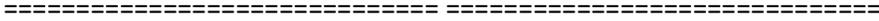


H.R. Moody, Editor



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IN THE MIRROR OF YOURSELF

"Love after Love"

The time will come  
when, with elation,  
you will greet yourself arriving  
at your own door, in your own mirror,  
and each will smile at the others's welcome.

and say, sit here. Eat.  
You will love again the stranger who was yourself  
Give wine. Give bread. Give back your heart  
to itself, to the stranger who has loved you

all your life, whom you ignored  
for another, who knows you by heart.  
Take down the love letters from the bookshelf,

the photographs, the desperate notes,  
peel your own image from the mirror.  
Sit. Feast on your life.

By Derek Walcott

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## CENTERING PRAYER IN LATER LIFE

I recently moderated a panel on aging at the World Affairs Conference in Boulder, Colorado. The organizers titled my session "If You Rest, You Rust," and I understood their approach. Some members of the panel spoke about the importance of activity, travel, lifelong learning, and other elements of "positive aging," which means different things to different people. It all reminded me of a comment by psychologist James Hillman (The Force of Character and the Lasting Life): "We live in a hyperactive society. Anything less than mania counts as depression." That's certainly one version of positive aging. It reminded me of my time on the Board of Elderhostel (now Road Scholar) where we used to give out "Frequent Hosteler" pins, registering how many trips participants had taken. Unlike, say, points gained on an airline, "Frequent Hosteler" points couldn't be translated into anything else of value. It was just enough to feel good about being as active and busy as possible. That's one version of what a good old age might be like.

Is there an alternative path? Yes: but first, full disclosure, I did my doctoral dissertation on Meister Eckhart and learned Persian to read Rumi in the original.

One alternative path is represented by Trappist monk Thomas Merton, who, alas, did not live into old age. But a Trappist monk who did is represented by Father Thomas Keating, the major figure in Centering Prayer, a Christian approach to meditation tracing its origins to the Desert Fathers and the great traditions of contemplative Christianity.

To learn more about this, read "A Spiritual Life Review with Father Thomas Keating," who was interviewed by Connie Zweig, author of many books on the Jungian idea of the Shadow. Connie presented her work on the Shadow and aging at the recent Positive Aging Conference. For her approach to Father Keating and Centering Prayer, see:

<https://medium.com/@conniezweig/a-spiritual-life-review-with-father-thomas-keating-f2b1e0a83672>

For more on Father Keating, see:  
[https://en.wikipedia.org/wiki/Thomas\\_Keating](https://en.wikipedia.org/wiki/Thomas_Keating)

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## ATTENTION TO DETAIL

Attention to detail  
comes with growing older.  
Things that once were done unconsciously  
now take conscious effort.  
This is a wondrous benefit.  
A slower walking pace reveals songbirds  
never seen before.  
A slower working pace reveals opportunities

never explored before.  
A slower living pace reveals beauty  
never experienced before.

We are slowing down  
but waking up.  
We are producing less,  
but learning more.  
We are doing less,  
and experiencing more.

From William Martin, The Sage's Tao Te Ching: Ancient Advice  
for the Second Half of Life.

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#### TEACH ME ABOUT HEAVEN AND HELL

A Japanese samurai warrior came upon a monk. Holding his sword above the monk's head, the warrior said "Teach me about heaven and hell." The monk looked up at him and replied, "How could I teach an ignorant and uncouth man like you anything at all?" The warrior lifted up his sword, preparing to cut off the monk's head and the monk then said, "That is hell." The warrior understood that the monk has risked his life to convey the teaching to him, so he immediately fell down in tears of gratitude at the feet of the monk, who said "And that is heaven."

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#### LIVING WHILE DYING

At our recent national Positive Aging Conference, we had several sessions on end-of-life issues, which are also part of positive aging. I don't generally review TV shows, but in this case I want to make a recommendation. Don't miss "Into the Night: Portraits of Life and Death," currently on PBS. You will not soon forget it, I assure you.

For a review, see:

<https://www.broadwayworld.com/bwwtv/article/INTO-THE-NIGHT- PORTRAITS-OF-LIFE-AND-DEATH- to-Premiere-on-PBS-326- 20180323>

See also the new film Cathy Zheutlin, "Living While Dying," a story of life, a story of death, finding joy in the journey, available at locations around the United States in May and June. For a trailer about the film, and locations for seeing it, visit:

<https://www.livingwhiledying.org/>

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## WEB SITES TO SEE

GROWING OLD GRACEFULLY. See "Occupational Wisdom: What Therapists Can Teach Us about Growing Old Gracefully" at:  
<https://psychotherapynetworker.org/magazine/article/1148/occupational-wisdom>

DEVELOPMENTAL TASKS. Read "The Developmental Task for Elders," for insights from wisdom researcher and adult educator Richard Trowbridge:  
<http://www.wisdompage.com/DevelopmentalTaskForEldersRHT.pdf>

POSITIVE AGING? It's been said that America's National Motto is "Have a nice day!" But people ask themselves, if everyone is so happy, what's wrong with me? Psychologist Nancy Schlossberg, author of Revitalizing Retirement, offers reflections on loss and finding purpose in living at:  
<https://www.psychologytoday.com/us/blog/transitions-through-life/201803/im-not-happy-whats-wrong-me>

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## BOOKS OF INTEREST

AGING THOUGHTFULLY: Conversations About Retirement, Romance, Wrinkles, & Regret, by Martha Nussbaum and Saul Levmore (Oxford Univ. Press).

IT'S NEVER TOO LATE TO BEGIN AGAIN: Discovering Creativity and Meaning at Midlife and Beyond, by Julia Cameron (TarcherPerigee, 2016).

C. G. JUNG AND AGING: Possibilities and Potentials for the Second Half of Life. edited by Leslie Sawin, Lionel Corbett, and Michael Carbine (Spring Journal, 2014)

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## COMING EVENTS

THE SOUL OF AGING: A Courage & Renewal Alumni Institute (May 1-4, 2018, San Antonio, TX). For details, visit:  
<http://www.couragerenewal.org/events/soul-of-aging-2018/>

EDEN ALTERNATIVE: "9th International Eden Alternative Conference" (May 3-5, 2018, Atlanta, GA). Details at:  
[http://www.edenalt.org/events-and-offerings/the-eden-alternative-international-conference/?utm\\_source=OutMarket&utm\\_medium=email&utm\\_campaign=Laura+Beck&utm\\_content=Speaker+Spotlight+Anne+Basting&vsmid=1741&vcid=7815](http://www.edenalt.org/events-and-offerings/the-eden-alternative-international-conference/?utm_source=OutMarket&utm_medium=email&utm_campaign=Laura+Beck&utm_content=Speaker+Spotlight+Anne+Basting&vsmid=1741&vcid=7815)

SAGE-ING: "Awakening the Sage Within" (May 6, 2018, Longmont, CO).

From Sage-ing® International, co-sponsored with the Longmont Senior

Center at 910 Long Peaks Avenue in Longmont. 9:00 a.m to 4:30 p.m.

Certified Faculty are Maureen Dobson and Rosemary Lohndorf. For details, visit:

<http://myemail.constantcontact.com/Awakening-the-Sage-Within.html?soid=1105697167603&aid=C-pCoqVEHnQ>

FILM ABOUT AGING: "Lives Well Lived" by Sky Bergman (May 9, 2018,

Boulder, CO). Sky Bergman's award-winning film about positive aging is screened

at the Boedecker Theater in the Dairy Arts Center, 7 pm. H.R. Moody will lead a

talk-back session after showing of the film. For more about the film visit:

<https://www.lives-well-lived.com/>

SAGE-ING: "The Art of Aging, The Gift of Sage-ing" (May 11-12, 2018,

Concord, NH). "Facing Four Frontiers in the Second Half of Life" is the theme

of this workshop, led by Pat Hoertdoerfer, Certified Sage-ing Leader.

Unitarian Universalist Church in Concord. For more information contact [phoertdoerfer@metrocast.net](mailto:phoertdoerfer@metrocast.net)

PLAY ABOUT AGING: "Still in the Game" by Robert F. Benjamin (May 16,

2018, Denver, CO). Live performance of Benjamin's acclaimed play about

caregiving and aging with grace, courage and humor, is be produced by Glass

Slipper Productions at the Jewish Community Center, [350 S Dahlia Street](#)

on Wednesday at 7:00 pm. Performance is 80 minutes, followed by a 20-minute

talkback with audience. \$10; scholarships available. Reservations and info at [smalman@jccdenver.org](mailto:smalman@jccdenver.org) or 303-316-6358. For more details, see:

<https://www.jccdenver.org/event/still-in-the-game/>

INSIGHT MEDITATION: "Grief, Joy, and Awakening: An Insight Meditation

Retreat" (May 21-27, 2018, Red Feather Lakes, CO). This retreat is led by

Community Dharma Leader David Chernikoff. At the Shambhala Mountain

Center in Colorado. For more details visit:

<https://www.shambhalamountain.org/program/im518-insight-meditation-retreat-grief-joy-awakening/>

LIFE CHANGE: "Becoming a Life Change Artist" (May 22, 2018, 12:00

noon EDT). The 4th Tuesday Revolutionize Retirement Interview with Expert's

Series features Fred Mandell, Coach and author of Becoming a Life Change

Artist. He is founder of The Global Institute for the Arts and Leadership. The

interview is accessible via phone or Internet, and questions can only be asked

via Internet. Sign up begins May 15 at [www.revolutionizeretirement.com](http://www.revolutionizeretirement.com).

Direct questions to Dori Mintzer at [dorian@dorianmintzer.com](mailto:dorian@dorianmintzer.com)

CREATIVITY: "The Way of the Sage: Wisdom through Creative Engagement"

(May 31- June 3, 2018, Des Moines, NM, near Raton). The Way of the Sage is a

journey process for women of all ages seeking illumination along life's path.

Workshop led by Elsie Wood, sculptor and former Executive Director, Society

for Creative Aging. For more details and registration, visit:

<https://www.mandalacenter.org/workshops/wood2018.html>

