

DePuy's Views

Shaping a Rich, Full Life

by Dr. Hadley S. DePuy

The year is 2011. It's a Saturday afternoon in September in suburban Washington, DC, and a crowd is gathered. On this crispy golden afternoon, we are celebrating my 80th birthday and my final retirement. Family, friends, and colleagues are here, and I'm pleased to see my young grandchildren Luis and John, just starting out on their own careers. The brief speeches 'roast' me playfully, and the day is full of merriment. Several themes come through it all, though, and I am gently reminded of what I have been able to contribute over my fifty-eight year career.

This is my dream of what it will be to look back over a long and satisfying life. This particular vision reflects a life in which career was not the only important thing.

How about you? What will be the highlights of your life, looking back from 80? How do you want to be remembered? What legacy do you want to leave behind?

What is important is to look at how you want your life to unfold and what steps you can take to reach the richest and fullest life possible. If you want to learn today what could make all your remaining years more satisfying, more rewarding, and more productive, consider putting in balance your career and personal life with your spiritual life.

Have you ever considered this reality? That people who have a devoutly spiritual life have comfort, connection, and a sense of meaning in their lives. Whatever their beliefs as to the purpose of life and the promise of an afterlife, they are at peace with their convictions.

They derive their code of conduct and their sense of direction and ethics from the strength of their beliefs. This certainly is private and personal, yet they give their views freely when sincerely questioned or are called on for help or guidance. They avoid judging others, knowing that their responsibility is to focus on themselves.

They model their beliefs. They live their own lives so that anyone looking at them closely will see the daily definition of the ideas they hold most dear.

They realize that others may believe differently, and they respect each person's right to make a personal choice.

They join others in spirit and song. They know the family of fellowship and the strength and direction it can offer. Whether this family is in a place of worship or whenever they gather with others, they know their kindred souls.

They know temptation. They know the darkness that comes from an occasional lapse. And they know the uncomplicated joy of staying true, and holding fast.

They know comfort and joy in being connected to something greater than they are. They pray because they believe.

They recognize that in today's complicated world there are many gray areas. They seek the counsel of their conscience and keep a loving heart. ☆




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