

Aging

I am born, new born every day
I have found a way
To live, to give, to forgive
Not to let bitterness become
The crest I wear upon this aged face
For I have learned to slow my pace
With time passions and desires
Have been tempered by disappointment
And sorrows.
Yet I have always held hope for tomorrow
A new day, a new way to see
Those that have caused me sorrow
Has been about them not me
With age, wisdom and understanding has come
Death may come soon
Sooner than I expect
Yet, I am ready to embrace
That unknown face
To go on that journey of no return
To rest, to sleep,
Whilst my son and daughter
The vigil keep, until they too are gone
And we are once more integrated into the sun!

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How to cite this article: Anderson M. Aging. *Psychother Politics Int.* 2018;16:e1464. <https://doi.org/10.1002/ppi.1464>