

AS I AGE

An Insightful View from Philosopher, Educationist and Entrepreneur Jimmy Teo

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Some dear friends left this world too soon, before they understood the great freedom & joy that come with aging.

I can choose to read or work on my laptop into the wee hours; and take long naps anytime in the day.

I will dance with myself in tandem to those nostalgic music of the yesteryears! Of the 50s & about.

I can play golf, meet with old friends, speak at functions, joke, talk & laugh with my grandkids. They are always keen to know my stories! They will grow old too.

I will explore my neighbourhood with eagerness enjoying the lively ambience; observing all human activities, quietly praying for everyone's good health & peace.

I am sometimes forgetful. It's a blessing as some of life's events are best forgotten.

Over the years, my heart has been broken many times. How can my heart not break, when I lost loved ones? Broken hearts radiate strength, understanding, and compassion. And I know that one fine day, I will depart from this world. I wish that all who come by to say 'goodbyes' will know that I have lived a full life.

I am blessed to have my hair turning gray, even colouring them to my own satisfaction, just to look younger. I remember that some of my friends died before their hairs turned silvery.

My youthful laughs are permanently etched into fine grooves on my face, although somehow there are not much grooves as of the moment. I have a youthful face by God's grace.

I care less about what others think. Being older has set me free. I just am determined to do good & dare to help the needy.

I will not live forever here on earth. I will not waste time lamenting what I could have been. I will do my best. I know God will take care of the rest.

I will relish my remaining days with gusto & fun, influencing others to be likewise through my sharing & example.

Freedom of goodness & kindness
Are enhancements of aging
When one dares to think good & kind
And live accordingly
Escaping from criticising others
Focused on guiding others positively
By example.

1819hr/Sunday/23.7.17 Foodfare next to the Arc@Tampines.



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