

## The Eagle

Regardless of whether we consider the Bible as God's Word or we don't; whether it is considered a religious book or it isn't: what it cannot be denied is that it is a book where some people recounted historical events (deformed or not) and where they overturned part of their observations and knowledge.

The Bible (Psalm 102 in some, 103 in others, verses 4 and 5) tells us:

"He rescues your life from the grave,  
He crowns you with kindness and grace.  
He fills you with goods in your life.  
Just like the eagle in its moult,  
your youth will be revived. "

Some other bibles say that this way:

"Who redeemeth thy life from destruction;  
Who crowneth thee with loving-kindness and tender mercies;  
Who satisfieth thy mouth with good things;  
so that thy youth is renewed like the eagle does."

What does all this mean? What can we avoid? The grave or can we be resurrected? What's possible to rejuvenate? Was that already possible, 3000 years ago, when those words were written, with none of the medical, vitamin and cosmetic advances we have today?

What is certain is that, already at that time, those people so close to nature, to animals, had perfectly observed the behaviour of eagles, those so majestic, calm and quiet flying birds; that, from the highest heights observe everything with their piercing eyes.

The eagle can live up to 70 years. In order to reach that age, when 40 years old it has to take a serious and difficult decision; therefore, at that age, its nails have become tight and without firmness, without strength to grasp and hold prey on which it feeds; its beak is already too long, pointed and curved towards its own chest and the wings are aged and heavy with thick feathers; in such a way that it makes it very difficult to keep the flight.

The eagle has only two alternatives: either to let itself die or to face a painful process of renewal; which will last 150 days.

This process consists of making a sublime effort to fly to the top of a mountain and stay there, in a place close to a wall, to start its moult. Once at the chosen site, the eagle begins to beat its beak against the wall until it is rooted out.

Then it patiently waits for the growth of a new one, with which it will dislodge its nails one by one. While the new nails are resurfacing, it begins to pluck its old feathers. After five months (almost without eating), already renewed, it will carry out the first of the many flights it will perform during the 30 years of extra life won with willpower, sacrifice, trust and patience.

The eagle has always been, in many countries, the emblem in their shields due to its majesty, its vision of the whole environment and for being the bird of the greatest longevity within its species, thanks to such a brave decision.

Many times in our life we should retire, shelter ourselves for a while and begin a renewal process. But, in order to start a victory flight, we must change certain things, get rid of habits, traditions, grudges and memories that are still causing us harm.

What ages us, what kills us, is not in fact the physical exhaustion of work (much less if it is an enjoyed activity), but the one we reluctantly do.

We are aged by the excesses in food, drink, tobacco, sex, drugs.

We grow old due to our grudges, a living in the past, envy, bad tempered aptitudes, bad moods, keeping things inside instead of externalizing and conversing them.

We grow older because of hatred, desire for revenge, anger, the obsession to have and not knowing how to be happy with all the good things life has given us.

Only being free of the weight of the past, free of any resentment, free of excessive ambitions, we will be able to take advantage of the valuable result that a renovation can always bring us.

If at this point, we have concluded that it is possibly true that we can keep young longer than usual and that we can extend our life, it would be good for us to do the purpose of getting that. The sooner we start the better (even if we are very young). Never it is early or late; like the eagle, to tear away everything that no longer serves us, everything that weighs us absurdly, all the grudges of the past that weigh us down, the habits that no longer make sense but we keep repeating as if we were robots, those ways of doing that have never given us benefits, but failure after failure and we have not decide to change tactics yet.

It hurts to tear all that off, of course it hurts, especially if what you have to get rid off is someone in whom you put more love than he or she deserves.

But what is most difficult is to change ourselves, to recognize that we are not a harmonious, integral being; to recognize that we keep hiding and disguising our defects, instead of paying the necessary attention to them to improve ourselves.

Remember the eagle's willing moult and do something similar: for a while, let's get away from the everyday, meditate with honesty and humility, let's be honest and find out which beaks, feathers and spurs we have to get rid of.