

## Uthsav – Values for inner growth while aging



As you come to be of age, you should be at peace with yourself – and to be at peace with yourself, you have to be at peace with the world and the creator. We, invite you to be part of “Uthsav” - Celebrating life. When we grow old, life is to celebrate and be grateful for all that we received over the years. That is the age to live in present and not to worry about present condition.

“Uthsav” is an effort to learn, clarify, assimilate and live values at that ripe age. Our true character, what we are and what we think about us are revealed if one can keep marching on when the band stops playing. When we grow old what comes to our help is not the walking stick but our own assimilated values throughout the life.

Values are principles we live by – our guiding force. It brings us back on the track whenever we miss the way. Values are the governing factor of our thinking and consequently our actions, especially our attitude to the world. Life is full of choices, our characters are formed by our choices and choices are formed what is most

important to us. First, we must hold up the values that we cherish, at times of confusion and crises these values hold us up.

As life is growing and preparing to meet the end post, the most important thing is to be at peace with oneself, the world and the creator. We need to ensure that there are no rotten thoughts left in our basket; bitterness, insecurity, guilt, hurt, hates and regret. We need to put values what we can and pray to put what we can't. "Uthsav" is an honest effort to create a sense of fulfilment while approaching the goal post. It is all about celebrating the victory of living a purposeful life.

"Uthsav" is an effort to meet people who are not so fortunate and assist them in knowing the beauty of life, meeting the challenges of old age, some of which can be quite unexpected.