

“Age makes the miracles easier to see”
by Anne Lamott

“Albert Einstein said ‘There are only two ways to live your life. One is as if nothing is a miracle. The other is as though everything is a miracle.’

One of the blessings of age is that most of us get along with ourselves better than when we were young...It’s a miracle that Earth exists at all, let alone is populated by humans who came up with antibiotics and Oreos, let alone Scandinavian detective shows....

I can still walk the flatter trails of our mountain, where the streams have begun to fill with rainwater, though not enough to actually flow yet. The peace of nature wears down the fear and hatred that arise in me on bad days, until I remember at some point that all we can do is the next right thing.

I often remind myself of something the Rev. Martin Luther King Jr. said that helps me focus: ‘Don’t let them get you to hate them.’ When they do, I lose me, I lose my center and my goodness, which will be needed for the hard work ahead of being older and saving democracy.”

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