

"TOMORROW MAN"

BY: Nasir Wali Muhsin

1/13/13

Today...Right here, right now you are who you are tomorrow! Each and every night you lie down to die so that you can wake up reborn tomorrow!

Now...for those of you who are always in good spirits with strong and healthy mental, spiritual, physical, and emotional health, you or should I say "We" look out for ourselves as "Tomorrow Men"! We eat right today, drink right today, set good goals today, do good deeds today, exercise today, and sleep good today all so that we as "Tomorrow Men" can rise up and thank our "Yesterday's Man" for doing the right thing! We look at ourselves fondly as a child might a parent because we know that someone, ourselves, was looking out for us! We feel cared for and respected...loved...in a single word! And now we as "Tomorrow Men" have a legacy to pass on to our subsequent selves!

But for those of you who are always in a bad mood...always angry at something or someone, your mental and spiritual health is poor...you're always and constantly leaving messes behind today for your tomorrow man to clean up. You eat whatever the hell you want, drink like the night will never end, then you fall to sleep hoping to forget! You don't respect or care for Mr. Tomorrow Man because you don't think that Tomorrow Man will be you. So you will wake up as a new today man groaning at the disrespect yesterday man showed you...wondering..."Why does that guy, yourself, keep punishing you?!?! but you never learn and instead settle for that behavior, that disrespectful, ungrateful, and self harming behavior!!! You'll pass these same bad habits to tomorrow man day after day until it becomes psychologically genetic like a curse!

But!!! For those of you who are bad at being good tomorrow men there is hope! There is a place to start wherein you too can be like the rest of us! Halt yourself today by eating a bowl of fruit, some vegetables, read positive books or quotes, hang out with positive people, get a new hair cut, start to work out 30-40 minutes a day,

ponder and think about your tomorrow man...leave tomorrow man something more than a headache, stress, troubles, jam-packed colons, and messes to clean up from yesterday and today...do for Tomorrow Man what you would have wanted yesterday' man to do for you!

I am: Nasir Wali Muhsin

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"TOMORROW MAN"

P.S. So, TELL ME what you HAVE BEEN doing AS "Today MEN & WOMEN" TO SEE TO it that you AS TOMORROW MEN & WOMEN will WAKE up SAFE AND SOUND or AT LEAST in A BETTER POSITION THEN you WERE yesterday!!

*** PLEASE ALSO SEE MY Post Titled: "THE TIME HAS COME"

Thanks!

{Words of Wisdom} 2013