

What Really Matters

by Dr. Michael Obsatz – May 2022

Once a person reaches 80, life has a different feeling about it. What used to seem important seems much less important. Status, recognition, external signs of success -- these have or have not been achieved. But something changes on the inside. A book about this is "Falling Upward" by Richard Rohr. He states that spiritual growth becomes a more of a focus as one ages.

So what really matters during the last few decades of life? Here are 10 suggestions:

1. Good health is of premiere importance, and maintaining energy and enthusiasm for life
2. Meaningful, lasting friendships
3. A sense of inner peace -- my life has meant something.
4. Having helpful, caring nurturers -- doctors, nurses, dentists, repair people, spiritual guides,
5. A spiritually supportive community, clerks and salespeople, barbers/hairdressers, etc.
6. Loving and accepting oneself, and forgiving past mistakes -- freedom from shame, blame, and guilt
7. Hobbies and adventures that one enjoys
8. Seeing life in perspective -- living with gratitude for all the joy and love one has received
9. Caring and compassion for those who are suffering -- and making some contribution to support them -- the ill, the poor, the oppressed, the lonely
10. Passing on a meaningful legacy -- leaving something of value for the world