## **ABCDs** for Elders

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- 1. **Awareness** is deep perception of reality.
- 2. **Benevolence** is showering benefits to all.
- 3. **Consciousness** is spirit of love and seva.
- 4. **Divinity** shines when you smile.
- **Empower** the in-power of people by in-spiration. 5.
- Fellowship is friendship. 6.
- **Grand-parent** is witness with wisdom. 7.
- 8. **Humane-ness** is "we" and "ours".
- 9. **Inspiration** is in-spirit-action.
- Judgement is a balanced verdict without biases. 10.
- 11. **Knowledge** is light.
- Let your life be filled with light and love. Light and love are lyrics of Lord. 12.
- **Mentor** is a gardener. 13.
- 14. **Nurture** with love, recognition, empowerment and respect.
- 15. **Overall** win is all-win.
- 16. **Pleasant** elder is precious elder.
- Quintessence of all knowledge joy, is understanding others. 17.
- **Reach** people with compassion and remain there. 18.
- 19. **Spirit** charges you with responsibility.
- 20. **Tranquillity** facilitates God to reside and reflect in you.
- **Universe** is uni-verse. 21.
- 22. **Vision** is seeing beyond.
- 23. Welfare is when 'we' all are faring well.
- 24. **Xcavate** the mind for your insights.
- Yesterday's experience is today's knowledge. 25.
- **Zen** is beyond the words.