A Contemplative Guide to Growing Older and Wiser



# Aging as a Spiritual Practice

Lewis Richmond

Foreword by Sylvia Boorstein, author of

It's Easier Than You Think

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

**Lewis Richmond** 

# 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 **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 staying off an inevitable part of life rather it offers frameworks and strategies for peacefully embracing it 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 Harry R. Moody, Jennifer R. Sasser, 2014-03-10 Presenting current research in an innovative format Harry Moody and Jennifer Sasser's Aging Concepts and Controversies encourages students to become involved and take an informed stand on the major aging issues that we face as a society Using their extensive expertise the authors provide a thorough explanation of the issues in the Concepts sections and current research in the Controversy sections demonstrating the close links between concepts and controversies in these broad areas of aging health care socioeconomic trends and the life course 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

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 The Christian Century ,1921 Setting the Gospel Free Brian C. Taylor, 1996 Setting the Gospel Free is an exploration of Christian faith and practice from an experiential and contemplative point of view The book integrates elements of Buddhist techniques of mindful awareness and contemplative prayer as a means of fully experiencing Christian faith in our daily lives Brian Taylor takes a fresh look at some of the key stumbling blocks for those seeking integrity in their faith belief in Jesus a personal God relational prayer parish life and the authority of scripture By viewing traditional symbols concepts and practices from an experiential and contemplative perspective they become what they were originally intended to be useful forms that can awaken us to that which is beyond all form life in God Vesper Time Cunningham, Frank J., 2019-09-26 The Grace in Aging Kathleen Dowling Singh, 2014-08-05 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 The Grace in Aging Kathleen Dowling Singh, 2014-08-05 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 Chogyam Trungpa 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 American Lutheran Survey ,1920 Medium and Daybreak ,1881 The New Christianity ,1903 The Friend .1902

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 *Success Magazine*, 1903 The North British Review, 1870 All for God's People, 1977

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