

The Conscious Aging Alliance

Calendar of Upcoming Events and Services

Winter-Spring 2016

SAGE-ING® INTERNATIONAL SAGE-ING® INTERNATIONAL is an organization with the mission of helping to change our society's current belief system from aging to sage-ing—that is, from simply becoming old to aging consciously. Sage-ing is both a philosophy and a set of psychological and spiritual practices, originally developed by Zalman Schachter Shalomi, that support living with passion, purpose, community support, inner growth and commitment to service as we age. We train and support a network of Sage-ing Leaders who transmit the wisdom of Sage-ing through workshops, webinars and other educational and personal growth programs. We also facilitate intergenerational service projects and support a growing network of Elder Wisdom Circles.

Through our SI website, we offer a free lifelong Membership which provides access to valuable resources for individuals wanting to do their own conscious aging work while encouraging others to do likewise. For more information, see www.sage-ing.org, featuring:

Awakening the Sage Within

We are proud of our dynamic new one-day workshop, Awakening the Sage Within. This highly interactive introduction to Sage-ing principles and practices is being offered by Certified Sage-ing Leaders at numerous locations across North America and beyond.

Information about this program and about scheduled offerings are found on our [website page](#).

Sage-ing Intensive

The Sage-ing Intensive workshop, which is a two-day, in-depth exploration of Sage-ing principles and practices, will also be offered at various locations in North America. For those who wish, both Awakening the Sage Within and the Sage-ing Intensive serve as prerequisites to our yearlong Sage-ing Leader Certification Program. See the [website page](#) for more information.

Sage-ing Leader Certification Program

This is our one-year, in-depth training program which prepares people to teach Sage-ing principles and practices in their communities. For more details or to apply for the next program, which begins later in the year, see the [website page](#) or contact [Jeanne Marsh](#).

2016 International Sage-ing Conference

The next biennial International Sage-ing Conference will be held on October 20-23 at Sunrise Ranch near Loveland, CO. This exciting conference will provide both opportunities to connect with other persons interested in sage-ing and to learn more about sage-ing from experienced workshop presenters. For details, see the [website page](#).

THE ELDER SPIRITUALITY PROJECT of SPIRITUALITY AND PRACTICE

provides resources for elders' spiritual journeys through SpiritualityandPractice.com, a multifaith website with a large and constantly updated wisdom archive. The Elder Spirituality Project section contains curated content for elders and those working with them: quotes, e-courses, spiritual practices, best books, children's picture books about grandparents, exceptional book excerpts for elders, DVDs about Elders and Conscious Aging, Inspiring documentaries about elders, art for and about elders, a list of wise elders in S&P Living Spiritual Teachers and Remembering Spiritual Masters Projects, and links to articles on conscious aging.

The Elder Spirituality Project also offers a series of interactive e-courses created by spiritual teachers known for their insights into the spiritual blessings and challenges of later life. To keep the e-courses affordable and easily accessible, they are delivered by email. When each e-course is first offered, participants create virtual communities in the online "Practice Circle" where they share their experiences. After the first run, the e-courses are available on-demand with your choice of a start date and frequency of email delivery.

Website: www.SpiritualityandPractice.com/ElderSpirituality

Contact: Brussat@SpiritualityandPractice.com

E-Courses in the Elder Spirituality Series

Three new E-Courses with Practice Circles will be offered starting in 2016

- (1) Facing Mortality with Sage-ing International
- (2) Vigil Training with Megory Anderson of the Sacred Dying Foundation
- (3) The Grieving Heart with Joanne Trumbull and Claire Willis.

More details will be available soon at www.spiritualityandpractice.com/projects/elder-spirituality/e-courses

These E-Courses are available on-demand; you choose your own start date and frequency for the emails.

- (1) Becoming a Wise Elder with Angeles Arrien
- (2) The Sage's Tao Te Ching with William Martin
- (3) The Blessings of Aging with Joan Chittister
- (4) ReStorying Your Life with Christina Baldwin
- (5) Living Your Legacy: Seeds, Blossoms, Fruits with Sage-ing International

From this page, you can click through to the registration pages for each of these course: www.spiritualityandpractice.com/projects/elder-spirituality/e-courses

SECOND JOURNEY is a social-change organization helping birth a new vision of the rich possibilities of later life...

- to open new avenues for individual growth and spiritual deepening
- to birth a renewed ethic of service and mentoring in later life
- to create new model communities—and new models OF community—for later life, and
- to marshal the distilled wisdom and experience of elders to address the converging crises of our time

Captured in the shorthand of our logo...*Mindfulness, Service and Community in the Second Half of Life.*

www.secondjourney.org

A primary aspect of Second Journey's mission is the publication of anthologies which feature articles by thought leaders who have contributed to the conscious aging journal, *Itineraries*, which Second Journey produced for several years. Information about these books can be found on our website. They include: *THE SPIRITUALITY OF LATER LIFE*; *AGING IN COMMUNITY*, edited by Janice Blanchard.; *ODYSSEYS FOR THE SOUL: TRAVEL AND TRANSFORMATION*, edited by Penelope Bourke; and our most recent offering, *SECOND JOURNEYS: THE DANCE OF SPIRIT IN LATER LIFE*, edited by Bolton Anthony. [Go to our Bookstore](#). Issues of *Itineraries* from 2012 and 2013 can be read on our website.

Recognition Rites for a New Vision of Aging is a program founded by **Dr. Tom Pinkson** that shifts attitudes about aging and older people to the position of respect and reverence that mature cultures demonstrate with their valuation and socially integrative use of their elders. It offers a unique blend of ancient and contemporary knowledge that is the result of Dr. Tom Pinkson's fifty years of work bridging cultures, traditions, belief systems and peoples. Recognition Rites offers hope and a call to action, in a most timely and necessary manner. His book, **Fruitful Aging: Finding the Gold in the Golden Years**, presents five developmental tasks that provide a framework leading towards the development of a recognition rite.

Recognition Rites bring people of diverse background and belief systems together for an event that helps break down barriers of separation between races, ages, religions and social class. They build community. They foster greater appreciation of diversity, of older people, of how love and appreciation enrich all our lives. Recognition Rites serve as a seed and stimulus for others in attendance to create celebrations for meaningful elders in their own lives.

Learn more by ordering the book *Fruitful Aging: Finding the Gold in the Golden Years* from Amazon or Kindle, watch a short *video of a Recognition Rite* at the link above, and contact Tom at tompinkson@gmail.com to find out how to get involved. Tom is available for consulting and is an inspiring keynote speaker for events that address issues of creating meaningful fulfillment in the aging years.
<http://drtompinkson.com/work-with-dr-tom-pinkson/recognition-rites/>

In a time of the year when the days shorten and nights grow longer, our ancestors for millennia created ceremonies to reconnect us with faith that the light of the sun will return once again and life will resurrect from the cold darkness of winter. At this time of the Great Turning when so much darkness exists in the world one can fall into depression and despair, so it is vital to Re-member the Luminosity that Shines Always at the Center of our Being, and whenever and forever we take the time to journey within to our true essence where Love Lives and Is For Giving. PEACE IN OUR HEARTS, PEACE IN THE WORLD, PEACE TO ALL PEOPLE Tom Pinkson

THE LIFE PLANNING NETWORK (LPN) is a national community of professionals and organizations from diverse disciplines dedicated to helping people navigate and optimize the second half of life from a holistic perspective. Our mission is to create and communicate knowledge and resources that support professionals in their work to enhance people's later lives and thus benefit society.

We support our professionals in several ways: Members promote their organizations, businesses, and activities to the public through our web site, list serve, and monthly Newsletter. We also provide a broad range of resources specifically for our members on our web site. Business and practice development programs are offered via quarterly national webinars as well as through local chapters. LPN has created four notable resources: ***LIVE SMART AFTER 50! The Experts' Guide to Life Planning in Uncertain Times*** (paperback and eBook); ***The Advocacy Leadership for Positive Aging (ALPA) curriculum*** to train service providers who serve low and moderate income seniors; ***A Conversation Project Facilitators' Guide*** to enable LPN members without special training to lead groups through the process of making decisions about end-of-life care; and the ***Life Planning Competency Inventory (LPCI)***, a self-assessment tool to gauge our knowledge strengths and gaps in the various areas of life in our holistic planning model.

Members gather to share and learn in a growing number of chapters around the country and at regularly-scheduled local and national programs. They collaborate, refer, co-market and partner—in person and virtually—to build their respective businesses and to advance the value of the life planning and positive/conscious aging movements for the benefit of all.

www.lifeplanningnetwork.org LPN@lifeplanningnetwork.org

For info on all of our upcoming events, including regional chapter meetings and national webinars, please visit www.lifeplanningnetwork.org

THE LEGACY OF WISDOM project, based in Switzerland, brings 5-broad themes together, placing wisdom as a central theme of aging. Since its' founding, regular additions to Legacy of Wisdom have swelled our archive to over 200 video answers about key issues of aging from some of the most respected generation leaders. These include Ram Dass, Rabbi Zalman Schachter-Shalomi, Roshi Joan Halifax, Father Thomas Keating and many others. Conferences with Bob Atchley, Jane Fonda, Mary Catherine Bateson, Rick Moody, Joan Borysenko and others have added inspiring perspectives.

- Mission and Fulfillment
- Aging Lifestyles and Relationships
- Health and Healthcare
- Legal and Finances
- End of Life Preparations

Unique to Legacy of Wisdom, in addition to our ever growing aging archive, is our medical research, refining effective methods for maintaining mobility and reducing falls in older populations. This often overlooked problem in aging can cause catastrophic results for individuals, families and community. Few have paid attention to the effects of loss of mobility as we age. However, much can be done! Developed first in collaboration with Harvard Medical School (Brigham & Women's Hospital), the program has now expanded to collaboration with one of the leading mobility research centers in Europe. We are developing an evidence based trail for the core principles of the intervention, to be ready for the Tsunami of Elders in 2021. A recent feasibility study surprisingly showed improvement after only 6 of the 24 lessons! While a surprise to much of the research staff, we have seen dramatic "quick response" in clinical practice. Refining this result so that it has lasting effect is vital and the focus of the current research.

Our multi-modality intervention combines well documented practices from the latest medical research. We use strength and balance training with a new mix of multi-planar exercises enhanced by cognitive challenges. Coming from a variety of cultural and medical backgrounds, some of the key practices use the 3-D movement protocols of Tai Chi and the cognition training of Qi Gong (both coming from the Chinese culture). There is a growing body of medical evidence to support an expanded use of these practices.

Contact us to be informed of forthcoming events or to be on our mailing list.

Legacy of Wisdom EVENTS:

China Study program for 2-weeks from March 19 – April 2, 2016 in Hangzhou. In association with Zhejiang Traditional Chinese Medical University this program will give both new practitioners as well as experienced professionals a new insight into the use of Chinese medical science. For professionals, the course also offers continuing medical education credits. This is a small group program and if you are interested, please contact us at wisdom@legacyofwisdom.org. Classes in Chinese or English with English and German translation

Switzerland Summer Retreat – Aug. 5 – 12, 2016

Now in its 30th year, the Living Tao summer retreat is a time to practice core principles of Tai Ji and Qi Gong in the lovely Swiss environment of the Emmental region, with vistas of the high Alps in the distance. There is daily practice in Tai Ji and Qi Gong, with an emphasis on practical application of the Mobility research. The Course is in German and English. We offer special discounts to support those attending from outside of Europe.

www.legacyofwisdom.org

wisdom@legacyofwisdom.org

Telephone (Switzerland) - +41-61-361 5375

Institute of Noetic Sciences Conscious Aging Program supports the understanding that the final third phase of life is a great opportunity for spiritual, emotional, and psychological growth. It's a time to celebrate a life journey, to harvest the wisdom of those experiences, and to share what was meaningful in the company of others. And yet in our youth-obsessed culture there is a lot of fear and anxiety about growing older, especially for those who enter their later years alone.

Recognizing this, the Institute of Noetic Sciences has developed a program specifically for facilitators who want to work with seniors ready to embrace this phase of their journey. This program is called *Conscious Aging*. It was created over six years, and field-tested across a broad range of practitioners and settings.

The Conscious Aging Facilitator Training Program provides facilitators with all the resources they need to market, set up and conduct an 8 session workshop series on Conscious Aging in their local community. This self-paced, self-study program is designed for those who have experience in facilitating groups as a practitioner or community volunteer, especially active or retired Social Workers, Psychologists, MFTs, Counselors, Ministers, Trainers, Faculty, Coaches, Community Group Leaders, Group Facilitators and Nurses.

To learn more about this program visit:

<http://www.noetic.org/education/conscious-aging/>

To listen to an audio recording

[Why Consciousness Matters in the 3rd Phase of Life](#)

with Kathleen Erickson Forder: IONS Elder Education Program Manager - **Recorded on Mar 4, 2015**

by The Shift Network – Transforming Aging Summit

From a consciousness perspective, we cannot choose the circumstances we will face in our aging. What we can control, however, are the qualities of consciousness we bring to bear on those circumstances, and then to develop those qualities into a strong foundation of practice. Bringing our best, most conscious selves forward is essential to meeting both the challenges and opportunities of aging. This audio recorded interview is part of the

Transforming Aging Summit, a free online event featuring information and insights to help make your later years your best years. For more information, please visit the Transforming Aging Summit website <http://2015.transformingagingsummit.com>. This recording is a copyright of The Shift Network. All rights reserved. [You can listen to the your by clicking here.](#)

For more information about the IONS Conscious Aging Facilitators Guide visit:
<http://store.noetic.org/IONS-Conscious-Aging-Facilitators-Guide.html>

GRAY IS GREEN is a national non-profit focused on the possibility for older adult Americans to offer distinctive benefits to our society in response to unprecedented ecological challenges. These benefits may range from block-votes for a variety of policy changes to mass market demands for sustainable living choices in housing, food, transportation, healthcare and urban design. Gray-Greens possess unique gifts for adaptive response. Such include a wealth of *generational* responses to war, economic collapse, epidemics, and political upheaval, together with *individual* responses to parenting, managing businesses, leading organizations, voting, volunteering, meeting worklife challenges, enjoying the wonders of nature and culture, and more. Following decades of environmental change—for better and for worse—and now witnessing the cumulative environmental legacy modern society is leaving to our children and grandchildren, Gray-Greens hear the call to action and reflection.

We invite to our network individuals and organizations open to the distilled wisdom and environmental passion of older adults. In response to the longing for authentic inter-generational accountability expressed by Gray-Greens, we help foster a beneficial response. All are invited to sign up at <http://grayisgreen.org> for our periodic email updates and news items for sustainable living and environmental advocacy. The site also offers unrestricted access to our archive of information resources and a link for donors. kathschomaker@grayisgreen.org

Gray Is Green will soon be launching our new ***curriculum for Gray-Green living***. We are also excited to announce that we will be referring users of our new curriculum pages to the excellent discussion materials created by Northwest Earth Institute (NWEI) as a way of expanding and deepening conversations on various topics in our curriculum. Our partnership with NWEI greatly expands the resources we can make available to our subscribers and site users. Watch our website in the coming months for more!

FIERCE WITH AGE, *The Online Digest of Boomer Wisdom, Inspiration and Spirituality* is a free digest featuring daily and monthly summaries and excerpts of the best writing about spirituality and aging for Boomers and beyond. Editor-in-chief is [Carol Orsborn, Ph.D.](#), author of 25 books for and about Boomers. Fierce with Age offers in-person as well as self-guided online retreats and gatherings on the subject of spirituality and aging. Subscribe at www.fiercewithage.com. Dr. Orsborn is co-author of the new

book *The Spirituality of Age*, written with Dr. Robert Weber, and published by Park Street Press. Dr. Orsborn can be reached at carol@fiercewithage.com

A Message from Carol Orsborn

The time has come for me to take walking my talk to an even deeper level. To that end, I am announcing that with the final edition of the Digest and the completion of my last scheduled retreat in early December, I am taking an open-ended sabbatical.

Please take time this winter to explore the extensive Fierce with Age archives and if you haven't already, subscribe to the website The Spirituality of Age where my coauthor Dr. Robert L. Weber is carrying the torch for the subject matter we hold so close to our hearts. (Links below.)

For access to the archives of *Fierce with Age: The Digest of Boomer Wisdom, Inspiration and Spirituality*, click [HERE](#)

To visit our sister website, *Spirituality of Age*, click [HERE](#)

THE CENTER FOR CONSCIOUS ELDERING, The Center for Conscious Eldering, based in Durango, Colorado, is dedicated to supporting the development of conscious elders. We do this by offering our signature *Choosing Conscious Elderhood* rite of passage retreats, introductory weekend workshops and workshops by invitation from churches, retreat centers and other groups. We also offer *Coaching for Conscious Aging*. We serve those in and approaching the elder third of life who seek passion, purpose, growth and service as they age. An important aspect of our uniqueness is that we use the power of nature to support your growth as an elder. It is in the natural world that we can most easily remember that which is authentic and natural in ourselves, and thus gain clarity and vision for how we can best thrive and contribute in a world urgently in need of the wisdom and gifts of *conscious* elders. Our retreats and workshops and all involve significant time spent outdoors in inspiring natural settings.

www.centerforconsciouseldering.com

Choosing Conscious Elderhood retreats in 2016

May 15-21 at Ghost Ranch, New Mexico

June 26-July 2 at Breitenbush Hot Springs, Oregon

September 11-17 near Asheville, North Carolina

October 2-8 at Ghost Ranch, New Mexico

Weekend Workshops

February 12-14 near Charleston, South Carolina

June 23-5 at Sunrise Ranch, Loveland, Colorado

July or August (dates not yet confirmed) in Oceanside, California

Other workshops will be announced in February, 2016

Center for Conscious Eldering Director Ron Pevny will be hosting the second **Shift Network Transforming Aging Summit** March 1-3, building on the success of the first Summit which he hosted last March. He will be interviewing 18 leaders who are working to transforming the paradigm for aging in today's world. Information will be available on our website and at www.theshiftnetwork.com beginning February 16th.

Ron will be offering another **"Transforming Your Journey of Aging"** telecourse through the Shift Network on seven Wednesday evenings beginning March 23rd. Information about this course will be available on our website and at www.theshiftnetwork.com beginning in early March.

Ron Pevny's book ***Conscious Living, Conscious Aging***, published by Beyond Words/Atria Books, is available through Amazon, Barnes and Noble, and at bookstores. It is unique in the conscious aging field in its weaving of Sage-ing and other conscious aging practices with wisdom about life transitions and the dynamics of rites of passage, and stories from people who have employed these approaches in their conscious eldering work. To learn about Ron's book, visit www.consciouslivingconsciousaging.com