

## THE PATH OF THE SECOND HALF OF LIFE



**T**he relationships that we weave throughout our lives are a treasure. Some of them remain from our childhood to adulthood. Such is the case of our friend Martha Pardo, whom Mari Carmen and I have known for many years. She wrote the book *Challenges of the Second Half of Life*.

When I learned about Martha's book, I was reading *Falling Upward: A Spirituality for the Two Halves of Life* by Richard Rohr. Both titles are based on Carl Jung's psychology. As a final reflection of the year, I want to share with you the following lines from both readings, which, of course, I highly recommend.

The second half of life is marked by the change of a stage, rather than by biological age. It occurs when we become aware of the time that has passed and the years that lie ahead and decide to live fully and transcend. It begins with an invitation to introspection and personal work. It is about strengthening our inner being; first shedding attitudes that make us stumble, and rather choosing

This sculpture is called "**Tendiendo Puentes**" by artist Lorenzo Quinn at the Venice Biennale.

The linked hands symbolize the need to build bridges and overcome difficulties. Each of the hands symbolizes human values to achieve the union: "**friendship, wisdom, solidarity, faith, hope, and love.**"

those that help us move forward; such as positivism, perseverance, patience, resourcefulness, perspective, open-mindedness, gratitude, forgiveness, and giving to others. By incorporating these elements, the possibilities open up, and we renew our courage to continue building our legacy.

In my case, many things motivate me, such as getting up early to exercise, work and spend time with my family, children, and grandchildren, from whom I learn and get refreshment. I am encouraged to continue involved with initiatives that help our society. I enjoy promoting transparency, attending causes such as attention to natural disasters, developing a culture of corporate social responsibility, and of course, encouraging youth to build their dreams, betting on the common good and sustainable development.

When crossing the bridge of my life in this second stage, I see myself generating synergies by putting each other in contact. I do not know if I will see the impact of all this but trusting in the potential of what it can become, I am very excited. Thank you for being part of this value generation network. I wish you the very best in finding beauty and fulfillment in your walk.

*Happy holidays!*

