

# THE OLD AGE: A FRUIT OF LIFETIME AND A GIFT

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Maturity and old age should be considered a precious gift, first of all the old age, as long as it moves forward, leaving behind everything that life could offer or it has already given. So, old age could be a joyful period. Even, when it is confined to an unending fruitless regret, it becomes something miserable and out of interest, not attractive at all.

4 On my opinion the task of the old age should provide to raise oneself over the physical level, which deteriorates with age, gathering the conscious fruits of each one's experiences in order to offer them to others and to life itself; to make an inner light gleaming through the old and worn-out body.

Obviously wisdom cannot extemporize itself, it has to be the product of a deep training and an inner work, a spiritual attitude with a bit of comprehension and love on it.

The praised experience should show itself as a love and wisdom experience. So young people could feel that the old ones didn't live in vain and they could walk towards them being lovely and sincerely respectful.

A natural, fruitful, merry exchange of energies could be achieved.

In most cases the cult of old age confines itself to traditionalism, materialism, external appearance, sentimentalism and deceitfulness.

Life goes on, it doesn't go back on; living turned to the past, nourishing some fruitless regrets is like living looking all eyes behind.

Past is past, it cannot and must not turn into an unnatural present.

Anyway we have to become aware of it, possessing the will and the strength of changing direction. Instead,

slowly but surely we happen to find ourselves submerged by our Unconscious

Life gets into a kind of somnambulism, and in effect it is no more life.

It gets much more dangerous if, in addiction to a lack of spirituality and wisdom, we find a close, uncultured, rough mind...

We have to prepare the old age in dignity.

As far as we provide properly to assure a certain comfort, a financial income as assured as possible, so we should arrange for ensuring a moral and spiritual statement, aiming not only to enjoy it, but also to be prodigal of it - this attitude could change into serenity and delight.

Finally the old age is only one of the periods in our earthly life, it has its duties (and a few rights), as the other stages. It is up to us to find out and face them.

The idea of the "near end" - which is only the end of our body - shouldn't strike with paralysis this period in our life, it should make it produce more fruits by accepting on a clear way its inevitable limits, moving as much as we can our field of conscience and action from outside to inside.

In addiction to duties towards the others - and not less - the old man has duties connected to this period of life towards his real himself.

As long as many external tasks and duties are over, he must have an inner detachment in order to welcome the new chances in his life and not give raise - by his emotional attitude and habits - to duties which do not belong to him anymore..

Life on a man next to the passage to other spheres of existence should be mostly an inner life, gathered inside himself, towards a progressive detachment from the earthly level, his heart filled with love, not a narrow love simply turned to sons and nephews, but a heart open wide to all the human beings, to the whole Life. Through this kind of love he could be able to sweeten his last earthly years to get ready and make the passage easier, without any fear or horror. A great detachment from the old is required, that is because there is a serious danger to fall into an arid selfishness.

Old age can be the most interesting and fruitful period in the whole earthly life: all it takes is renouncing - and on the opposite increasing - the fruit of the past life; to detach oneself without abandoning the field of battle.

It is not suitable to envisage in old age only the limits, even if they exist, as in the mean time we can perceive a process of liberation from many obstacles that could have been once necessary on the past field of battle, but they are now over: passions, exuberances, extreme outward activities. Any period on our short existence has got a single range of activities and experiences, each of them is a training to the next, creating the continuum on our life.

Till our last breath we are responsible of how we live, of the use of our own aptitudes towards Life itself.

It's up to us to think it over seriously and in time; it's helpful to develop, to live in conscience, to walk with the passing time, even we don't have to nourish inside ourselves a fear towards the dreadful old age.

The most effective way to overcome the physical and psychological difficulties is to face life with courage, having kitted ourselves inside. We will result stronger than our troubles, not living them in full immersion, but overlooking and counterbalancing them with fresh, young energies. It will be helpful to bear and sometimes to remove them. We have to remind - especially if we keep inside ourselves some childish sides due to atrophic developments - that our childhood is over, our youth and first maturity too. We have to move with the time in order to watch if we dropped behind and which reward we reaped from our past life. Otherwise time overpasses us and we get a lot of difficulties in getting squared.

From time to time it is helpful to keep in our conscience our physical age, not in a regretting or frightening mood, but in order to get exactly in touch with the goal we reached: an outcome, a result.

If our purpose is to achieve a conscious and a wise maturity, whose symbol is a fruit and a light, we must aim to be victorious although the obstacles we can meet on our way, in spite of tiredness, big disappointments, grievances, pains, sufferings.

We need to be ourselves in courage, even if circumstances try to submerge or to put us down. Our inner energies have to support the weakness of our body in order to restore a balance otherwise going to become unsteady. The conscious fruit of an active and lively soul has to strengthen the external fading.

"When life stops to be a promise, it doesn't stop to be a task" it is a truth which gets into a responsibility towards oneself and life. That means that the old age becomes a blessing and a light, a new vital warmth. We have to learn, even if it's difficult, to give all what we have been refused of, we may find it inside ourselves and offer it enlightened by the light released by our having withstood and won.

5

We need that Life can consciously gain a victory and rule over the matter, dominating it.

This sense of strength - in spite of the physical weakness - will make as long as possible the old man self-sufficient, self-asserting, not obliged to be supported by others. His heart will be filled with joy so that there will be many doubts about his real physical age.

A smiling old age is a blessing, an encouragement, an example.

A spiritual direction in life, a guidance, a faith, a certainty on its continuity and on its values are the conditions necessary to achieve it.

Love will be the main foundation of this path.