

Reminiscence

One of the important tasks in later life is to review our lives and to deal with any unresolved issues. Here are some of my on-going points for reflection (to which I will inevitably add):

It is the time *to seek peace* with ourselves and with others.

It is a time to let go of *feelings of regret and failure* – and not continue clinging on to them.

It is a time to let go of *hurts and resentments* and to find the healing that enables us to let them go.

It is a time *to seek reconciliation* with others (where this is appropriate and possible), but, more importantly, *to forgive others* (for what we perceive they have done to us and maybe others).

It is a time to *accept* ourselves and our life journey, the choices we have made, what we have done, and not done.

It is a time to reflect on our deepest noble *intentions and desires*.

It is a time for *recalling the generosity* (remembering the many different ways in which we have contributed to the lives of others) *and virtue* in our lives, as this brings a sense well-being to our minds.

It is a time of coming to *a deeper understanding of ourselves* and seeing our life as a whole.