

Aging As A Spiritual Practice A Contemplative Guide To Growing Older And Wiser

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This contemplative guide transforms the journey of aging into a profound spiritual practice, offering insightful pathways to embrace later life with grace and wisdom. It encourages mindfulness and reflection, helping readers navigate the challenges and joys of growing older to cultivate a deeper sense of purpose and spiritual understanding.

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Aging as a Spiritual Practice

In *Aging as a Spiritual Practice*, Buddhist priest and teacher, Lewis Richmond, describes the four stages of aging, providing an uplifting look at life's enriching journey. Drawing on the teachings of Buddhism, he urges us to rejoice in getting older, not to fight it; to adapt to a different way of living rather than trying to chase a mythical elixir of youth in a quest to stay younger for longer. He says: 'Everything is aging, all the time. We age from our first breath. The problem is not aging per se, but our view of it'. Whether you're 30, 60 or 100 there are life-enhancing lessons to learn and a wealth of opportunities in which to experience true joy. With traditional Zen exercises and anecdotes from people of all ages sharing their positive experiences, Lewis teaches us to embrace change and see aging as simply an opening up of new paths. He shows us how we often fail to appreciate the wisdom we develop as we go through life and teaches us that to truly develop contentment we must spend more time with our close ones and in looking inwards at ourselves. www.lewisrichmond.com/

Aging as a Spiritual Practice

Offers a Buddhist perspective on aging well, with anecdotes of the author's experiences with illness, aging, and transformation, and guided meditations.

Aging as a Spiritual Practice

The bestselling author of *Work as a Spiritual Practice* presents a new vision of the aging process, awakening a spirit of fulfillment and transformation. Everything changes. For Buddhist priest and meditation teacher Lewis Richmond, this fundamental Buddhist tenet is the basis for a new inner road map that emerges in the later years, charting an understanding that can bring new possibilities, fresh beginnings, and a wealth of appreciation and gratitude for the life journey itself. In *Aging as a Spiritual Practice*, Richmond acknowledges the fear, anger, and sorrow many people experience when they

must confront the indignities of their aging bodies and the unknowns associated with mortality. This wise, compassionate book guides readers through the four key stages of aging- such as "Lightning Strikes" (the moment we wake up to our aging)-as well as the processes of adapting to change, letting go of who we were, embracing who we are, and appreciating our unique life chapters. Unlike many philosophical works on aging, however, this one incorporates illuminating facts from scientific researchers, doctors, and psychologists, as well as contemplative practices and guided meditations on aging's various challenges and rewards. The tandem of maintaining a healthy body and healthy relationships, infused with an active spiritual life, is explored in rejuvenating detail. Breath by breath, moment by moment, Richmond's teachings inspire limitless opportunities for a joy that transcends age.

Every Breath, New Chances

Tools and anecdotes to reframe aging from the bestselling author of *Work as a Spiritual Practice* and *Aging as a Spiritual Practice*. Aging is a journey: a decades-long adventure of new opportunities and surprises. For many men, the decline in virility and power that accompanies age can be a tough pill to swallow. When these fall away, how do we make sense of who we are? What does it mean to be a man? Drawing from research, interviews, and personal stories, *Every Breath, New Chances* shows readers how to turn toward the changes associated with aging and to reevaluate losses and transitions as new avenues for joy, self-discovery, renewal, and growth. Delving into topics such as divorce, single living, retirement, and encore careers, each chapter includes a contemplative practice called Deep Mind Reflection to help readers navigate the fears and aspirations that come along with changes in relationships and work. This book addresses the more challenging realities associated with illness, substance abuse, and mortality, while empowering readers to compassionately embrace next steps and spiritual preparations for their final decades of life. This book does not proffer tools for staving off an inevitable part of life; rather, it offers frameworks and strategies for peacefully embracing it.

Creathing a Spiritual Retirement

Retirement from the daily workforce can be an opportunity to refocus on your soul. Deepen your relationship with the unseen but no less real presence of spirit in your life with fresh spiritual reflections and questions to help you explore this new phase.

The Spirituality of Age

A compassionate guide for transforming aging into spiritual growth • Engage with 25 key questions guiding you to mine previously untapped veins of inspiration and courage • Find a constructive role for regret and fear and embrace the freedom to become more fully yourself • Draw from both Eastern and Western spiritual traditions and the latest research in psychological and religious theory to cultivate your spiritual potential As we enter the years beyond midlife, our quest for an approach to aging takes on added urgency and becomes even more relevant in our daily lives. Empowering a new generation of seekers to view aging as a spiritual path, authors Robert Weber and Carol Orsborn reveal that it is by engaging with the difficult questions about loss, meaning, and mortality--questions we can no longer put off or ignore--that we continue to grow. In fact, the realization of our full spiritual potential comes about not by avoiding the challenges aging brings our way but by working through them. Addressing head-on how to make the transition from fears about aging into a fuller, richer appreciation of the next phase of our lives, the authors guide you through 25 key questions that can help you embrace the shadow side of aging as well as the spiritual opportunities inherent in growing older. Sharing their stories and wisdom to both teach and demonstrate what it means to feel energized about the possibilities of your later years, they explore how to find a constructive role for regret, shame, and guilt, realize your value to society, and embrace the freedom of your later years to become more fully yourself. Coming from Catholic Jesuit and Jewish backgrounds respectively, as well as drawing from the latest research in psychological and religious theory, Weber and Orsborn provide their own conversational and candid answers to the 25 key questions, supporting their insightful and compassionate guidance with anecdotes, inspirational readings, and spiritual exercises. By engaging deeply with both the shadow and light sides of aging, our spirits not only learn to cope--but also to soar.

Work as a Spiritual Practice

A guide to developing and maintaining a spiritual life on the job, drawn from the teachings and practices of Buddhist tradition. Most people associate Buddhism with developing calmness, kindness, and compassion through meditation. Lewis Richmond's *Work as a Spiritual Practice* shows us an-

other aspect of Buddhism: the active, engaged side that allows us to find creativity, inspiration, and accomplishment in our work lives. With over forty spiritual exercises that can be practiced in the middle of a busy workday, *Work as a Spiritual Practice* is based on the principle that "regardless of your rank and title at work, you are always the chief executive of your inner life." Drawn from the author's diverse professional experience—as a Buddhist meditation teacher, business executive, musician, and high-tech entrepreneur—*Work as a Spiritual Practice* addresses a wide variety of on-the-job problems. Here you'll learn how to:

- perform spiritual practices while commuting to and from work
- meditate while sitting, walking, or standing—a minute at a time
- understand ambition, money, and power from a spiritual perspective

Work as a Spiritual Practice is an essential guide for anyone who wants to bring his or her spiritual life and work life together.

Work as a Spiritual Practice

Work as a Spiritual Practice is a major contribution to spiritual writing. It is the first book to show us how to bring heart and soul to the work we do.

From Age-ing to Sage-ing

Over two decades ago, beloved and respected rabbi Zalman Schachter-Shalomi felt an uneasiness. He was growing older, and fears about death and infirmity were haunting him. So he decided to embark on a mission to get to the bottom of his fears. Through a series of events that included a vision quest in a secluded cabin and studying with Sufi masters, Buddhist teachers and Native-American shamans, Reb Zalman found a way to turn aging into the most meaningful and joyous time in his life. In this inspiring and informative guide, Reb Zalman shares his wisdom and experience with readers. He shows readers how to create an aging process for themselves that is full of adventure, passion, mystery, and fulfillment, rather than anxiety. Using scientific research--both neurological and psychological-- Reb Zalman offers techniques that will expand horizons beyond the narrow view of "the present" into a grand and enduring eternity. By harnessing the power of the spirit, as well as explaining exactly how to become a sage in their own community, he gives readers a helpful and moving way to use their own experiences to nurture, heal, and perhaps even save a younger generation from the prison of how we typically regard aging. In this updated version of his popular book, Reb Zalman has added a brand new introductory chapter that provides insight into the shifts that have taken place in our culture since the first edition of this book came out in the 1990s. He speaks about the role the 78 million (now aging) Baby Boomers are currently playing in how we think about aging. Additionally he provides new inspiring ideas about the importance of an elder's role in shaping society, and explains how elders can embrace the power they have to provide value and wisdom to those around them.

In Praise of Ageing

"In this moving and tender meditation on the process of growing old, Carmel Shalev reveals ageing as a new beginning rather than a shameful ending of life." -- Stephen Batchelor

Drawing on the insights of Buddhism, *In Praise of Ageing* invites the reader to meet the challenges of growing older with an open mind in order to age with grace, understanding and wisdom. Written by an Israeli human rights lawyer who specialized in bio-ethics, including end-of-life care, the book looks at the current cultural context of youth versus age, and weaves the author's personal experiences of her own and her parents' ageing with ancient Buddhist wisdom that accepts growing older as a natural process. All phenomena appear, fade and disappear. So, too, our lives proceed from birth to death. The four parts of the book address reality, vulnerability, identity and meaning. We can acknowledge reality, see the impermanence of the weakening body, and accept that we are subject to ageing, sickness and death. But we also must deal with the social prejudices against ageing that bring new vulnerabilities, such as the questions of identity that arise when we retire from the workforce. This book shows that it is nonetheless in our hands to shape our place in the world and find meaning as elders with love, compassion, joy and equanimity. Ageing, indeed, has its hardships. Yet we have a choice how to relate to our experience - with animosity or friendliness. If we open our minds to ageing with a compassionate, curious and courageous heart, we can find treasures of wisdom to share as our heritage to future generations.

The Grace in Aging

Learn to use your later years for awakening and spiritual growth. Encouraging, inspiring, and practical, *The Grace in Aging* invites all those who have ever experienced spiritual longing to awaken in their twilight years. Since aging, in and of itself, does not lead to spiritual maturity, *The Grace in Aging*

suggests and explores causes and conditions that we can create in our lives, just as we are living them, to allow awakening to unfold -- transforming the predictable sufferings of aging into profound opportunities for growth in clarity, love, compassion, and peace. Kathleen Dowling Singh streamlines vast and complex teachings into skillful means and wise views. Straightforward language and piercing questions bring Singh's teachings into the sharp focus of our own lives; the contemplative nature of each chapter allows for an uncommon depth of inquiry. Examples from our lives and from the chatter in our own minds touch the reader personally, offering the chance to absorb the implications deeply and do the work of freeing his or her own mind. Ecumenical in spirit, tone, and language, Singh offers wisdom from teachers from a variety of spiritual backgrounds: Thich Nhat Hanh, the Apostles, Annie Dillard, and more. Lessening our attachments, decreasing our aversions, unbinding what binds us, we bear witness to the possibility of awakening for all beings. The Grace in Aging offers guidelines for older individuals of any wisdom tradition who wish to awaken before they die; no need for caves or seven-year retreats. This is spiritual practice for the lives we live.

Conscious Living, Conscious Aging

"As the baby boomer population begins to retire healthier than any generation before them, retirement is about to look a whole lot different. No longer are seniors satisfied with their retirement years being defined by wasting away their days on the porch or puttering around the house. In Conscious Living, Conscious Aging, Ron Pevny presents an empowering vision and practical tools that help one to age consciously for a passionate, fulfilling second half of life. This contemporary model for aging focuses on the potential for growth, passion, purpose, service, and spiritual exploration while also offering wisdom for dealing with inevitable losses. Conscious Living, Conscious Aging helps readers: -Identify unfulfilled goals; -Find ways to contribute their skills to society; -And, spend their retirement years as a time of profound personal development. Today, retirement presents a whole new opportunity to engage with life, community, and the world with vigor. Don't merely grow old, age consciously"--

Wise Aging

How can Aging be a Good thing? Aging all too often feels like drift, downhill to a place we don't want to go. But each year new doors open with opportunities, even while others close with loss. We have the power to prepare, to become stronger, more resilient, and navigate these challenges. Will we turn toward the opportunities, and find new joy and meaning in life? How can we make the most of this time, and develop into deeper, wiser people? With the same warmth, humor, and wisdom that draw thousands to their innovative workshops on aging, Rabbi Rachel Cowan and Dr. Linda Thai give us the tools we need, delivering practical, real-world suggestions. No subject is off-limits; Rabbi Cowan and Dr. Thai tackle a wide range of issues head-on, including: Relationships with adult children and spouses Romance and sexuality, Living with loss, Cultivating well-being, Shaping our legacy, Whether reading this alone, with a partner, or in a group, Wise Aging will inspire and inform, and show us ways to grow into wisdom with resilience and joy. Book jacket.

Vesper Time

Focusing provides an effective way of listening to the innate wisdom of the body, while art therapy harnesses and activates creative intelligence. Focusing-Oriented Art Therapy: Accessing the Body's Wisdom and Creative Intelligence is a ground-breaking book integrating renowned psychologist Eugene Gendlin's Focusing with art therapy. This new, Focusing-based approach to art therapy helps clients to befriend their inner experience, access healing imagery from the body's felt sense to express in art, and carry forward implicit steps that lead toward change. Written for readers to be able to learn the application of this innovative approach, the book provides in-depth examples and descriptions of how to adapt Focusing-Oriented Art Therapy to a wide variety of clinical populations including individuals and groups with severe psychiatric illness, trauma, PTSD, anxiety, depression, and more, as well as applications to private practice, illness and wellness, spirituality, and self-care. Integrating theory, clinical practice, and numerous guided exercises, this accessible book will enhance clinical sensitivity and skill, while adding resources for bringing creativity into practice. It will be of interest to art therapists, Focusing therapists, psychologists, counselors and social workers, as well as trainers and students.

Focusing-Oriented Art Therapy

The acclaimed author of How We Age, whose "descriptive powers are a gift to readers" (Sherwin Nuland), presents a hopeful and practical model of aging -- a guide to understanding how we can all

make the journey better. As one of America's leading geriatric psychiatrists, Dr. Marc Agronin sees both the sickest and the healthiest of seniors. He observes what works to make their lives better and more purposeful and what doesn't. Many authors can talk about aging from their particular vantage points, but Dr. Agronin is on the front lines as he counsels and treats elderly individuals and their loved ones on a daily basis. The latest scientific research and Dr. Agronin's first-hand experience are brilliantly distilled in *The End of Old Age* -- a call to no longer see aging as an implacable enemy and to start seeing it as a developmental force for enhancing well-being, meaning, and longevity. Throughout *The End of Old Age*, the focus is squarely on "So what does this mean for me and my family?" In the final part of the book, Dr. Agronin provides simple but revealing charts that you can fill out to identify, develop, and optimize your unique age-given strengths. It's nothing short of an action plan to help you age better by improving how you value the aging process, guide yourself through stress, and find ways to creatively address change for the best possible experience and outcome.

The End of Old Age

In this brilliantly conceived and beautifully written book, Kathleen Dowling Singh illuminates the profound psychological and spiritual transformations experienced by the dying as the natural process of death reconnects them with the source of their being. Examining the end of life in the light of current psychological understanding, religious wisdom, and compassionate medical science, *The Grace of Dying* offers a fresh, deeply comforting message of hope and courage as we contemplate the meaning of our mortality. While the prevailing Western medical tradition has seen death as an enemy to be fought and overcome, Singh offers a richer and more rewarding path of understanding. Combining extensive training and education in developmental psychology with profound spiritual insight, she balances expert analysis with moving accounts drawn from her experiences working with hundreds of dying patients at a large hospice. Singh moves beyond the five stages of dying revealed in Kübler-Ross's classic *On Death and Dying*, and finds in the "nearing death experience" even more significant and forming stages of surrender and transcendence. These stages involve the qualities of grace: letting go, radiance, focusing inward, silence, a sense of the sacred, wisdom, intensity, and, in the end, a merging with Spirit. Through this intense process, we come to experience at last the reality of our true self, which transcends our finite ego and bodily existence, and our merging with the source of being from which we originated. Dying is safe. In clear, nontechnical language, Singh reveals the transformations that come with dying, using the vocabulary of growing Western, as well as Eastern, wisdom. Written for those aware that their life is coming to an end, those who care for the dying, and, ultimately, for all of us who inevitably face our own death and the deaths of the people we love, *The Grace in Dying* reveals that dying is the most transforming, powerful, and spiritually rich of life's experiences.

The Grace in Dying

Is Yoda a Zen Master? Is the story of Luke Skywalker a spiritual epic? The answers, as well as excitement, adventure, and a lot of fun, are here! This revised and expanded edition of *The Dharma of Star Wars* uses George Lucas' beloved modern saga and the wise words of the Buddha to illuminate each other in playful and unexpectedly rewarding ways. Matthew Bortolin writes an inspiring and totally new take on this timeless saga, from *A New Hope* through *Revenge of the Sith* and television's *Clone Wars*. Great fun for any Star Wars fan. Includes instruction in *The Jedi Art of Mindfulness and Concentration* and *The Padawan Handbook: Zen Contemplations for the Would-Be Jedi*.

The Dharma of Star Wars

Looks at the many dimensions of aging and considers the joys of this special stage of life as well as the rewards of being open to new experiences and new relationships.

The Gift of Years

For Lewis Richmond, overcoming a swift and devastating brain disease was only the beginning of an intense, protracted journey of recovery. But the Buddhist teachings that sustained him throughout his adult life would prove essential in guiding him back to wellness -- and toward rebirth and transformation. In *Healing Lazarus*, Richmond shares the lessons he learned and the wisdom he won in sickness and in health. His words of love, hope, and courage are as inspiring as they are true. Illuminating from the first page to the last, Richmond's memoir is an affirmation -- and a celebration -- of life, and a testament to the human spirit.

Healing Lazarus

We all grow old. This book teaches us how to take advantage of a new phase of life: a phase of renewal and inner exploration. We're all beginners when it comes to aging. And although the fact that we are in new territory can certainly contribute to the difficulties in dealing with getting older, it can also have a very positive side. Aging can be seen as a new phase of our life: a phase of renewal. Nowhere is this more evident than in our opportunity to devote more time to reflection and inner exploration. The result, regardless of whatever physical limitations we may be experiencing, is the possibility of cultivating and living increasingly from kindness and gratitude—two of the essential qualities of a life of satisfaction and equanimity. With techniques that are both simple and richly unfolded, this book will help readers:

- learn the subtle art of being with pain
- uncover the fears that amplify suffering
- tap into the true sources of meaningfulness and joy

Aging for Beginners

In this book, Sarah Rolfe Prodan examines the spiritual poetry of Michelangelo in light of three contexts: the Catholic Reformation movement, Renaissance Augustinianism, and the tradition of Italian religious devotion. Prodan combines a literary, historical, and biographical approach to analyze the mystical constructs and conceits in Michelangelo's poems, thereby deepening our understanding of the artist's spiritual life in the context of Catholic Reform in the mid-sixteenth century. Prodan also demonstrates how Michelangelo's poetry is part of an Augustinian tradition that emphasizes mystical and moral evolution of the self. Examining such elements of early modern devotion as prayer, lauda singing, and the contemplation of religious images, Prodan provides a unique perspective on the subtleties of Michelangelo's approach to life and to art. Throughout, Prodan argues that Michelangelo's art can be more deeply understood when considered together with his poetry, which points to a spirituality that deeply informed all of his production.

Michelangelo's Christian Mysticism

In everyday language, "Smith offers us important teachings and reflections for dealing with death and embracing life" (Jack Kornfield, author of "A Path with Heart").

Lessons from the Dying

Powerful and life-affirming, this watershed volume brings together the voices of pioneers in the field of contemplative care--from hospice and hospitals to colleges, prisons, and the military. Illustrating the day-to-day words and actions of pastoral workers, each first-person essay in this collection offers a distillation of the wisdom gained over years of compassionate experience. The stories told here are sure to inspire--whether you are a professional caregiver or simply feel inclined toward guiding, healing, and comforting roles. If you are inspired to read this book, or even one touching story in it, you just might find yourself inspired to change a life.

The Arts of Contemplative Care

"Work is not just a job. It is the sum of all our purposeful activities. Seen in this light, work is our whole life." -- from *A Whole Life's Work* What is work in the truest sense of the word? For Buddhist priest and acclaimed author Lewis Richmond, work is more than just having a job, or a means to a profitable end. It is the key to cultivating inner life and contributing to the developing consciousness of all humanity. In this companion to his national bestseller, *Work as a Spiritual Practice*, Richmond applies his Buddhist understanding to address what is perhaps one of the primary struggles of contemporary Western life: how to achieve a healthy balance between professional ambition and personal happiness. Here he adapts Buddhist categories of spiritual virtue in defining eight important modes of work: the Earner, the Hobbyist, the Creator, the Monk, the Helper, the Parent, the Learner, and the Elder along with their corresponding eight modes of inner work: Precepts, Vitality, Patience, Calm, Equanimity, Giving, Humility, and Wisdom. How to internalize these modes of work, and lead a more meaningful and spiritual life, is what this groundbreaking guidebook is all about. Whether we are professionals, artists, hobbyists, parents, students, or spiritual leaders, *A Whole Life's Work* can teach us how to reconcile our outer livelihood with our inner lives...and reap the benefits of hard work well done.

A Whole Life's Work

Renowned psychotherapist and aging expert Andrea Brandt, PhD, MFT, helps you throw out the old stereotypes about getting older and move toward the welcoming new evidence that your future is alive with possibility, providing steps to thrive today and into your golden years. This book is full of exercises and tools to help you embrace a new mindset and blaze a new trail in your life fueled by passion, purpose, and creativity.

Mindful Aging

Drawing on the wisdom of Buddhist writings, this guide offers a spiritual cornucopia that will inspire readers every day of the year.

Daily Wisdom

NEW YORK TIMES BESTSELLER • Being a Lazy Genius isn't about doing more or doing less. It's about doing what matters to you. "I could not be more excited about this book."—Jenna Fischer, actor and cohost of the Office Ladies podcast
The chorus of "shoulds" is loud. You should enjoy the moment, dream big, have it all, get up before the sun, track your water consumption, go on date nights, and be the best. Or maybe you should ignore what people think, live on dry shampoo, be a negligent PTA mom, have a dirty house, and claim your hot mess like a badge of honor. It's so easy to feel overwhelmed by the mixed messages of what it means to live well. Kendra Adachi, the creator of the Lazy Genius movement, invites you to live well by your own definition and equips you to be a genius about what matters and lazy about what doesn't. Everything from your morning routine to napping without guilt falls into place with Kendra's thirteen Lazy Genius principles, including: • Decide once • Start small • Ask the Magic Question • Go in the right order • Schedule rest
Discover a better way to approach your relationships, work, and piles of mail. Be who you are without the complication of everyone else's "shoulds." Do what matters, skip the rest, and be a person again.

The Lazy Genius Way

Essays on Buddhist Mindfulness Practice. An inspiring and very accessible compilation of essays and edited talks on the Buddhist practice of mindfulness. As Gil Fronsdal states, "the search for the issue at hand is the search for what is closest at hand, for what is directly seen, heard, smelt, tasted, felt, and cognized in the present." Gil brings the practice of mindfulness not only to formal meditation but to all the varying aspects of every day life.

The Issue at Hand

The economic, social and ecological crises of modern times calls for a perspective that can incorporate Buddhist insights and principles such as generosity, loving kindness and wisdom. In "The Great Awakening" Buddhist teachings and Western social analysis meet and form a dynamic Buddhist social theory.

The Great Awakening

When Richard Rumelt's Good Strategy/Bad Strategy was published in 2011, it immediately struck a chord, calling out as bad strategy the mish-mash of pop culture, motivational slogans and business buzz speak so often and misleadingly masquerading as the real thing. Since then, his original and pragmatic ideas have won fans around the world and continue to help readers to recognize and avoid the elements of bad strategy and adopt good, action-oriented strategies that honestly acknowledge the challenges being faced and offer straightforward approaches to overcoming them. Strategy should not be equated with ambition, leadership, vision or planning; rather, it is coherent action backed by an argument. For Rumelt, the heart of good strategy is insight into the hidden power in any situation, and into an appropriate response - whether launching a new product, fighting a war or putting a man on the moon. Drawing on examples of the good and the bad from across all sectors and all ages, he shows how this insight can be cultivated with a wide variety of tools that lead to better thinking and better strategy, strategy that cuts through the hype and gets results.

Good Strategy/Bad Strategy

• Award Winner in the Health: Aging/50+ category of the 2021 Best Book Awards sponsored by American Book Fest • Award Winner in Non-Fiction: Aging and Gerontology category of the 2021 Best Indie Book Award • Offers shadow-work and many diverse spiritual practices to help you break through

denial to awareness, move from self-rejection to self-acceptance, repair the past to be fully present, and allow mortality to be a teacher • Reveals how to use inner work to uncover and explore the unconscious denial and resistance that erupts around key thresholds of later life • Includes personal interviews with prominent Elders, including Ken Wilber, Krishna Das, Fr. Thomas Keating, Anna Douglas, James Hollis, Rabbi Rami Shapiro, Ashton Applewhite, Roshi Wendy Nakao, Roger Walsh, and Stanislav Grof With extended longevity comes the opportunity for extended personal growth and spiritual development. You now have the chance to become an Elder, to leave behind past roles, shift from work in the outer world to inner work with the soul, and become authentically who you are. This book is a guide to help get past the inner obstacles and embrace the hidden spiritual gifts of age. Offering a radical reimagining of age for all generations, psychotherapist and bestselling author Connie Zweig reveals how to use inner work to uncover and explore the unconscious denial and resistance that erupts around key thresholds of later life, attune to your soul's longing, and emerge renewed as an Elder filled with vitality and purpose. She explores the obstacles encountered in the transition to wise Elder and offers psychological shadow-work and diverse spiritual practices to help you break through denial to awareness, move from self-rejection to self-acceptance, repair the past to be fully present, reclaim your creativity, and allow mortality to be a teacher. Sharing contemplative practices for selfreflection, she also reveals how to discover ways to share your talents and wisdom to become a force for change in the lives of others. Woven throughout with wisdom from prominent Elders, including Ken Wilber, Krishna Das, Father Thomas Keating, Anna Douglas, James Hollis, Rabbi Rami Shapiro, Ashton Applewhite, Roshi Wendy Egyoku Nakao, Roger Walsh, and Stanislav Grof, this book offers tools and guidance to help you let go of past roles, expand your identity, deepen self-knowledge, and move through these life passages to a new stage of awareness, choosing to be fully real, transparent, and free to embrace a fulfilling late life.

The Inner Work of Age

This invaluable guide will help the historical number of eightysomethings live fulfilled, happy lives long into their twilight years. Old age is not what it used to be. For the first time ever, most people in the United States are living into their eighties. The first guide of its kind, *Eightysomethings* changes our understanding of old age with an upbeat and emotionally savvy view of the uncharted territory of the last stage of life. With insight and humor, Dr. Katharine Esty describes the series of dramatic and difficult transitions that eightysomethings usually experience and how, despite their losses, they so often find themselves unexpectedly happy. Living into one's eighties doesn't have to mean declining health and loneliness: Dr. Esty shows readers how to embrace—and thrive during—the later stages of life. Based on her more than 120 interviews around the country, Esty explores the lives of ordinary eightysomethings—their attitudes, activities, secrets, worries, purposes, and joys. Their stories illustrate how real people in their eighties are living and how they make sense of their lives. Esty adds her wisdom and perspective to this multi-dimensional look at being old as a social psychologist, a practicing psychotherapist, and as an eighty-four-year-old widow living in a retirement community. *Eightysomethings* is a must-read for people in their eighties, and also for their families. Adult children—often bewildered by their aging parents—need a wise guide like *Eightysomethings* to help them navigate their parents' last stage of life with real-world guidelines and conversation starters. Readers, young and old alike, will find this first-of-its-kind book eye-opening, comforting, and filled with practical tips.

Eightysomethings

After you have read *The Spirits' Book*, you will no longer have any reason to fear death. *The Spirits' Book* will provide you with the answers to nearly all the questions you may have with regards to the origin, nature and destiny of each and every soul on earth – and those of other worlds as well. It also addresses the issues of God, creation, moral laws and the nature of spirits and their relationships with humans. The book contains answers that were dictated to mediums by highly evolved spirits who love God. *The Spirits' Book* is the initial landmark publication of a Doctrine that has made a profound impact on the thought and view of life of a considerable portion of humankind since the first French edition was published in 1857.

The spirits' book

ABOUT THE BOOK "In Our Stories Lies Our Strength: Aging, Spirituality, and Narrative" is aimed at thoughtful older adults who are committed to aging as creatively, as positively, and as resiliently as

possible amid the challenges and changes that come with later life. It is aimed as well at professionals and volunteers who offer spiritual care to older adults in a wide range of settings, from hospitals to nursing homes, from hospice to rehabilitation, and from religious congregations to community centers. These include: chaplains, pastors, rabbis, priests, parish nurses, social workers, therapists, spiritual directors, and volunteers - anyone whose calling is to listen deeply to older adults' stories and, in the process, help them to re-story in healing and life-affirming ways.

ABOUT THE AUTHOR William L. (Bill) Randall is Professor of Gerontology at St. Thomas University. Prior to entering academic life, he was a minister for 11 years with the United Church of Canada, serving pastorates in Saskatchewan, Ontario, and New Brunswick. A graduate of Harvard College, Princeton Seminary, and the University of Toronto, he is author or co-author of over 60 publications on the topic of Narrative Gerontology, including the books "The Stories We Are: An Essay on Self-Creation" (University of Toronto Press, 1995/2014), "Reading Our Lives: The Poetics of Growing Old" (Oxford University Press, 2008), and "The Narrative Complexity of Ordinary Life: Tales from the Coffee Shop" (Oxford UP, 2015). He has been chief co-organizer of three international conferences called "Narrative Matters" and is co-editor of the online, peer-reviewed journal, "Narrative Works." With a special interest in aging and spirituality (broadly defined), Bill joins a growing number of researchers and practitioners worldwide who acknowledge the power of "narrative care" in promoting emotional and mental well-being in later life.

In Our Stories Lies Our Strength

"The heroic quest is about saying 'yes' to yourself and in so doing, becoming more fully alive and more effective in the world. . . . The quest is replete with dangers and pitfalls, but it offers great rewards: the capacity to be successful in the world, knowledge of the mysteries of the human soul, and the opportunity to find and express your unique gifts in the world." In this bold and original work, Carol S. Pearson shows that the heroic quest isn't just for certain people under special circumstances. Exploring the many heroic paths available to each of us, at every point in our lives, her innovative program enables us to live heroically by activating and applying twelve archetypes in our lives. This companion to the bestselling *The Hero Within* outlines twelve archetypal patterns that can aid inner development and the quest for wholeness. These archetypes are inner guides that can help us prepare for the journey, by learning how to become successful members of society; embark upon the quest, by becoming initiated into the mysteries of the human soul; and return to transform our lives as a result of claiming our uniqueness and personal power. Writing for individuals seeking to realize their full potential and professionals engaged in empowering others, Pearson shows how journeys differ by the age, gender, and cultural background of the seeker, and how archetypes help awaken the capacities of our psyches. A unique diagnostic test, the Heroic Myth Index, and exercise are included to help us understand and awaken our inner guides.

Awakening the Heroes Within

This book affirms that it's all right to be alone, the author interweaves real-life stories with his own insights into experiences to offer counsel, inspiration and affirmation when living alone.

Vesper Time

Meditation helps us to cut through the agonizing clutter of superficial mental turmoil and allows us to experience more spacious and joyful states of mind. It is this pure and luminous state that I call your Wildmind. From how to build your own stool to how a raisin can help you meditate, this illustrated guide explains everything you need to know to start or strengthen your meditation practice.

Celebrating Time Alone

In her breakthrough generational memoir, Boomer expert Carol Orsborn relates the ups and downs of a tumultuous year spent facing, busting, and ultimately triumphing over the stereotypes of growing old. Along the way, she nurtures a love-starved friend through a doomed affair with a younger man, wrestles with the meaning of an exploding fish, and regains her passion for life at the side of her squirrel-crazed dog, Lucky. The message is as deep as it is engaging. In Carol's own words, "Plummet into aging, stare mortality in the eye, surrender everything and what else is there left to fear? The way is perilous, danger on all sides. But we can be part of a generation no longer afraid of age. We are becoming, instead, a generation fierce with age."

Wildmind

