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Think positive and stay young

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DATUK Seri Dr Mahathir Mohamad's recent statement in Langkawi that "our weather keeps us looking young" was very interesting.

Honestly, it is sometimes difficult to assess the age of a Malaysian or, for that matter, an Asian (woman) because they look years younger than their actual age. This is due to our lovely, humid climate.

Besides looking young, we can bloom if we maintain a positive attitude towards everything. If only women could unite and not harbour jealousies and resentment, thereby letting go of negativity, both the soul and body will glow.

Women, and specially mothers, are shaktis (powerful) as we have that capacity to juggle almost anything. Using this power wisely to bring benefit to everyone in our lives, we can be assured that everything we need will steadily flow our way, keeping us youthful. No matter how bad a problem may seem on the surface, if you remain positive, eventually you will see how everything has worked out for the best.

Parting thought for reflection: The destiny of the child is always the work of the mother. - Napoleon