

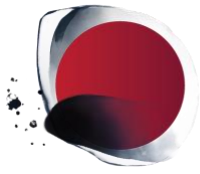


With Age



I've been sitting here contemplating age and not particularly liking it. As we age, we perceive the world with a greater capacity than we did when we were younger. We see mortality, we experience suffering, and we imagine the end. Without awareness, we may tend to shut down with fear, frustration, and regret.

However, we do have another option - to open to infinite possibility. Our diminishing eyes are being replaced by an expanding ability to see inward and into life itself. Our physical abilities, though limited, are steadier and flowing allowing us to embrace subtlety.



With age, we can open to the complexity of what it means to be human; allowing a trade-off between allowing our impulses to seek immediate fulfillment with an awareness of the soft flow of our vast capacity to experience pure possibility. When younger, we are driven to fill this capacity. With age and awareness, it is possible to simply hold this capacity and experience the beauty of the life as it reveals itself to us.

For those of us who are upset about our age, I have a question; “are we surprised?” Did we not see it approaching? Perhaps our problem is not with age, but with our resistance to accepting it. And we have trouble accepting age because of a fundamental misinterpretation of what it is all about.

And what is this reality that is seeking your attention? The truth is that there is an exchange taking place. You are exchanging your fantasies of what “*could be*” for what “*is.*” All your life, you have been living at the center of a world that is expanding and increasingly demanding of your participation, with some vague promise of what you hoped would be. And now, with age, all that you thought “could be,” is here, but does it not meet your expectations that were cultivated over years of placing fulfillment off into this future?

Look at your partner today. Spend time with a friend. Sit and observe, as the world you know unfolds before you. Notice what is seeking your attention and simply allow it to fill you.

Stop worrying about what could be and take a closer look at what is. Initially, the world was here for your use and now you have simply evolved to a point that you are being compelled to allow the world to use you. Look to see how the world is attempting to use



you. What does it want from you? **What do your loved ones want? What are they asking for?** Do you have the courage to seek these insights?

Age is about recognizing that you are being provided the opportunity to find yourself in the expectations, fantasies, and needs of others. I know that shifting your thinking so dramatically is difficult. However, when you are dead and gone, you will still exist in the minds and hearts of those who know you. Why not find out now, how you are being internalized and how you will be remembered? There is still time to recognize yourself in their hearts. There is still time to choose how you are living on in the lives of others.

Research

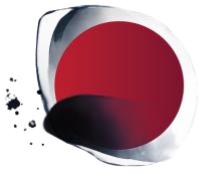
"Twice this week, I have watched an elderly individual fade into the busy life in which we all live.

One man needed Panadol for his wife, but the shop assistant said it was in '6'. But he struggled to navigate the supermarket, and as I watched him go in the wrong direction, I left all my groceries and took him where he needed to go.

Today, I watched an elderly man struggle in the heat, who had obviously had a fall with a huge scrape and blood on his leg. He walked past people in the cafe while slowly going to his car. Not one person stopped Or looked, Or acknowledged him.

I took him to his car and checked he was ok. He told me he had a fall and wasn't sure how the air con worked in his car, so he didn't use it. I sat with him until his air con kicked in and heard him talk about the old frail body that he is in, which fails him every single day.

When you see an elderly person walking down the street, searching in the supermarket, or struggling to reach their car, take a minute out of your busy schedule and ask them if they need a hand. Think about your grandparents and your parents and how pissed you would be if someone didn't stop to help them. But more, think of them as you.



Once upon a time, they were you. They were busy; they had work and children and were able... Today, they are just in an older body that is not going as fast as they used to, and this busy life is confusing. They deserve our utmost respect and consideration. One day it will be you; it will be us. I wish more people gave a sh*t about them and acknowledged them for their admirable existence, and geez, I hope someday, not that far away, someone does it for me.”

Credit: Adele Barbaro. | <https://www.linkedin.com/in/adele-barbaro-32971a113/?originalSubdomain=au>

Research

“I know that I have less to live than I have lived.

I feel like a child who was given a box of chocolates. He enjoys eating it, and when he sees that there is not much left, he starts to eat them with a special taste.

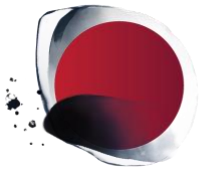
I have no time for endless lectures on public laws - nothing will change. And there is no desire to argue with fools who do not act according to their age. And there's no time to battle the gray. I don't attend meetings where egos are inflated and I can't stand manipulators.

I am disturbed by envious people who try to vilify the most capable to grab their positions, talents and achievements.

I have too little time to discuss headlines - my soul is in a hurry.
Too few candies left in the box.

I'm interested in human people. People who laugh at their mistakes are those who are successful, who understand their calling and don't hide from responsibility. Who defends human dignity and wants to be on the side of truth, justice, righteousness. This is what living is for.

I want to surround myself with people who know how to touch the hearts of others. Who, through the blows of fate, was able to rise and maintain the softness of the soul.



Yes, I hustle, I hustle to live with the intensity that only maturity can give. I'll eat all the candy I have left - they'll taste better than the ones I already ate.

My goal is to reach the end in harmony with myself, my loved ones and my conscience. I thought I had two lives, but it turned out to be only one, and it needs to be lived with dignity.”

Brilliant Anthony Hopkins
and free interpretation of Mario de Andrade’s poem

Image Courtesy of:

[LaShawn Dobbs @vitalvoiceoflove](#)

The Tim Dukes Method provides an opportunity for self-reflective individuals to cultivate the capacity to receive into consciousness hidden aspects of the self, claiming your unique gifts – ensuring that today’s brilliance successfully transitions into tomorrow’s wisdom. The Tim Dukes Method is designed and implemented by Dr. Timothy Dukes for determined creatives to ensure long-term viability — as a continuing investment in the well-being of yourself, your family, organizations, culture, society, and the Earth itself.