

Accepting the inevitable

By Julia Lee Ai Cheng

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HOW many of you can recall what you did on Boxing Day, December 26, 2004? How many of you were numbed by the extent and magnitude of the recent Tsunami disaster?

When disaster strikes, how many of us sit back and reflect and come to realize that what is inevitable in our life is death, whether we are white, black, brown, rich or poor.

I shall not apologize for discussing a taboo topic in public because I know for sure that at one point or another, we would have to come to terms with one of the hardest things about "growing up" and THAT is to accept death as part and parcel of living. An even more difficult reality is that death comes knocking at an hour we cannot anticipate.

There are many ways we could entertain this disturbing reality. We could run away from it and say that it is a waste of time to discuss death, we could live a hedonistic lifestyle: be pleasure seekers to the fullest at the physical, social, and emotional level or we could accept the inevitable with a greater and renewed sense of purpose in life.

I opt to accept the inevitable with a greater and renewed sense of purpose in life. This renewed sense of purpose must begin with these three important resolutions and actions.

The first resolution is to acknowledge that death can come to us. Acknowledging that death is a phase in life will bring us life. Fear not death but live life each day, taking one step at a time. The best way to accept death is to live each day as if it will be our last.

This basically means that we must approach each day with a drive to contribute our best and to enjoy what we do. Appreciate and be thankful for the many blessings that we are bestowed with, be it breakfast on the table, a car to shelter us from the rain or sun, or a loving gesture from a loved one. Count our blessings and decide to be happy.

Go M.A.D. M.A.D stands for **Make A Difference**. Go make a difference in our own lives and that of others. Write down all the virtues we wish to cultivate and sow those seeds at every opportunity.

Having this plan in life is important so that we can consciously become people who make a difference and who reach out to other human beings. For example, if what it takes to help a friend is to give her encouragement by telling her to speak from her heart, say it.

Know that your rewards, though intangible, are many. You will become a happier person because you have helped another person grow. Remember, we can make a mountain out of a molehill. Go M.A.D.

Explore our potential. Identify where our potential lies and sharpen those skills so that we can live life to the fullest and become who we are meant to be. Nothing is more satisfying than to know we have uncovered and discovered a hidden talent bestowed upon us and that we have utilized that talent for a great purpose in our life and our community.

No two individuals have the same talents. It could be musical, logical-mathematical, bodily-kinesthetic, interpersonal, intrapersonal, linguistic, or naturalistic. Be who you were meant to be by discovering your potential rather than try to be somebody else. Life will be more meaningful that way. Take every opportunity to grow, today

According to Kubler-Ross (a psychologist who specializes in death studies), the key to living a meaningful life is to acknowledge that **death** can come to us.

When we fully understand that each day when we awake could be the last we have, we take the time each day to grow, to become more of who we really are, and to reach out to other human beings.

Lastly, meditate and accept death as a phase in life before our worries and numbness about death become depression. Move on and focus on living each day in a purposeful and meaningful way.

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