

aging as a spiritual practice a contemplative to growing older and wiser

****Aging as a Spiritual Practice: A Contemplative Path to Growing Older and Wiser****

aging as a spiritual practice a contemplative to growing older and wiser invites us to explore the profound journey of life beyond the physical changes that time inevitably brings. It encourages us to see aging not just as a biological process but as an opportunity for inner growth, reflection, and deepened wisdom. This perspective transforms the experience of getting older into a sacred practice, one that cultivates mindfulness, acceptance, and a richer understanding of ourselves and the world around us.

Embracing Aging as a Spiritual Practice

Many cultures throughout history have revered the elders among them, honoring the wisdom that comes with age. Yet, in today's fast-paced society, aging is often viewed through a more negative lens—associated with loss, decline, and fear. When we shift our mindset to consider aging as a spiritual practice, we begin to see the potential for personal transformation and enlightenment that comes with growing older.

This contemplative approach involves slowing down and tuning into the subtle inner changes we experience as we age. It asks us to pay attention to our thoughts, emotions, and the deeper meanings beneath everyday experiences. By doing so, we nurture qualities like patience, compassion, and gratitude—qualities that fuel spiritual growth and help us navigate life's challenges with grace.

The Contemplative Dimension of Growing Older and Wiser

Contemplation, at its core, is about thoughtful reflection and a mindful presence. When applied to aging, it means engaging with the process of growing older in a way that honors our evolving identity and deepens our connection to life's mysteries.

Mindfulness and Presence

Practicing mindfulness allows us to inhabit the present moment fully, rather than being caught up in worries about the future or regrets about the past. As we age, developing a steady mindfulness practice can ground us, helping to reduce anxiety and foster greater peace of mind. It encourages us to notice the beauty in everyday moments—a sunset, the laughter of grandchildren, or the quiet of early morning—and find meaning in them.

Acceptance and Letting Go

Aging brings inevitable changes—physical, emotional, and social. A spiritual approach to aging involves embracing these changes with acceptance rather than resistance. This doesn't mean giving up or resigning oneself to decline, but rather recognizing the impermanence of all things and learning to let go of attachments that no longer serve us.

By cultivating acceptance, we free ourselves from the fear of aging and open the door to a more expansive and compassionate way of being. This acceptance can also deepen our empathy for others, especially those facing their own transitions and losses.

Cultivating Wisdom Through Life's Seasons

Wisdom is often described as the ability to apply knowledge with insight, compassion, and foresight. Aging as a spiritual practice encourages us to see each stage of life as a season rich with lessons and opportunities for growth.

Learning from Experience

With age comes a vast reservoir of life experiences. When viewed contemplatively, these experiences become a wellspring of wisdom. Reflecting on successes and failures alike enables us to understand patterns in our behavior and relationships, fostering greater self-awareness.

Deepening Compassion

Growing older often brings a deeper sensitivity to the suffering and joy of others. This enhanced empathy can inspire acts of kindness and a commitment to service, which are central to many spiritual traditions. Compassion not only enriches our relationships but also nurtures our own sense of purpose and fulfillment.

Practical Ways to Engage Aging as a Spiritual Practice

Integrating spirituality into the experience of aging doesn't require complex rituals or beliefs. Simple, intentional practices can support this transformative journey.

Daily Meditation or Quiet Reflection

Taking even a few minutes each day to sit quietly and observe the breath or reflect on life's blessings can ground us in the present and cultivate inner calm.

Journaling

Writing about thoughts, feelings, and memories can help process emotions and uncover deeper insights about ourselves and our path.

Gratitude Practice

Regularly acknowledging the things we are grateful for shifts focus from loss or limitation to

abundance and joy, strengthening spiritual resilience.

Engaging with Nature

Spending time in natural surroundings can foster a sense of connection to something larger than ourselves, encouraging awe and reverence.

The Role of Community and Connection

Aging as a spiritual practice is not just an individual endeavor; it blossoms in the context of relationships and community. Sharing stories, wisdom, and support with others enriches the journey and reminds us that we are part of an interconnected web of life.

Elders who embrace this contemplative approach often become mentors and guides, helping younger generations navigate their own challenges with greater insight. In turn, intergenerational exchange nurtures a culture that values growth, respect, and shared humanity.

Navigating Challenges with Spiritual Insight

Aging inevitably brings challenges such as health issues, loss of loved ones, and shifts in identity. Viewing these difficulties through a spiritual lens can transform them into opportunities for deeper understanding.

For example, pain and illness may teach us about vulnerability and the importance of self-care. Grief can open the heart to new dimensions of love and connection. Changes in social roles can encourage us to explore new purposes and passions.

By embracing these challenges contemplatively, we build resilience and deepen our capacity for peace, even in difficult times.

The Transformative Power of Aging as a Spiritual Practice

When we approach aging as a spiritual practice, the entire process of growing older becomes a sacred pilgrimage toward wholeness. This path honors the fullness of human experience—joy and sorrow, strength and fragility, clarity and mystery.

It invites us to become more present, more loving, and more grounded in the truth of our interconnectedness. Ultimately, aging as a spiritual practice a contemplative to growing older and wiser reveals that the true richness of life is found not in youthful vitality alone, but in the wisdom and grace cultivated over a lifetime.

As we continue to explore this perspective, we open ourselves to a more meaningful and fulfilling experience of aging—one that celebrates the soul's unfolding and the endless

possibilities for growth that each day holds.

Frequently Asked Questions

What does it mean to view aging as a spiritual practice?

Viewing aging as a spiritual practice means embracing the process of growing older with mindfulness, acceptance, and a focus on inner growth and wisdom rather than just physical decline.

How can contemplation enhance the experience of growing older?

Contemplation allows individuals to reflect deeply on their life experiences, fostering gratitude, understanding, and a sense of peace that enriches the aging process.

What are some spiritual benefits of aging?

Spiritual benefits of aging include increased self-awareness, deeper compassion, greater patience, and a stronger connection to one's purpose and the present moment.

How can one cultivate wisdom through the process of aging?

Cultivating wisdom through aging involves learning from life experiences, practicing mindfulness, embracing vulnerability, and seeking meaningful connections with others and oneself.

What role does acceptance play in aging as a spiritual practice?

Acceptance helps individuals come to terms with changes and losses inherent in aging, reducing resistance and suffering while promoting inner peace and resilience.

Can spiritual practices like meditation support healthy aging?

Yes, spiritual practices such as meditation can reduce stress, improve emotional regulation, enhance cognitive function, and foster a sense of connection, all of which support healthy aging.

How does aging as a spiritual practice influence one's outlook on death?

Aging as a spiritual practice often leads to a more accepting and peaceful outlook on death,

viewing it as a natural transition and an integral part of the cycle of life.

Additional Resources

Aging as a Spiritual Practice: A Contemplative Approach to Growing Older and Wiser

aging as a spiritual practice a contemplative to growing older and wiser is an emerging perspective that shifts the conventional narrative around aging from one of decline and loss to an opportunity for profound inner growth and reflection. This approach embraces the process of aging not merely as a biological inevitability but as a meaningful journey that deepens spiritual awareness, cultivates wisdom, and fosters a contemplative relationship with the self and the world. As societies around the globe experience demographic shifts with increasing longevity, the intersection of aging and spirituality invites a reevaluation of what it means to grow older in a holistic sense.

The Intersection of Aging and Spirituality

Aging is often viewed through a medical or social lens, focusing on health challenges, cognitive decline, or the socio-economic implications of a growing elderly population. However, aging as a spiritual practice reframes this stage of life as an opportunity for introspection and transformation. The contemplative aspect encourages individuals to engage with their experiences, memories, and sense of purpose more mindfully, allowing for a richer, more nuanced understanding of themselves and their place in the universe.

Various spiritual traditions—from Buddhism and Christianity to Indigenous wisdom—have long recognized aging as a significant phase in personal spiritual development. For instance, in Buddhist teachings, the awareness of impermanence (anicca) is central to spiritual practice, and aging brings this fundamental truth into sharper focus. Similarly, many Christian mystics have considered old age as a time of deepening faith and surrender.

Embracing Impermanence and Acceptance

One of the core elements of aging as a spiritual practice is the acceptance of impermanence. This acceptance is not passive resignation but an active, conscious engagement with the reality of change and loss. By cultivating mindfulness and contemplative awareness, older adults can learn to embrace the transient nature of life without fear or resistance. This shift often leads to greater peace of mind and an enhanced capacity for compassion, both towards oneself and others.

The practice involves acknowledging physical changes, limitations, and the proximity of mortality, which can be profound catalysts for spiritual awakening. The process of growing older, therefore, becomes a gateway to living more authentically and intentionally, with an attitude of gratitude and humility.

Wisdom Through Reflection and Contemplation

Aging as a spiritual practice also highlights the role of reflection in cultivating wisdom. As individuals accumulate life experiences, the contemplative approach encourages them to integrate these experiences into a coherent narrative that informs their values, beliefs, and sense of meaning.

The Role of Life Review

Life review is a therapeutic and spiritual exercise often used in gerontology and palliative care. By revisiting significant life events and relationships, individuals can find closure, forgiveness, and renewed purpose. This reflective process helps to resolve internal conflicts and fosters a sense of completion, which contributes to psychological well-being and spiritual maturity.

Studies have shown that structured life review interventions can reduce depression and anxiety among older adults, suggesting that the contemplative practice of reflecting on one's life story has tangible mental health benefits. From a spiritual standpoint, this exercise nurtures an integrated self-awareness that transcends ego and embraces a larger narrative of interconnectedness and legacy.

Mindfulness and Meditation in Aging

Mindfulness and meditation are significant tools in the contemplative approach to aging. These practices help individuals observe their thoughts and emotions without judgment, promoting emotional regulation and reducing stress. Research indicates that mindfulness meditation can improve cognitive function and emotional resilience in older adults, supporting the idea that spiritual practices can have measurable effects on the aging process.

By incorporating daily mindfulness routines, older adults can foster a sense of presence and attunement, which counters the common tendency to ruminate on past regrets or future anxieties. This heightened awareness nurtures a deeper connection to the present moment, which many spiritual traditions regard as the essence of enlightened living.

Community, Ritual, and Meaning-Making

Aging as a spiritual practice also extends beyond individual contemplation to encompass social and cultural dimensions. Rituals, community engagement, and shared meaning-making play vital roles in supporting spiritual growth in later life.

The Importance of Spiritual Community

Engagement in spiritual or religious communities offers social support, shared values, and opportunities for collective rituals that affirm life's transitions, including aging and death. Studies have linked participation in such communities to improved mental and physical health outcomes among older adults. These communal experiences provide a sense of belonging and continuity, reinforcing the spiritual dimensions of aging as a collective journey rather than an isolated experience.

Rituals Marking Life's Transitions

Rituals, whether formal ceremonies or informal practices, help individuals and communities acknowledge and honor the stages of life. For older adults, rituals can mark significant milestones such as retirement, loss, or becoming a grandparent, embedding these moments with sacred significance. These practices promote psychological resilience and facilitate a spiritual reframing of aging as a passage rich with meaning.

Challenges and Limitations

While aging as a spiritual practice offers numerous benefits, it is important to acknowledge potential challenges. Not everyone has equal access to supportive spiritual communities or resources for contemplative practice. Additionally, physical and cognitive impairments can limit an individual's ability to engage deeply in spiritual reflection or meditation.

Moreover, cultural attitudes towards aging vary widely, and in some contexts, aging may be stigmatized, which can inhibit the ability to view growing older as a positive spiritual journey. Addressing these barriers requires inclusive approaches that honor diverse aging experiences and promote spiritual well-being across different populations.

Balancing Realism and Spirituality

It is also critical to balance spiritual aspirations with the practical realities of aging. While cultivating wisdom and acceptance is valuable, it should not overshadow the necessity of adequate healthcare, social support, and economic security. A holistic approach to aging integrates physical, emotional, social, and spiritual dimensions to foster overall well-being.

Integrating Aging as a Spiritual Practice in Modern Life

In contemporary society, the concept of aging as a spiritual practice challenges dominant narratives centered on youthfulness, productivity, and external appearance. Initiatives such

as contemplative elder circles, mindfulness programs for seniors, and intergenerational dialogue projects are gaining traction as ways to embed spirituality into the aging process.

Technology also offers new avenues for spiritual engagement in later life, including virtual meditation groups, online storytelling platforms, and digital life review tools. These resources can democratize access to contemplative practices and connect older adults across geographic and cultural boundaries.

As the global population ages, recognizing aging as a spiritual practice fosters a richer dialogue about how societies value older adults and support their continued growth and contribution. It invites a shift from fear and avoidance to embrace and celebration of aging as a meaningful chapter in the human experience.

The journey of growing older and wiser is thus not only a biological progression but a profound spiritual venture that calls for contemplation, acceptance, and community. By adopting aging as a spiritual practice, individuals can transform the challenges of later life into opportunities for deeper understanding, connection, and transcendence.

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

aging as a spiritual practice a contemplative to growing older and wiser: Aging as a Spiritual Practice Lewis Richmond, 2012-12-31 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 a contemplative to growing older and wiser: Every Breath, New Chances Lewis Richmond, 2020-11-03 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.

aging as a spiritual practice a contemplative to growing older and wiser: Aging as a Spiritual Practice Lewis Richmond, 2012-01-05 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.

aging as a spiritual practice a contemplative to growing older and wiser: Aging Matters

R. Paul Stevens, 2016-04-05 Academy of Parish Clergy's Top Ten Books for Parish Ministry Vocational discernment, says R. Paul Stevens, is a lifelong process — one that takes on even more significance in later life. In this book Stevens argues that our calling does not end with formal retirement; to the contrary, we do well to keep on working, if possible, till life's end. Stevens delves into matters of calling, spirituality, and legacy in retirement, showing that we must continue to discern our vocation as we grow older in order to remain meaningfully engaged for the rest of our lives. He reframes retirement as a time of continued calling and productivity and points to biblical wisdom that can help us redefine aging as an extraordinarily fruitful season of life.

aging as a spiritual practice a contemplative to growing older and wiser: Spirituality, Religion, and Aging Holly Nelson-Becker, 2017-02-01 Spirituality, Religion, and Aging: Illuminations for Therapeutic Practice by Holly Nelson-Becker is a highly integrative book written for students, professionals in aging, ministers, and older adults themselves. Readers will gain the knowledge and skills they need to assess, engage, and address the spiritual and religious needs of older persons. Taking a fresh approach that breaks new ground in the field, the author discusses eight major world religions and covers values and ethics, theories, interventions, health and caregiving, depression and anxiety, dementia, and the end of life. Meditations and exercises throughout the book allow readers to expand and explore their personal understanding of spirituality. Referencing the latest research, the book includes assessments and skill-based tools designed to help practitioners enhance the mental health of older people.

aging as a spiritual practice a contemplative to growing older and wiser: Second Wind Dr. Bill Thomas, William H. Thomas, 2015-03-24 Dr. Bill Thomas, one of the most innovative thinkers in medicine, explains that a new life phase is beginning to emerge within our society. When the Baby Boom generation came of age in the 1960s and 1970s, they jump-started a cultural revolution that shaped today's society. Now, many feel they are living a life of frenzied disharmony. This out-of-balance feeling is a signal that you are ready for your second coming of age, your life beyond adulthood. This title illuminates how to recognize and navigate the most challenging and fulfilling developmental stage of life. --Publishe's description.

aging as a spiritual practice a contemplative to growing older and wiser: *Sacred Systems* Eric J. Kyle, 2013-12-06 From early Jewish-Christian texts such as the Didache, which present well-defined catechetical programs, to contemporary authors such as Dallas Willard, who offer in-depth insights into the transformations of one's heart and soul, systematic texts on spiritual formation in the Western Christian tradition abound. These texts can offer ministers, researchers, and laypersons much clarity and guidance for their craft. However, the spiritual formation systems that we use are also always contextually influenced; such contextual factors may make them difficult to adapt to one's local work. Rather than turning to only a single text or community, then, it can be helpful for practitioners and theorists to look to a broader set of systematic presentations of spiritual formation. By turning to a group of specific individuals and communities in each era of Western Christian history, this book will help those working in this field to better understand how personal spiritual formation has been conceptualized and embodied. Such an exploration will help us not only to compile a more complete history of spiritual formation at the level of the individual but also to

glean a better understanding of personal transformation so that we might engage this craft in more informed and systematic ways.

aging as a spiritual practice a contemplative to growing older and wiser: *Aging* Harry R. Moody, Jennifer R. Sasser, 2020-07-16 Winner of the 2022 Textbook & Academic Authors Association's The McGuffey Longevity Award *Aging: Concepts and Controversies* is structured to encourage a style of teaching and learning that goes beyond conveying facts and methods. This innovative text focuses on controversies and questions rather than on assimilating facts or creating a single correct view about aging or older people. Drawing on their extensive expertise, authors Harry R. Moody and Jennifer R. Sasser first provide an overview of aging in three domains: aging over the life course, health care, and socioeconomic trends. Each section then includes data and conceptual frameworks, helping students to make sense of the controversies and understand their origin, engage in critical thinking, and develop their own views. The Tenth Edition of this hallmark textbook includes amplified discussions focused on differences, diversity, structural inequalities, and inclusion, as well as contemporary issues, including climate change and immigration. Included with this title: The password-protected Instructor Resource Site (formally known as SAGE Edge) offers access to all text-specific resources, including a test bank and editable, chapter-specific PowerPoint® slides.

aging as a spiritual practice a contemplative to growing older and wiser: *The Spirituality of Age* Robert L. Weber, Carol Orsborn, 2015-09-17 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.

aging as a spiritual practice a contemplative to growing older and wiser: *Until It's Time: Embracing Life In Our Later Years* Myra Wexler Darwish, 2024-09-25 *Until It's Time* blends memoir with an honest and open discussion of aging that embraces elderhood in a realistic and supportive way. The author's life and work experiences in the field of caring for the elderly as an associate professor and clinical specialist in gerontology and holistic nursing ground her experience. The book broadens its discussion by tackling some of the issues that currently prevail in our society. Addressing topics of interest for those of us who want to live our best well-informed lives. There are suggestions on how to care for oneself in body, mind, and spirit, how to understand the generations, and the shifts that have occurred and our place in them, other options for dealing with a healthcare challenge, technology's effect on our modern lives, and how to find support in our ancestral roots.

The author's own relationship with her husband of sixty-plus years guides the book's premise of how to be together and remain friends and wise supporters of each other. Myra uses the Moon and its phases as an anchor for her story. The phases of planting seeds, peak energy, release, fresh energy, momentum, patience, readjustment, and surrender become the grounding of each chapter's focus adding another dimension to the book's story. The book also shares the author's study of Astrology and its practice that includes perspectives at the end of every chapter, which can help in understanding human relationships. Ultimately, this is a book about living a fuller and more loving life in our later years. "Intense, I was being taught," "A discussion on life," "A beautiful book, has heart, soul, and depth," "I would recommend this book to anyone who wants to understand more about aging, relationships, and living a meaningful life," and "Insights are not just for older people, they're for everyone." These are what some of Myra's Beta readers expressed after they read *Until It's Time*.

aging as a spiritual practice a contemplative to growing older and wiser: *Life Begins at 60* Frieda Birnbaum, 2016-05-31 Dr. Frieda Birnbaum made headlines eight years ago when she gave birth to twin boys at the age of sixty. And despite being a psychotherapist who had counseled other mothers for decades, Birnbaum secretly wondered: What have I gotten myself into? Can I keep up? It turned out she could, and then some. Like so many people who take on new things at age sixty and older, Birnbaum discovered a new lease on life. She felt more energized than ever (on most days, anyway) to run after twins Josh and Jaret. She parlayed the fame into TV and radio appearances, commenting on subjects from Bill Cosby to Hillary Clinton. Her psychotherapy practice flourished. And as she reinvigorated her career, her relationships with her family, including her husband of more than forty years, grew even stronger. To be incredible mothers (and partners), Birnbaum believes women must be fulfilled and challenged as people first. The secret, she discovered, was to welcome growing older rather than fear it. This captivating and inspiring memoir is complemented with practical advice for a positive outlook and staying active while aging. As Birnbaum reveals, it's possible, even easy, to look and feel fabulous—and glamorous—in our sixties and well beyond.

aging as a spiritual practice a contemplative to growing older and wiser: *Conscious Living, Conscious Aging* Ron Pevny, 2014-10-07 In this newly revised and updated edition of *Conscious Living, Conscious Aging*, you will find an empowering guide with practical tools to help live a passionate, fulfilling, growth-oriented life. The baby boomer generation is reaching retirement age with unprecedented good health and resources, and is no longer satisfied with their parents' approach to aging. Many older adults are seeking an empowering vision for their future but find that hard to come by in a world that glorifies youth and has largely forgotten the gifts that can accompany the life stage of elderhood. With this expanded and updated 10th anniversary edition of *Conscious Living, Conscious Aging*, you will find a contemporary manual filled with practices and tools to help you navigate your elder years with purpose and clarity. Ron Pevny's provocative model of "conscious eldering" opens the door to the rich possibilities of intentionally growing into elderhood, as contrasted with merely growing old. Through advice, practices, and personal stories, this book will help you distill wisdom from your many years of life experience, navigate loss and grief, identify new passions and goals, and remain engaged and relevant as you enter life's later chapters, creating a lasting legacy and a healthier world for the generations to follow. It's time to engage with family, community, your spiritual source, and the world, which needs your talents. Don't just grow old. Aim high and claim the gifts of elderhood.

aging as a spiritual practice a contemplative to growing older and wiser: *Super Ager* Elise Marie Collins, 2018-06-15 "A fresh approach to aging well . . . the definitive 'how-to' book for celebrating the second half of life!" from a top yoga and mindfulness teacher (Darren Main, author of *Yoga and the Path of the Urban Mystic*). Filled with science, suggestions for gentle daily movement, natural remedies and modern wisdom, *Super Ager* is a practical and concise guide to optimal aging. Yoga instructor, nutrition expert and healthy living blogger Elise Marie Collins has compiled a comprehensive look at what "Super Ager" are doing to live long and prosper. Learn

about movement at any age, brain fitness and memory maintenance, foods, vitamin and mineral content cues and clues, and what they do to promote health, prevent disease, and decrease and reverse symptoms of illness. In her revolutionary book, Collins presents us with a bold new paradigm of aging, showing us how we can increase not only our lifespan but also our health span. Through a journey of cultures that have the distinction of producing some of the world's healthiest, oldest people, Collins reveals the secrets for living an extended and fulfilling life in which our later years become a period of wisdom, vitality, and happiness. From India to Japan, northern Europe and the Greek Island of Ikaria "where people forgot to die," she shows how the unique lifestyles of these people can influence and improve our own lives. "A great inspiration to encourage humanity to not only live longer but better . . . Elise Marie Collins, gives us sound information that motivates us to eat a mostly plant-based diet and to move our bodies, even if it's just walking, in a way that communicates—I AM ALIVE!" —Saeeda Hafiz, author of *The Healing*

aging as a spiritual practice a contemplative to growing older and wiser: Staging Women's Lives in Academia Michelle A. Massé, Nan Bauer-Maglin, 2017-01-12 Argues that institutional change must accommodate women's professional and personal life stages. *Staging Women's Lives in Academia* demonstrates how ostensibly personal decisions are shaped by institutions and advocates for ways that workplaces, not women, must be changed. Addressing life stages ranging from graduate school through retirement, these essays represent a gamut of institutions and women who draw upon both personal experience and scholarly expertise. The contributors contemplate the slipperiness of the very categories we construct to explain the stages of life and ask key questions, such as what does it mean to be a graduate student at fifty? Or a full professor at thirty-five? The book explores the ways women in all stages of academia feel that they are always too young or too old, too attentive to work or too overly focused on family. By including the voices of those who leave, as well as those who stay, this collection signals the need to rebuild the house of academia so that women can have not only classrooms of their own but also lives of their own.

aging as a spiritual practice a contemplative to growing older and wiser: In the Mystery's Shadow Susan H. Swetnam, 2019 2020 Catholic Press Association first place award, pastoral ministry--parish life 2020 Catholic Press Association honorable mention award, healing & self help As our lifespans continue to grow longer, millions of people every year spend time caring for the elderly and dying—some as professionals, some as volunteers, and some through their loving but demanding care for parents, spouses, or other family members or friends. In her book *In the Mystery's Shadow*, Susan Swetnam draws on her experience serving thousands of ill and dying clients, often in hospice programs, as a certified massage therapist—and also on her experience of caring for her own husband, who died young of cancer. She explains how this sometimes difficult work offers not just the fulfillment of giving comfort to people who need it, but also moments of breathtaking wonder, moments that hint at the untold complexity of being human and affirm our sacred connections with each other. She writes of the hard lessons caregivers learn about themselves, while at the same time knowing the strange and humbling sense of being used in the service of God's love. Insightfully connecting end-of-life care with the liturgical year, Swetnam invites those who care for the sick and dying, whether professional or volunteer, to stay awake to the sacred implications of their labors.

aging as a spiritual practice a contemplative to growing older and wiser: Handbook of Research on Adult and Community Health Education: Tools, Trends, and Methodologies Wang, Viktor, 2014-06-30 This book presents educational and social science perspectives on the state of the healthcare industry and the information technologies surrounding it, offering a compilation of some of the latest cutting edge research on methods, programs, and procedures practiced by health literate societies--Provided by publisher.

aging as a spiritual practice a contemplative to growing older and wiser: *Unfinished Conversation* Robert Lesoine, Marilynne Chophel, 2009-08-14 *Unfinished Conversations* is a story of profound grief and the journey to healing that followed. Based on a journal Robert Lesoine kept

during the two years following the suicide of his best friend, *Unfinished Conversations* will help readers through the process of reflecting on and affirming the raw immediacy of survivors' emotions. Each short chapter focuses on a different aspect of the author's experience as he transforms his anger and guilt to understanding and forgiveness. Licensed psychotherapist Marilynne Chöphel brings her professional background to Robert Lesoine's deeply personal story to create an accessible path to self-directed healing based on mindful awareness and sound clinical practices. Readers work through their own grieving and healing process with end-of-chapter exercises and activities. An appendix and website, unfinishedconversation.com, provide additional resources to survivors. The tools and techniques in *Unfinished Conversations* will help readers release past trauma, honor their relationship with their lost loved one, and find greater perspective, meaning, and well-being in their lives.

aging as a spiritual practice a contemplative to growing older and wiser: Aging and Diversity Lisa Wagner, Chandra M Mehrotra, Man Guo, 2025-09-22 Aging and diversity intersect in important ways, as individuals from different backgrounds experience aging through distinct lenses shaped by traditions, values, and beliefs. As the older population in the United States is becoming more diverse, it is important to understand the characteristics, the potential, and the needs of this population. In this new and fully revised edition of *Aging and Diversity*, Lisa S. Wagner, Chandra Mehrotra, and Man Guo address key topics in diversity and aging, discussing how the aging experience is affected by not only race and ethnicity but also gender, religious affiliation, socioeconomic status, rural-urban community location, and sexual orientation and gender identity. Taking this broad view of human diversity allows the authors to convey some of the rich complexities facing aging populations—complexities that provide both challenges to meet the needs of a diverse population of elders and opportunities to learn how to live in a pluralistic society. Wagner, Mehrotra, and Guo present up-to-date knowledge and scholarship about aging and diversity in a way that engages readers in active learning, placing ongoing emphasis on developing readers' knowledge and skills, fostering higher-order-thinking, and encouraging exploration of personal values and attitudes.

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