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# The SPIRITUALITY of AGE



A Seeker's Guide  
to Growing Older

ROBERT L. WEBER, Ph.D.,  
and CAROL ORSBORN, Ph.D.

# The Spirituality Of Age A Seekers Guide To Growing Older

**Kamla K. Kapur**



## **The Spirituality Of Age A Seekers Guide To Growing Older:**

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 **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 *Invitation to Holistic Health* Charlotte Eliopoulos, 2017-01-20 Invitation to Holistic Health A Guide to Living a

Balanced Life Fourth Edition features solid principles and proven practices to promote optimal health and well being using a holistic approach The text is divided into four parts Strengthening Your Inner Resources Developing Healthy Lifestyle Practices Taking Charge of Challenges to the Body Mind and Spirit and Safe Use of Complementary and Alternative Therapies This easy to read guide provides how to information for dealing with a variety of health related issues including nutrition exercise herbal remedies and homeopathic remedies to name a few Unlike other holistic health textbooks the Fourth Edition promotes a variety of therapies and provides evidence to support the practice of each one New to the Fourth Edition Updated research related to holistic health and practices Expanded coverage of obesity and diversity Tips for practitioners on providing holistic care in conventional settings Discussion around the integration of conventional medicine and alternative therapies

*Light of Setting Suns* Richard L. Morgan, 2021-03-01 At age 60 Dr Richard Morgan wrote No Wrinkles on the Soul as he faced the unknowns of aging and felt the need for a book to help himself and others navigate its challenges especially the spiritual ones Now 91 Morgan still faces many unknowns and once again has written a book that describes how it feels to be old and encourages others in the same stage of life The years have taken a toll on my body he writes but my mind and spirit are still young *Light of Setting Suns* contains stories of people age 90 and beyond who have remained vital and spiritually alive including the author s own experiences Morgan shows how to discover wellness even in years of decline and how these years may be unexpectedly rich and meaningful This book shows readers that even at an advanced age they still have the opportunity to shine with the Spirit

*Through a Divine Lens* Sue Frederick, 2023-06-27 How to see the hidden wisdom in the painful moments we encounter Presents sacred practices to align with the soul s wisdom quiet the ego shift energy from fear to love and release grief anger sadness anxiety and self doubt Explains how to use your pain as inspiring fuel for moving fearlessly through life s trials and reaching your true self s full potential Shares practical action steps you can take during difficult moments to shift into the Divine lens view of your soul and experience immediate benefits Every day we have an inner battle going on between two parts of ourselves our ego and our soul When we view the world through our ego lens life can seem tragic random meaningless and painful When viewed from our soul s perspective we find divine order and soul agreements in every event of our lives In this guide to aligning with your soul and seeing life through a divine lens Sue Frederick presents mindful practices and spiritual tools to shift your perspective and step into your power She explains how each of us arrived in this life with a soul intention to live up to our greatest potential and do great work that helps others but often we hit bumps in the road that disconnect us from our soul s wisdom and allow the ego lens to take over and destroy our confidence Yet as she reveals in detail each crisis is an awakening an opportunity to shift from feeling like a victim to feeling that your soul came here to experience these exact challenges in order to evolve in just the way it needs Sharing sacred practices to align with the soul s wisdom shift energy from fear to love and release grief anger sadness anxiety and self doubt the author explores how to see the hidden beauty of each painful moment we encounter

She presents powerful examples of healing and insight from clients who have successfully reconnected with their soul's perspective even after great loss. She shows how to use your intuition, affirmations, and your own pain as inspiring fuel for moving fearlessly through life's trials and reaching your true self's full potential. She also shares practical action steps you can take during difficult moments to shift into the divine lens view of your soul and experience immediate benefits. Each of us has the power to uplift and inspire to feel love and compassion no matter how tragic our experiences may be. By viewing the world through your divine lens, you can reawaken to the wisdom and potential of your soul, see the opportunities behind suffering, and help in the collective evolution of soul consciousness.

**Interprofessional Perspectives for Community Practice** Michael Pizzi, Mark Amir, 2024-06-01. Now more than ever, health care professionals play an increased role in the promotion of health to populations. Unique and innovative Interprofessional Perspectives for Community Practice Promoting Health, Well-being, and Quality of Life weaves everyday care into prevention, community, and population health, creating a new and more expansive vision of health for all without compromising traditional practices. Authors and editors Drs. Pizzi and Amir discuss and illustrate a client-centered preventive and health, well-being, and quality of life approach rooted in best practice principles from interprofessional literature and firsthand experience. The text illustrates how allied health professionals implement those principles in their everyday and traditional practices with an emphasis on exploring health and well-being issues. Interprofessional Perspectives for Community Practice provides detailed guidance in program development and implementation. What's included in Interprofessional Perspectives for Community Clinical anecdotes on successful community practices. A focus on primary and secondary prevention. Assessments, interventions, and community practice examples. Descriptions of community-based practice settings such as adult day care, independent living programs, hospice, and home health care. Health and wellness across the lifespan. Bonus chapters available online as PDFs for readers. The first text of its kind to weave interprofessionalism, community practice, and health, well-being, and quality of life. Interprofessional Perspectives for Community Practice Promoting Health, Well-being, and Quality of Life is for all health care workers and students who wish to transfer practice skills from the clinical setting to a population-based program development model.

*An Age of Opportunity* Richard H. Gentzler, 2018-05-01. A companion to the author's earlier book *Designing an Older Adult Ministry Discipleship Resources* (1999), this book will provide new information and outline ways to develop and strengthen ministries by with and for older adults that can and will enhance the spiritual growth and well-being of people of all ages. The church is beginning to recognize that there are vast numbers of older people in its membership. It is becoming aware of its indebtedness to them for the leadership, support, service, and faith that has made the church of today possible. The church is uniquely positioned to help older adults respond to the challenges of aging, to see the tremendous potentialities in the lives of older adults for making the church and community better, and to assist older people as they experience new meaning and purpose in their later lives. Chapters include: Why Older Adult Ministries; Understanding the Aging Process;

Aging and the Spiritual Journey The New Seniors Boomers Intentional Ministry by with and for Older Adults Organizing for Intentional Ministry in the Local Church Organizing for Intentional Ministry in the Conference Congregational Care Ministry Additional Ideas for Intentional Ministry and Trends in Aging Appendixes include a Facts about Aging quiz information on creating and using older adult surveys and suggested resources for further reading and study **Spiritual Aging** Carol Orsborn, 2024-12-03 Presents years of weekly inspiration and practices pointing the way forward through every conceivable mood opportunity and stumbling block on the spiritual journey through the second half of life Includes quotes and stories by and about mystics sages and old souls from ancient through contemporary times who have walked this path before us Shares insightful guidance on transforming loneliness to solitude loss of identity to freedom anger to self protection fear to faith and envy to love Many of us navigating the years beyond midlife report high levels of self acceptance freedom and joy but there can also be bouts of second guessing and regret as well as the occasional longing to be reminded that you re not in this alone Designed to be read weekly in two year cycles the 120 timeless readings in this book focus on the issues and concerns that arise among those who view aging as a path to spiritual culmination Transforming loneliness to solitude loss of identity to freedom anger to self protection fear to faith and envy to love Orsborn s wise and compassionate insights are seasoned by quotes and stories by and about mystics sages and old souls from ancient through contemporary times who illuminate the path to living a full life while embracing old age The connecting thread is the reminder that you have what it takes to shift from reacting with fear to the challenges of aging instead accepting these challenges in a spirit of gratitude as they help you grow not just old but whole *The Privilege of Aging* Kamla K. Kapur, 2024-07-09 2025 Nautilus Gold Award Shares the author s inner adventure to face aging illness and death along with hard won wisdom on the art of resting happiness and letting go Draws on stories from different spiritual traditions and offers strategies tools and ways of thinking to navigate the challenges of aging Reveals how to examine your fears and regrets declutter the mind of negative thoughts and reframe reality with the powerful tool of unconditional self love Presenting a clarion call to the aging to awaken before they die Kamla K Kapur explores how we can become warriors on the spiritual path in order to embrace and prepare for the truth of our mortality and the ultimate triumph of conscious living and dying Set in both California and India Kapur shares her inner adventure to navigate the hazardous battlefield of aging with the aid of spiritual guides that pilot her to safety She offers hard won wisdom on the art of resting happiness and letting go in order to achieve vitality satisfaction and joy in the life we are fortunate to still have Revealing the arc of her own self discovery she examines her shadows fears anxieties and regrets decluttering her mind of disempowering thoughts and reframing and co creating her reality with the powerful tool of unconditional self love She describes how to confront express and embrace your darkness consciously and honestly to move forward into the ever greater wholeness of being Drawing on stories from a variety of cultural traditions Kapur demonstrates the power of self examination vigilance and intentionality to have a successful old age She offers numerous strategies tools

and ways of thinking to ensure mental physical and spiritual strength so we can meet aging s challenges and transform from the people we once were to the ones we are becoming on the penultimate stage of earthly life

**Principles and Practice of Geriatric Psychiatry** Marc E. Agronin,Gabe J. Maletta,2006 Written by noted authorities in geriatric psychiatry this volume is a clinically oriented guide to the diagnostic workup and treatment of psychiatric and neuropsychiatric disorders in elderly patients The book describes in detail the neurologic and neuropsychiatric patient assessment and the use of all treatment modalities both psychotherapeutic and pharmacologic in elderly patients Chapters discuss the treatment of disorders in all clinical settings inpatient outpatient emergency primary care assisted living and long term care Algorithms for workup and treatment are included as well as case studies and personal accounts by patients and care providers Appendices provide drug information and additional resources

*The Seeker's Guide* Elizabeth Lesser,2008-11-18 In 1977 Elizabeth Lesser cofounded the Omega Institute now America s largest adult education center focusing on wellness and spirituality Working with many of the eminent thinkers of our times including Zen masters rabbis Christian monks psychologists scientists and an array of noted American figures from L A Lakers coach Phil Jackson to author Maya Angelou Lesser found that by combining a variety of religious psychological and healing traditions each of us has the unique ability to satisfy our spiritual hunger In *The Seeker's Guide* she synthesizes the lessons learned from an immersion into the world s wisdom traditions and intertwines them with illuminating stories from her daily life Recounting her own trials and errors and offering meditative exercises she shows the reader how to create a personal practice gauge one s progress and choose effective spiritual teachers and habits Warm accessible and wise this book provides directions through the four landscapes of the spiritual journey THE MIND learning meditation to ease stress and anxiety THE HEART dealing with grief loss and pain opening the heart and becoming fully alive THE BODY returning the body to the spiritual fold to heal and overcome the fear of aging and death THE SOUL experiencing daily life as an adventure of meaning and mystery

**The Seeker's Guide to The Secret Teachings of All Ages** Mitch Horowitz,2020-09-30 A KEY TO THE MYSTERIES No other book in history has done more to clarify the Esoteric mystical and occult traditions of the world than Manly P Hall s *The Secret Teachings of All Ages* Now historian Mitch Horowitz provides the first companion work to Hall s opus *The Secret Teachings of All Ages* helps twenty first century readers enter and experience or re experience Hall s hallowed pages and also clarifies and expands on some of the book s key themes and topics Mitch explores developments and historical discoveries since hall published his Great Book nearly a century ago and adds fresh dimensions to subjects including The antiquity and legacy of Ancient Egypt The mystical origins of the world s major faiths Strange beasts and anomalies in history and today The origins and esotericism of Tarot Secret Societies in Myth and Fact The enduring relevance of astrology Authorized by Manly P Hall s Philosophical Research Society *The Secret Teachings of All Ages* is a feast of esoteric exploration on its own and a worthy companion to history s unparalleled encyclopedia arcana Mitch is a fantastic tour guide to the fringes of reason high

weirdness deep esoterica secret societies and mystery religions BoingBoing Has the rare gift of making the esoteric accessible to discerning masses HuffPost      *Staying Focused in the Age of Distraction* Elizabeth Hanson

Hoffman, Christopher D. Hoffman, 2006 In this book a clinical psychologist and a social worker present a mindfulness and spirituality based program readers can use to dramatically improve their quality of life by conquering distraction avoiding overload and focusing attention on the things they value most      *Aging and Spirituality* David O. Moberg, 2012-10-12

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      *Active Spirituality* Kent Ira

Groff, 1993-12-31 A practical guidebook for the inquiring layperson seeking a holistic intelligent look at the spiritual life and for the pastor or religious professional seeking a systematic framework and spiritual practices to re ignite the flame of faith Groff explains what it means to believe and what to do after you say you believe through a unique integration of spirituality and service heart and mind and various faith traditions Explore five spiritual disciplines community solitude learning service and vocation Great for study groups      *The Complete Idiot's Guide to Awakening Your Spirituality* Jonathan Robinson, 2000

Explores methods of increasing spirituality including meditation redirection of negative emotions and use of workshops and retreats      *Spirituality Bytes* P. V. Vaidyanathan, There is no established definition of spirituality But what a common man needs is a working idea a concept which he can easily identify with and one which he can practice with reasonable ease and

comfort This book is an endeavour in that direction It presents some logical explanation and understanding about God religion life journey to enlightenment ego and mental demons Also it deals with emotions fear self esteem human relationships the art of listening death human instincts mind fate and destiny and meditation *Religion, Spirituality, and Aging* Harry R. Moody, 2005 Book attempts to demonstrate how spirituality and religion can improve an older person's quality of life Spirituality and Aging Robert C. Atchley, 2009-03 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 ThirdWay, 1995-09 Monthly current affairs magazine from a Christian perspective with a focus on politics society economics and culture

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