people - from within. That is - even when they have money, family, friends, and the comforts of life - most people only “realize” it - after it is already “too late” (**Buddha**).

3 **Stop Chasing Money, Status, and Comparison**. What is one of life's greatest illusions? Believing that MONEY creates “happiness”. Many people spend their entire younger years - ‘chasing’ wealth - thinking that the “peace” will come later. But, later never comes.

Buddha says … “our desires never end … the more we feed them - the more they grow." A retired business man once came to **Buddha**. He had everything … money … a large house … gold … servants.

But, inside, he felt empty. He asked … “why am I still unhappy - when I already have everything?" **Buddha** pointed toward a man “drinking ocean water”. The business man looked confused. **Buddha** said – “worldly desires are like salty water … the more you drink … the thirstier you become."

Even in older age, many people continue “comparing themselves to others” … those who have more money … whose children are more successful … whose house is far bigger. But, after death … “none” of these things go with us, reminds **Buddha**. None.

Not money … not fame … not status … only “inner peace” remains. And the saddest tragedy is … becoming “rich” on the outside - while remaining “empty” within.

4 **Stop Fearing DEATH, and the Passing of TIME**. **Buddha** tells us that human's greatest fear is that of … DEATH … followed by prolonged SICKNESS (cancers / heart / diabetes / stroke / dementia + / +) - and that we do very little to “prevent” either one from happening, through - proper nutrition & diet / exercise / sleep / personal hygiene / vaccines / positive mindset / regular check-ups / having fun / more laughter / etc / etc).

Most people don’t even want to “think” about death or sickness - but **Buddha** teaches that peace only comes when we “accept” CHANGE, because everything does change - youth fades away - the body becomes weaker - illnesses do happen - accidents occur - people separate / divorce / die … and one day … we will ALL return to silence."

A disciple once asked **Buddha** … “what is humanity's greatest mistake? And **Buddha** answered … “humans live as if - they will ‘keep on’ living - FOREVER."

That is the deepest TRUTH**:** We tend to spend our entire lives - fighting AGING. We fear wrinkles - we fear time - we fear endings. But **Buddha** taught … “DEATH is not the enemy … LIVING UNCONSCIOUSLY is the real enemy."

Imagine - reaching the end of life - and then, realizing that we had spent our “entire” existence - WORRYING. Yes, that is the “real” tragedy.

One evening, an elderly woman sat beside **Buddha**, crying softly. She said to him … "I am truly, afraid of DYING." So **Buddha** pointed toward the sunset. The sky had turned golden and orange. Then he asked, "Is the sunset sad because the night is coming?"

The woman remained silent. **Buddha** smiled gently, saying “life is beautiful - “because” it CHANGES. And in that moment, her fear slowly disappeared.

As we DO grow older, we should try to remember this … that our final years are indeed “sacred” … that we should not waste them - “seeking approval from others” - or “holding onto old angers” - or “living in comparison” to others - or fearing death.

Instead, we should learn to … live peacefully …watch the sunrise … enjoy the simple moments … forgive people (and ourselves) … protect our minds - because, according to **Buddha** - the greatest success in life is not “becoming RICH” but, “becoming WISER” - and leaving this world - with a “more PEACEFUL **H-E-A-R-T**“. **:>)**



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