Aging as a Spiritual Practice

Lewis Richmond 2012-03-01 Aging as a Spiritual Practice is the compelling fourth book of work by the bestselling author of Work as a Spiritual Practice and the groundbreaking Aging as a Spiritual Practice: A Contemplative To Growing Older and Wiser. Richmond now takes readers to the next level by focusing on spiritual practices as a means to transform the aging process through novel, effective, and creative lenses.

Richmond’s premise is that spiritual practice can help us to prepare for, accommodate, and transform personal losses associated with growing older, allowing us to live each moment to the fullest in a way that fulfills our deepest wishes.

Spirituality, Aging, and Work

As a spiritual practice, work empowers us to turn our avocations into vocation. Richmond’s book presents a new way to discover the presence and possibility of spirituality in our work. We are shown how our work is a portal to a spiritual practice and how we can perform spiritual practices while commuting to and from work • meditate while sitting, walking, or standing—a minute at a time • understand ambition, money, and 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:

- Find more meaning in your work
- Cultivate creativity and inspiration
- Achieve work-life balance
- Grow your skills and advance your career
- Add your special creativity to the workplace
- Build a meaningful career
- Do a job you love
- Practice spiritual disciplines and habits on the job

Richmond 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--and practical wisdom--he shows that spiritual practices can be done at any place, at any time, and do not require any special equipment. These practices can help us to:

- Cultivate wisdom and insight
- Find purpose and meaning
- Create an environment of love
- Nourish our inner being
- Discover new possibilities for growth
- Experience transcendence and understanding
- Live in the moment
- Lead with compassion
- Connect with others

Spiritual Literacy

It is important to respect and honor our aging men and women. Whether you are a religious leader, caretaker, or community clergy faced with increasingly older congregations. It gives mental health professionals new strategies to help improve the later years of 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

The Grace in Aging

“Ultimately 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 potential.

The Wonder of Aging

Using scientific research--and practical wisdom--he shows that spiritual practices can be done at any place, at any time, and do not require any special equipment. These practices can help us to:

- Cultivate wisdom and insight
- Find purpose and meaning
- Create an environment of love
- Nourish our inner being
- Discover new possibilities for growth
- Experience transcendence and understanding
- Live in the moment
- Lead with compassion
- Connect with others

Practical Theology for Aging

The Wonder of Aging

William P. Miller 2006-11-03 In The Wonder of Aging, 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 chooses what he is. He is a meaning-creating creature. The only question is how deep and how wide a circle of meaning he will draw around himself.” This book is an exploration of the paradoxes and potential of human aging. By addressing spiritual, emotional, and psychological issues we face in the third stage of life, this practical guidebook shows how we can take full advantage of the opportunities presented by the later years.

The Spirituality of Aging

The Spirituality of Aging

...
Mindful Aging teaches 2017’s 15 don’t let the so-called perception of “aging” lack of purpose, feeling inferior or our growth, needing nothing to be done control of you and your life. You have the power to change how you view older. This book will show you how.

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 the Absolute,” is an important component of mental and physical health, and overall well-being.

Spiritual Resilience and Aging 2012-05-18 First Published 2017: Routledge is an imprint of Taylor & Francis, an imprints company.

Grow Younger, Live Longer by Deepak Chopra, M.D. 2007-12-18 In Grow Younger, Live Longer, Deepak Chopra, a pioneer in mind/body medicine, applies his decades of research and knowledge to actually reverse the aging process. This simple and practical step-by-step program designed by Dr. Chopra and his associate, David Romano, MD, shows how it is essentially to reverse all dimensions of the self—body, mind, and spirit—in order to find and look younger. The five-step program detailed in this book will immediately improve your sense of well-being, and the three daily Focuses accompanying each step will help you thoroughly integrate the age reversal process into your life. Learn how to experience a joyful spirit, cultivate Resilience, strengthen your immune system, unravel your mind, and much more. As you begin to reverse your biological age, you will find yourself tapping into your inner reservoir of unlimited energy, creativity, and vitality.

Mindful Aging teaches 2017’s 15 don’t let the so-called perception of “aging” lack of purpose, feeling inferior or our growth, needing nothing to be done control of you and your life. You have the power to change how you view older. This book will show you how.

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 the Absolute,” is an important component of mental and physical health, and overall well-being.

Spiritual Resilience and Aging 2012-05-18 First Published 2017: Routledge is an imprint of Taylor & Francis, an imprints company.

Grow Younger, Live Longer by Deepak Chopra, M.D. 2007-12-18 In Grow Younger, Live Longer, Deepak Chopra, a pioneer in mind/body medicine, applies his decades of research and knowledge to actually reverse the aging process. This simple and practical step-by-step program designed by Dr. Chopra and his associate, David Roman, M.D., shows how it is essentially to reverse all dimensions of the self—body, mind, and spirit—in order to find and look younger. The five-step program detailed in this book will immediately improve your sense of well-being, and the three daily Focuses accompanying each step will help you thoroughly integrate the age reversal process into your life. Learn how to experience a joyful spirit, cultivate Resilience, strengthen your immune system, unravel your mind, and much more. As you begin to reverse your biological age, you will find yourself tapping into your inner reservoir of unlimited energy, creativity, and vitality.

Mindful Aging teaches 2017’s 15 don’t let the so-called perception of “aging” lack of purpose, feeling inferior or our growth, needing nothing to be done control of you and your life. You have the power to change how you view older. This book will show you how.

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 the Absolute,” is an important component of mental and physical health, and overall well-being.

Spiritual Resilience and Aging 2012-05-18 First Published 2017: Routledge is an imprint of Taylor & Francis, an imprints company.

Grow Younger, Live Longer by Deepak Chopra, M.D. 2007-12-18 In Grow Younger, Live Longer, Deepak Chopra, a pioneer in mind/body medicine, applies his decades of research and knowledge to actually reverse the aging process. This simple and practical step-by-step program designed by Dr. Chopra and his associate, David Roman, M.D., shows how it is essentially to reverse all dimensions of the self—body, mind, and spirit—in order to find and look younger. The five-step program detailed in this book will immediately improve your sense of well-being, and the three daily Focuses accompanying each step will help you thoroughly integrate the age reversal process into your life. Learn how to experience a joyful spirit, cultivate Resilience, strengthen your immune system, unravel your mind, and much more. As you begin to reverse your biological age, you will find yourself tapping into your inner reservoir of unlimited energy, creativity, and vitality.

Mindful Aging teaches 2017’s 15 don’t let the so-called perception of “aging” lack of purpose, feeling inferior or our growth, needing nothing to be done control of you and your life. You have the power to change how you view older. This book will show you how.

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 the Absolute,” is an important component of mental and physical health, and overall well-being.

Spiritual Resilience and Aging 2012-05-18 First Published 2017: Routledge is an imprint of Taylor & Francis, an imprints company.

Grow Younger, Live Longer by Deepak Chopra, M.D. 2007-12-18 In Grow Younger, Live Longer, Deepak Chopra, a pioneer in mind/body medicine, applies his decades of research and knowledge to actually reverse the aging process. This simple and practical step-by-step program designed by Dr. Chopra and his associate, David Roman, M.D., shows how it is essentially to reverse all dimensions of the self—body, mind, and spirit—in order to find and look younger. The five-step program detailed in this book will immediately improve your sense of well-being, and the three daily Focuses accompanying each step will help you thoroughly integrate the age reversal process into your life. Learn how to experience a joyful spirit, cultivate Resilience, strengthen your immune system, unravel your mind, and much more. As you begin to reverse your biological age, you will find yourself tapping into your inner reservoir of unlimited energy, creativity, and vitality.

Mindful Aging teaches 2017’s 15 don’t let the so-called perception of “aging” lack of purpose, feeling inferior or our growth, needing nothing to be done control of you and your life. You have the power to change how you view older. This book will show you how.

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 the Absolute,” is an important component of mental and physical health, and overall well-being.

Spiritual Resilience and Aging 2012-05-18 First Published 2017: Routledge is an imprint of Taylor & Francis, an imprints company.

Grow Younger, Live Longer by Deepak Chopra, M.D. 2007-12-18 In Grow Younger, Live Longer, Deepak Chopra, a pioneer in mind/body medicine, applies his decades of research and knowledge to actually reverse the aging process. This simple and practical step-by-step program designed by Dr. Chopra and his associate, David Roman, M.D., shows how it is essentially to reverse all dimensions of the self—body, mind, and spirit—in order to find and look younger. The five-step program detailed in this book will immediately improve your sense of well-being, and the three daily Focuses accompanying each step will help you thoroughly integrate the age reversal process into your life. Learn how to experience a joyful spirit, cultivate Resilience, strengthen your immune system, unravel your mind, and much more. As you begin to reverse your biological age, you will find yourself tapping into your inner reservoir of unlimited energy, creativity, and vitality.