



LIFE TIME | LEEF-TYD

Reflective notes:

Ageing is inevitable and universal – part of the natural cycle of life. For some it presents an existential crisis, fuelled by a society and culture which encourages people to deny and defy growing older.

With Life Time | Leef-Tyd we would like to explore ageing as a new developmental stage of life, with its own significance. We would like to find out how to make the most of this time; how to live as meaningfully, creatively, fruitfully and gracefully as possible.

NOTOZI JENNIFER MGOBOZI

In this session we explore the following questions:

- what role does forgiveness play in my life
- how do I deal with/respond to pain and suffering in my life
- what role does goal setting play in my life
- what role does determination and focus play in my life
- how do I feel about ageing
- how has ageing affected my energy levels
- has ageing dampened my spirit
- how has ageing impacted on my interaction with others/the larger community
- do I feel respected as an older person by the youth
- what role does family play in my life
- how do I feel about death
- does death/dying frighten me

Reflect on Notozi's words:

- "...because to me age is just a number, I just want to retain my spirit as if I'm still young."
- "I still have vigour, and I've just got to move. I have this energy that wants to help, that wants to teach."
- "I would like to share my expertise with the youth; I would like to share my expertise and my knowledge with my community."
- "I love forgiveness because forgiveness brings me peace."
- "I am also not a person that likes to know everything, because that would stop me from learning from others. It would hinder my growth."

Further reflection:

- Notozi says there are still things that she is learning now at her age, and that excites her. How do I respond to new ideas, things and challenges that cross my path? Am I still excited about the future?

READING SUGGESTIONS:

Invia:

- On The Brink of Everything. Grace, Gravity and Getting Old. **Parker J. Palmer**
- Ageless Soul. The Lifelong Journey Toward Meaning and Joy. **Thomas Moore**

Notozi:

- A Headmaster's Story. **Bill Schroder**
- Just Another Kid. **Torey Hayden**
- Animal Farm. **George Orwell**

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