

Letter to My Younger, Stronger Self

Dear Albert:

I am writing this letter to you from me, an old man now. It is from the future so don't disregard it. It is true. Sorry about addressing you as Albert. I know you don't like Albert but prefer your initials A. J. or your childhood name of Jim, but you will grow to accept and like it. It is a family name—the name of your ancestors—many who were named Albert.

First of all I want to say, “Don't worry so much.” Everything will be OK. You have been given everything you ever wanted, everything you needed. As far as your health is concerned, there is not enough wrong to kill you, only make you miserable. It is manageable. You have published several books, received many awards for your work, and you have the admiration and love of many.

I am amused beyond measure. I remember you saying, “I believe in God but I'm not sure about this Jesus thing.” Well that's not the way you feel and think today. You have joined several churches—moved on when there was no more to learn. You have studied the way for years and most may be surprised that your credentials supersede many clergy, and you have experienced several mystic experiences, which reflect in your photography.

You have already had the worst day of your life which was the day you were born, so it won't be any worse. The best day is soon to come, that is the day of your death. Many will not believe that but it is true. Trust me.

Brace yourself, there will come a time when you go to more funerals than weddings. Many friends have passed on, some younger, some older. It is both shocking and sad. Death is a great mystery. Don't even try to figure it out. Don't be anxious; it is part of nature. Because I am writing, this letter is proof that you haven't died yet although you should have many times.

Don't try so hard to be happy all the time. The universe must maintain a balance. You will be sad followed by a feeling of well being. Joy is like a bell. The sound of ringing is not supposed to last. Color vibrates. It tells its own story. I hope you are not so bored that you cannot understand what I am telling you.

I think that's about it. It has been an amazing life so far. You are blessed!

Albert