

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

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 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 1986 Dr. David Snowdon, one of the world's leading experts on Alzheimer's disease, embarked on a revolutionary scientific study that would forever change the way we view aging—and ultimately living. Dubbed the "Nun Study" because it involves a unique population of 678 Catholic sisters, this remarkable long-term research project has made headlines worldwide with its provocative discoveries. Yet *Aging with Grace* is more than a groundbreaking health and science book. It is the inspiring human story of these remarkable women—ranging in age from 74 to 106—whose dedication to serving others may help all of us live longer and healthier lives. Totally accessible, with fascinating portraits of the nuns and the scientists who study them, *Aging with Grace* also offers a wealth of practical findings:

- Why building linguistic ability in childhood may protect against Alzheimer's
- Which ordinary foods promote longevity and healthy brain function
- Why preventing strokes and depression is key to avoiding Alzheimer's
- What role heredity plays, and why it's never too late to start an exercise program
- How attitude, faith, and community can add years to our lives

A prescription for hope, *Aging with Grace* shows that old age doesn't have to mean an inevitable slide into illness and disability; rather it can be a time of promise and productivity, intellectual and spiritual vigor—a time of true grace.

We often dismiss history as dull or irrelevant, but our modern disengagement from the past puts us fundamentally out of step with the long witness of the Christian tradition. Yet, says Margaret Bendroth, the past tense is essential to our language of faith, and without it our conversation is limited and thin. This accessible, beautifully written book presents a new argument for honoring the

past. The Christian tradition gives us the powerful image of a vast communion of saints, all of God's people, both living and dead, in vital conversation with each other. This kind of connection with our ancestors in the faith, Bendroth maintains, will not happen by wishing or by accident. She argues that remembering must become a regular spiritual practice, part of the rhythm of our daily lives as we recognize our world to be, in many ways, a gift from others who have gone before.

Well-known authors in the field of ageing and spirituality present their considered contributions to current understandings in this fast-changing field.

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.

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 another 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.

*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.

A spiritual life, one focused on personal growth and deep human experience, is a major focus and motivator for people over the age of forty. Yet there is a marked lack of rigorous academic study of spirituality's importance in the lives of aging people. Noted gerontologist Robert C. Atchley remedies this problem by developing complex concepts and language about spirituality. *Spirituality and Aging* incorporates material from two decades of interviews, observations, study, and reflection to illustrate ways of thinking about and discussing spirituality—what it is, why it is important, and how it influences the experience of aging. This book provides a nuanced view of spirituality and the richness it brings to the lives of older people. The book is divided into three sections, with the first providing basic frames of reference for examining spirituality and aging, such as the nature of spirituality, spiritual development, and the spiritual self. Atchley next focuses on two dimensions of spirituality that are likely to manifest later in life: becoming a sage (developing the capacity to bring spiritual light to everyday issues) and serving from spirit (creating opportunities for service that are rooted in spirituality). The last section illustrates how spirituality informs other aspects of late life, such as psychological coping and the experience of dying and death. Separating spirituality from religion—something few books on this topic do—*Spirituality and Aging* offers a plan for incorporating spirituality into gerontological scholarship, research, education, and practice.

Learn how to make a more positive impact with your social work with the aged Religion is an important coping mechanism for many aging adults. *Religion, Spirituality, and Aging: A Social Work Perspective* presents the latest research that shows how religion and spirituality can improve quality of life for elders. Respected social work researchers and scholars provide insight and practical methods for fostering positive aging while also considering how spirituality and religion can affect practitioners themselves. The full range of advantages and ethical implications are discussed in clear detail from a social work viewpoint. Case studies plainly illustrate the positive impact that the inclusion of spirituality and religion in an aging person's life may have on their physical and mental welfare. Organized social work in the early twentieth century actively tried to distance itself from its roots as a form of religious charity in favor of becoming a scientific and professional endeavor. *Religion, Spirituality, and Aging* once again bridges the gap between social work and spiritual matters by presenting penetrating articles that discuss the issues of the aging soul while examining ways to improve care. Creative strategies are offered to contribute to the spiritual side of aging while considering every implication and ethical question. The compilation is extensively referenced and includes helpful figures and tables to clearly illustrate data and ideas. *Religion, Spirituality, and Aging* discusses: the latest social work trends and attitudes toward spirituality prayer, meditation, and acts of altruism as interventions an empirical study of how social workers use

religion and spirituality as an intervention ethical considerations and best practices religion and spirituality during long-term care the "Postcards to God" project dreams and their relationship to the search for meaning in later life a spiritual approach to positive aging through autobiography dementia and spirituality creating new rituals for sacred aging spiritual master Henri Nouwen's principles of aging—and his approaches to caring for older people an interview study on elders' spirituality and the changes manifested in their views of religion Religion, Spirituality, and Aging is a remarkable reminder that elders are our future selves. This erudite, well-reasoned examination of aging and spirituality from a social work perspective is crucial reading for social workers, human service professionals who work with the aged, and gerontology scholars.

Increasingly, it is being recognized that spirituality, defined here as "a multiform search for a transcendent meaning of life that connects them to all living beings and brings them in touch with God or 'Ultimate Reality,'" is an aspect of almost every sphere and aspect of social life. It appears in humanity's dealings with nature, home and community, healing, economics and business, knowledge, and education. The Routledge International Handbook of Spirituality in Society and the Professions is a stimulating collection that summarizes the most important issues, frameworks, discussions, and problems relating to spiritually inspired activities in different fields of social life. The contributors explore how spirituality is a part of existence and present approaches and models for professionals working in diverse areas. Presented in seven parts, the book provides a full overview of current research and practice. Part II, "Facets of spirituality," explores topics including philosophy, psychology, theology, and culture. Part III, "Nature," looks at ecology, agriculture, cities, and tourism. Part IV, "Home and community," presents chapters on various life stages, disability, gender, and culture. Part V, "Healing," examines medicine, mental and physical health, and ill-health. In Part VI, "Economy, politics, and law," contributors discuss business, leadership and the workplace, peace, and policing. Part VII, "Knowledge and education," includes chapters on science, design, fashion, literature, and the arts. In the final part, "Way forward," the editors look to the future with a chapter on inter-spirituality and the renewal of social practices. Driven by contemporary research and new developments, this Handbook is an innovative and interdisciplinary collection that provides an essential overview of contemporary spirituality and society from an international selection of contributors. The Routledge International Handbook of Spirituality in Society and the Professions offers accessible, diverse, and engaging international research, and its scope will appeal to academics and students of a wide range of subjects, including aging and addiction, psychology, theology, religious studies, sociology, business studies, and philosophy. It will also be an important work for professionals in medical and social services, the clergy, education, business, the arts, religious communities, and politics, and members of organizations looking at the links between spirituality, religion, and society.

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.

"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"--

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.

Use Frankl's insights and techniques to improve life for your aging clients or parishioners. Viktor Frankl, a holocaust survivor who experienced firsthand the horrors of Auschwitz, saw man as "a being who continuously decides what he is: a being who equally harbors the potential to descend to the level of an animal or to ascend to the life of a saint. Man is that being, who, after all, invented the gas chambers; but at the same time he is that being who entered into those same gas chambers with his head held high and with the 'Our Father' or the Jewish prayer of the dying on his lips." Dr. Frankl's insights led him to found the therapeutic system of logotherapy, which views man as a spiritual being rather than simply as a biological construct. Logotherapy has come to be called the Third Viennese School of Psychotherapy (after Freud's psychoanalysis and Adler's individual psychology). He left a rich legacy of theory and insights especially relevant to the search for meaning in later life. The tenets of logotherapy provide many clues and approaches to what an ever-increasing body of evidence suggests regarding the crisis of aging as a crisis of meaning. Frankl's insightful work increased man's understanding of the spiritual dimension of humanity and the dignity and worth of every person in the face of what he called "the tragic trial of human existence: pain, guilt, and death." Viktor Frankl's Contribution to Spirituality and Aging presents an essential overview of logotherapy and explores: the search for and the will to meaning in later life the connection between logotherapy and pastoral counseling—bringing psychology and theology together to effectively counsel the aging the role of logotherapy in the treatment of adult major depression aspects of meaning and personhood in dementia the search for meaning in long-term care settings Viktor Frankl's Contribution to Spirituality and Aging represents varying professional perspectives on the application of Frankl's logotherapy for ministry with older adults. The chapter authors represent diverse professional backgrounds in medicine, pastoral theology, the behavioral sciences, and pastoral ministry. They address issues such as death and dying, dementia and depression, and the spiritual meaning of aging, as well as Frankl's conception of the nature of humanity. Everyone interested in the connection between theology and psychology in the context of the aging will want to own this book.

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.

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• 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.

In his bestselling *The Soul's Code*, James Hillman restored passion and meaning to the concept of identity, arguing that each of us is born with an innate character, the "daimon" or "spirit" that calls us to what we are meant to be. Now, in *The Force of Character*, Hillman brings the idea of character full circle, offering a revolutionary new vision of life's most feared and misunderstood chapter: old age. "Aging is no accident," Hillman writes. "It is necessary to the human condition, intended by the soul." We become more characteristic of who we are simply by lasting into later years; the older we become, the more our true natures emerge. Thus the final years have a very important purpose: the fulfillment and confirmation of one's character. Contrary to the current genetic determinism that sees increased longevity as a wasted

aberrance created by civilization, *The Force of Character* presents an explosive new thesis: The changes of old age, even the debilitating ones, have purposes and values organized by the psyche. Memory for recent events may falter, offering more place for long-term recollections. A heart condition in later life brings an opportunity to remove blockages from constricted relationships, while changes in sleep patterns allow the old to experience the profound elements of nighttime that we usually overlook. As Hillman says, "Aging makes metaphors of biology." In this empowering and original work, James Hillman resurrects the ancient, widespread, and socially effective idea of the old person as "ancestor," a model for the young, the bearer of a society's cultural memory and traditions. America disregards old people who aren't young-acting and young-looking. We don't realize that "oldness" is an archetypal state of being that can add value and luster to things we treasure, places we revere, and people's character. When we open our imaginations to the idea of the ancestor, aging can free us from convention and transform us into a force of nature, releasing our deepest beliefs for the benefit of society. For all who read it, *The Force of Character* will be a seminal, life-affirming experience. This important book examines the relationship between religion and mental health throughout the life cycle, with a special emphasis on later life. It asserts that successful aging is possible regardless of physical health or environmental circumstances, and that religious beliefs and behaviors may facilitate successful aging. *Aging and God* thoroughly examines the effects of religion and mental health on aging and provides a centralized resource of up-to-date references of research in the field. It focuses on recent findings, theoretical issues, and implications for clinical practice and contains ideas for further research. In *Aging and God*, you'll also find information on project design that can help you develop grant applications and carry out studies. *Aging and God* is a helpful book for both mental health and religious professionals. It helps mental health specialists better understand the spiritual needs of older adults and the impact that religion can have on facilitating mental health. It also describes how religion can be utilized in clinical practice and integrated into psychotherapeutic approaches to older patients. The book brings religious professionals current knowledge of the major psychological problems that older adults face and how religion can be used to help alleviate these problems. Full of pertinent information, *Aging and God* addresses theoretical aspects of human development, focusing on cognitive, moral, and religious faith development examines situations and disorders of particular concern to older persons and looks at how religion can be used as a resource applies research findings to the problem of meeting the spiritual and mental health needs of elders with chronic or acute health problems provides an in-depth look at end-of-life issues such as physician-assisted suicide Hospital and nursing home chaplains will find this book informative and encouraging, as will gerontologists, hospital administrators, and community clergy faced with increasingly older congregations. It gives mental health professionals new strategies to help improve the later years of older adults, and



makes an excellent text for courses on religion, mental health, and aging. Middle-aged and older adults, as well as their families, will also find Aging and God enjoyable and inspiring as they attempt to grapple with the myriad adjustment and coping problems associated with 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.

I Am Not Perfect is a simple statement of profound truth, the first step toward understanding the human condition, for to deny your essential imperfection is to deny yourself and your own humanity. The spirituality of imperfection, steeped in the rich traditions of the Hebrew prophets and Greek thinkers, Buddhist sages and Christian disciples, is a message as timeless as it is timely. This insightful work draws on the wisdom stories of the ages to provide an extraordinary wellspring of hope and inspiration to anyone thirsting for spiritual growth and guidance in these troubled times. Who are we? Why do we so often fall short of our goals for ourselves and others? By seeking to understand our limitations and accept the inevitability of failure and pain, we begin to ease the hurt and move toward a greater sense of serenity and self-awareness. The Spirituality Of Imperfection brings together stories from many spiritual and philosophical paths, weaving past traditions into a spirituality and a new way of thinking and living that works today. It speaks to anyone who yearns to find meaning within suffering. Beyond theory and technique, inside this remarkable book you will find a new way of thinking, a way of living that enables a truly human existence.

Spirituality and Ageing presents the experience of ageing as an opportunity for spiritual reflection and affirmation of life. The contributors are religious and spiritual leaders and ethical thinkers from a range of different backgrounds. They define 'spirituality' not just as a religious concept but as the fulfilment of the universal human need for purpose, values and relationships - a sense of wholeness in life. This spiritual dimension helps people face the emotional and psychological challenges of growing older, such as memory loss, dementia, bereavement and fear of death. Existing systems of social care often focus on the material and physical needs of older people; this collection proposes that the

spiritual needs of older people are as vital a consideration for their welfare. Through their spirituality, older people can attain a fuller appreciation and understanding of life, which can also inform and enrich the lives of others. Spirituality and Ageing will be an invaluable resource to carers looking for a holistic and more reflective approach to work with older people.

A treasury of inspirational readings, accompanied by personal reflections and meditations, features works by Helen Keller, Barbara Kingsolver, Thomas Aquinas, and others on such themes as nature, relationships, creativity, and work. Thomas Moore is the renowned author of *Care of the Soul*, the classic #1 New York Times bestseller. In *Ageless Soul*, Moore reveals a fresh, optimistic, and rewarding path toward aging, one that need not be feared, but rather embraced and cherished. In Moore's view, aging is the process by which one becomes a more distinctive, complex, fulfilled, loving, and connected person. Using examples from his practice as a psychotherapist and teacher who lectures widely on the soul of medicine and spirituality, Moore argues for a new vision of aging: as a dramatic series of initiations, rather than a diminishing experience, one that each of us has the tools—experience, maturity, fulfillment—to live out. Subjects include:

- \*Why melancholy is a natural part of aging, and how to accept it, rather than confuse it with depression
- \*The vital role of the elder and mentor in the lives of younger people
- \*The many paths of spiritual growth and learning that open later in life
- \*Sex and sensuality
- \*Building new communities and leaving a legacy

*Ageless Soul* will teach readers how to embrace the richness of experience and how to take life on, accept invitations to new vitality, and feel fulfilled as they get older.

*Aging as a Spiritual Practice A Contemplative Guide to Growing Older and Wiser* Avery

Margaret Cruikshank's *Learning to Be Old* examines what it means to grow old in America today. The book questions social myths and fears about aging, sickness, and the other social roles of the elderly, the over-medicalization of many older people, and ageism. In this book, Cruikshank proposes alternatives to the ways aging is usually understood in both popular culture and mainstream gerontology. *Learning to Be Old* does not propose the ideas of successful aging or productive aging, but more the idea of learning how to age. Featuring new research and analysis, the third edition of *Learning to be Old* demonstrates, more thoroughly than the previous editions, that aging is socially constructed. Among texts on aging the book is unique in its clear focus on the differences in aging for women and men, as well as for people in different socioeconomic groups. Cruikshank is able to put aging in a broad context that not only focuses on how aging affects women but men, as well. Key updates in the third edition include changes in the health care system, changes in how long older Americans are working especially given the impact of the recession, and new material on the brain and mind-body interconnections. Cruikshank impressively challenges conventional ideas about aging in this third edition of *Learning to be Old*. This will be a must-read for everyone interested in new ideas surrounding aging in America today. "

"Bestselling author and psychologist Michael Gurian, who's guided readers through the world of raising children, turns his attention to aging in this comprehensive, holistic look at the emotional, spiritual, and physical dimensions of life after 50, showing how the reader can learn to embrace and celebrate life as they age"--

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.

Learn new approaches for strengthening the religious bonds of our aging population! Through Scripture, studies, and the personal experiences of religious leaders and congregants, *Practical Theology for Aging* offers new concepts for ministering to our older population. Each chapter looks at a different concern for the elderly and addresses it with the assurance that aging is part of God's great work. From scientific models and case studies to passages from both the Old and New Testaments, this volume illuminates the power of faith in keeping the elderly whole and well. *Practical Theology for Aging* reveals several barriers to the spiritual wellness of our elders. These include society's stereotypical views of frailty and incompetence in older people, the lack of common support by communities of faith, and the dissatisfaction of the elderly with outdated, traditional answers to their concerns of aging, suffering, and death. Each barrier can be overcome by utilizing the practical theology you will find in this book. Restated throughout the volume is the message that the journey into old age does not have to be filled with dread and fear but can be seen as a path to spiritual maturity. This book has practical suggestions that address: God's purpose for aging—why do we have to grow old? sexual health for senior citizens the suffering and physical debilitation that sometimes accompany aging afflictions like dementia and Alzheimer's disease, and how to minister to the unresponsive the inclusion of spirituality in rehabilitation to heal the

whole person after catastrophic illness or injury preaching to senior citizens as opposed to preaching to a younger congregation so much more! Practical Theology for Aging presents tips and strategies for spiritual advisement as well as traditional quotes and references reminding us to respect and honor our aging men and women. Whether you are a religious leader, caretaker, family member, or esteemed elder, this book is vital for strengthening spirituality in the elderly and promoting their inclusion into the religious community.

Explains the aging process based on the Buddhist tenet about the inevitability of change, with descriptions of the four key stages of aging and advice about awareness, adaptation, and acceptance.

"Contemplative aging is for men and women age sixty and beyond who want to experience a more peaceful, aware way of being through contemplative practices and to transcend the many causes of suffering inherent in later life"--P. [4] of cover.

How do we find beauty and meaning in old age? How do we overturn the paradigm of ageism? How do we age consciously and cultivate an inner life resilient enough to withstand the vicissitudes of old age? An extended meditation on how to age consciously and embrace life in all its fullness and wonder, *Aging with Wisdom* answers these questions. 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

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.

"A fresh way of thinking about spirituality that grows throughout life. In *Falling Upward*, Fr. Richard Rohr seeks to help readers understand the tasks of the two halves of life and to show them that those who have fallen, failed, or "gone down" are the only ones who understand "up." Most of us tend to think of the second half of life as largely about getting old, dealing with health issues, and letting go of life, but the whole thesis of this book is exactly the opposite. What looks like falling down can largely be experienced as "falling upward." In fact, it is not a loss but somehow actually a gain, as we have all seen with elders who have come to their fullness. Explains why the second half of life can and should be full of spiritual richness Offers a new view of how spiritual growth happens loss is gain Richard Rohr is a regular contributing writer for *Sojourners* and *Tikkun* magazines This important book explores the counterintuitive message that we grow spiritually much more by doing wrong than by doing right."-- *New Dimensions in Spirituality, Religion, and Aging* expands the traditional focus of religiosity to include and evaluate recent research and discoveries on the role of secular spirituality in the aging process. Contributors examine the ways conventional religion and other forms of spirituality affect human development, health and longevity, and they demonstrate how myth-creation enables humans to make meaning in their lives. Taken together, the book points to further research to enhance current knowledge, approaches to care, and social policies.

What does it really mean to be a grown up in today's world? We assume that once we "get it together" with the right job, marry the right person, have children, and buy a home, all is settled and well. But adulthood presents varying levels of growth, and is rarely the respite of stability we expected. Turbulent emotional shifts can take place anywhere between the age of thirty-five and seventy when we question the choices we've made, realize our limitations, and feel stuck—commonly known as the "midlife crisis." Jungian psycho-analyst James Hollis believes it is only in the second half of life that we can truly come to know who we are and thus create a life that has meaning. In *Finding Meaning in the Second Half of Life*, Hollis explores the ways we can grow and evolve to fully become ourselves when the traditional roles of adulthood aren't quite working for us, revealing a new way of uncovering and embracing our authentic selves. Offering wisdom to anyone facing a career that no longer seems fulfilling, a long-term relationship that has shifted, or family transitions that raise issues of aging and mortality, *Finding Meaning in the Second Half of Life* provides a reassuring message and a crucial bridge across this critical passage of adult development.

More than thirty years ago, an entire generation sought a new way of life, looking for fulfillment and meaning in a way no one had before. Leaving his teaching job at Harvard, Ram Dass embodied the role of spiritual seeker, showing others how to find peace

within themselves in one of the greatest spiritual classics of the twentieth century, the two-million-copy bestseller *Be Here Now*. As many of that generation enter the autumn of their years, the big questions of peace and of purpose have returned demanding answers. And once again, Ram Dass blazes a new trail, inviting all to join him on the next stage of the journey.

The definitive resource on how to use yoga to foster your physical, mental, and emotional health for a lifetime. Everyone would like to age with as much strength and grace as possible and now numerous studies confirm what many yoga practitioners have known for a long time: yoga practice has a remarkable impact on physical and mental health—and spiritual well-being—as you grow older.

*Yoga for Healthy Aging* is the definitive resource on how to use yoga to foster your physical, mental, and emotional health for a lifetime. Baxter Bell, MD, and Nina Zolotow, respected yoga teachers and authors of the popular “Yoga for Healthy Aging” blog, explain how yoga can address concerns related to strength, flexibility, balance, agility, cardiovascular health, brain health, and stress management, among other issues. They offer a safe, real-world yoga program to suit your particular needs, which includes poses, breathing practices, meditation, and yoga philosophy. Their program was developed in consultation with scientific and medical experts on aging, and allow you to focus on maintaining overall physical health and/or addressing target problem areas. *Yoga for Healthy Aging* is a yoga toolbox that will set you up for a lifetime of emotional and spiritual well-being.

Explore the spiritual dimensions of aging through science, theory, and practice! During the later years of life, many people devote energy to a process of spiritual awakening and self-discovery. Yet their family, friends, clergy, and the helping professionals who work with them are not always prepared to understand or deal with the spiritual concerns of their clients. *Aging and Spirituality* provides a unique, far-reaching overview of this long-neglected field. Divided into four independent but interwoven sections, this landmark book covers the spiritual realm with scientific rigor and deep human understanding. *Aging and Spirituality* comprehensively surveys the issues of spirituality, from the groundwork of basic definitions to detailed assessments of the role spirituality plays in the lives of the elderly and suggested directions for further research. This book's unique approach combines scholarly research and practical nuts-and-bolts suggestions for service delivery. By drawing from many disciplines and professions, it offers fresh perspectives to even those practitioners already familiar with the most effective spiritual techniques their own field can offer. *Aging and Spirituality* answers such common questions as: What are the spiritual needs of people later in life? Is there any solid evidence that prayer changes things? How is spirituality related to physical and mental health? Does spirituality matter when people know they are dying? How can we measure spiritual wellness and assess the outcomes of activities intended to enhance it? Will attention to spirituality aggravate or alleviate the losses--of friends, family, health, youth--that so often occur during old age? *Aging and Spirituality* provides a much-needed resource for health care professionals, clergy, social workers, and counselors working with geriatric clients. By integrating spiritual issues into the theoretical framework of social gerontology, *Aging and Spirituality* will help you understand the scientific foundations, practical applications, and public policy implications of spirituality for older adults.

Volume II picks up where Volume I left off--with practical advice and tools for ministry with the aging in a variety of settings.

Gerontological and theological perspectives undergird the practical guidance and a final section treats of the unique ethical issues involved in ministry with the aging.

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