

# Trying to Escape Human Frailties...

The term “Frailty” has metamorphosed into a broad term of meanings. Including and not exclusive to the weakness of humans morally, the weakness of our humanity, and the weakness of our human physical and/or mental well being. Frailty can also be attributed as a weakness in and by our institutions. We are bombarded daily by humans and institutions trying to capitalize on our weaknesses or frailties. We do the same with our institutions and fellow humans.

Our churches - our governments - our hospitals - our families - our neighbors - prey on these frailties and sensibilities every minute of every day. A simple example in today’s news would be Trump’s Republicans frightening Seniors with visions of “Old Age” and the spiraling effects of your own frailty and the possibilities of this age group losing their Medicare and their Social Security and their homes. Why? Using an elderly person’s most passionate frailty to imprint that **ONLY** Republicans can help American Seniors. Simply it works. It works too well. Oh yes... the Democrats do this too, but with slightly different twists and turns in their message. In this example it all comes down to **VOTES – POWER – MONEY** exploiting this one frailty.

Institutions can also use our frailties or a combination of our frailties in a very sinister manner. Watch the commercials that surround us on TV, in our magazines, and on the Internet. The idea is we are living on borrowed time; all of us were blessed by being placed on this Earth. None of us know when the Final Act will occur, the how’s, or the when. Really no one wants to be reminded continuously about this fact nor to think about it at all... unless we are forced to. **Absolutely No One** has the right to play on this frailty. Virtually everyone does. Everyone tweaks their

“Frailty Play or Card” by using or playing the MOST heart felt frailty cards. Why...Why...Why? The idea is simple. Guilt and Fear work! Those individuals or institutions that capitalize the best or the most effectively on our frailties... profit or gain the most. That is the simple “WHY”. But...Who?

Pretty much everyone in the world plays the “Frailty Card”, but let me name some. Only singling out our American government and agencies would be an injustice. Indeed I have to include every world government and agency as a start to this list. How about the world’s religions... the specifics of religions preying on human weaknesses are chronicled throughout our human history. The religious gifts to humanity are also chronicled. Insurance companies, hospitals, travel agencies, insurance companies, prescription manufacturers and their cure for every physical and mental frailty and politicians playing to every conceivable human or environmental frailty. Each scoring huge results with their efforts. Think about the ads expressing that their organic food is more healthy than that of their competitor’s, smelly trash bags versus the others, our coffee being grown by homeless farmers versus the coffee grown by the huge wealthy coffee power brokers, starving and abused pets or children, *“Help I have fallen and can’t get up!”*, the man can’t get *“it”* up, a manual toothbrush versus the electric toothbrush to combat plaque, eating jelly fish to combat memory loss, sweating in public, diapers that work for babies and the elderly, plus the hundreds of other examples of frailty cards we are bombarded with on a daily basis. If we succumb to correcting these life frailties, we have to ask ourselves, is it a positive or negative impact on our lives? This is a personal decision only you can make.

Still not convinced that you are being preyed upon; someone using your frailties against you. My latest personal example would be my cardiologist putting me on Lipitor, even though my

cholesterol levels from my blood tests have been totally normal throughout my sixty six years of life. The cardiologist stated that **“At My Age”** taking a statin was like taking out a low cost insurance policy which **“could”** help prevent a future heart attack. In the event of a heart attack **“possibly lessening”** the affects of the heart attack, and **“possibly reducing”** the occurrence of a stroke. What flipped the switch on my **“death frailty”** went like this: *My cardiologist states he has been taking a statin like he is prescribing to me since he was in his late 30’s. Why? His medical research supported his conclusion and the results of his patients he had placed on statins after a heart attack. Yes... he got me!* After all he is a “DOCTOR”. Who benefits? Possibly the doctor, but definitely the drug manufacturer. Who knows... maybe it will be a true benefit to me as an insurance policy to **“possibly”** prevent death by a stroke or heart attack. The pages of time will reveal this to me soon enough.

I do not want to spend my entire day writing about individual frailties and their consequences for my Grandsons. Yes Grandsons...Plural as in TWO. My oldest, Weston. The newest addition to my life is Levi, also know as the “TANK”. Obviously taking after the physical size of his Papi, even though there is no genetic lineage. Or better yet his T Pa. As I write this, the words spoken by my Grandson Weston echo in my head. “Papi you aren’t FAT... you just have a BIG belly.” At the age of five Weston observes a frailty of mine, but has not yet learned to capitalize on it. Early enough we all eventually learn how and when to capitalize on the frailties of others. The question is **“Why Do We Do IT?”**. To help a fellow human, family member, or humanity? Jesus and Mohammed, Harriet Tubman, Norman Borlaug, Martin Luther King, Mother Teresa, Nelson Mandela, Oskar Schindler, Abraham Lincoln, Desmond Tutu, Princess Diana, the Great American Indian chiefs including Crazy Horse of the Oglala Lakota Sioux... so many great individuals who recognized the

worst of human frailties and wanted to improve or at the least strive to change for the better the entire collective of humanity. There must be many more throughout human history, but these are the ones I have read about and that have made a true impression upon my life. Why Do We Do Prey or recognize these Frailties? I think I have given you a jump start on the concepts of frailty and my ideas about frailty; so I will let you think and decide for yourself.

My Grandfather Mysse was wisest person I have ever known. Words such as sagacity, intelligence, sense, common sense, shrewdness, astuteness, smartness, judiciousness, judgment, prudence, circumspection and kindness only in part described the man. I heard his concerns about not only his and my frailties, but the frailties of his family and the world. Easy to identify, but extremely hard to correct as Granddad Mysse would repeat over and over. His compassion was infinite, but you could see in his eyes and face he was helpless in correcting the frailties of his own family and the friends he loved and surrounded himself with. I truthfully did not understand what he was telling me. I was simply too young to understand about the “Life Truths” he was trying to equip me with for my adult years. I knew my Granddad was truly special from an early age. Granddad Mysse was the one that started me writing down my most personal thoughts. Not a diary, but observations that might help myself and more importantly others in their lives. My Grandfather told me to read about history, to read about those who have made the most profound changes in the humanity of the world whether for monetary gain (Steve Jobs and Bill Gates), political gain (Adolf Hitler or Abraham Lincoln), or for both (Donald Trump). Whether a true humanitarian or that person who has trained himself for personal gain, all those I mentioned above were honed in their abilities to identify and tool these frailties of people in a skillful manner.

To my Grandsons... Weston and Levi... we are all gifted to one extent or another with the ability to recognize a frailty or weakness in people, in a law, in a bible passage, including segments of our lives shared with our Mother and Father, growing up with a brother or sister, playing sports, in a person's emotions, someone in need, someone not in need, the physically different and the mentally challenged... it is our "RESPONSIBILITY" as an individual to embrace and control this power and to act "INDEPENDENTLY" of others when confronting issues dealing with frailties. ***There is no escape from human frailties.*** Protect yourself, your family, and your frailties. Please be kind to the frailties of others. Each of you has the gift of being able to recognize these frailties. Be conscience of this gift at all times. Your gift must be given freely, willingly, and without any expectations which should always include kindness, compassion, and forgiveness.

***"I am not running away from my responsibilities. I'm running to them. There's nothing negative about running away to save my life.(451) The people who spout on about morals and ideals are the opportunists who are using those ideals to advance their own interests."*** A quote from the book "Catch 22" by Joseph Heller which someday I hope my Grandsons will read and try to understand. It will then make some sense of why I have attempted to convey these thoughts on "Human Frailty".

XYZ... Love Papi - October 12, 2011  
- Revised - March 21, 2016  
- Revised - December 5, 2017

