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Old Age

JOURNEY INTO SIMPLICITY



Helen M. Luke

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Old Age: Journey into Simplicity



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In examining some of the great masterpieces of literature made by writers by the end of their lives, she elucidates the difference between growing old and disintegrating, encouraging the reader to grow emotionally and mentally through the culminating stage of existence. S. Mowat The Odyssey King Lear The Tempest Little Gidding Suffering Luke displays on the final journeys described in Homer's Odyssey, Shakespeare's King Lear, and T.S. Eliot's Small Gidding, and also devoting focus on suffering. Quick right now, here, now, often? A condition of total simplicity (Costing not less than everything) ?T. Contents: Foreword by Thomas Moore Intro by Barbara A. Eliot, Little Gidding In this traditional text on aging wisely, the renowned Jungian analyst Helen M.



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Her writing is wise, brave, and really precious. There are many books that deny the truth of old age or make jokes about it or describe ways to manage it, but this is actually the only book I've come across that really discusses what the changeover into later years can represent in someone's development. I've had several older friends who've given me some feeling of what the problems of aging are about, but this is actually the most eloquent evocation of what could be learned from the aging process that I've ever run into. This book. It's even more just like you acquire consciousness and fall off a cliff. It's not that there's hasn't been the implication that somehow you acquire consciousness and wisdom, but how this is really done through the real suffering of losing the the different parts of what you believed to be important parts of your daily life and your personality is seldom addressed. Old age, as I'm discovering, is focused on loss. Loss of capabilities you once had, lack of health, lack of loved ones, loss of what had been once central beliefs. It is just in the prepared relinquishment of everything to which you think you have to hang on, that one's soul can develop. I'm never sure yet how well, Personally, I will make this changeover. What I really appreciate may be the map that Helen Luke provides provided of this very hard terrain.. It is riddled with spelling mistakes, word reversals, and other errors making the Kindle edition an extremely poor way to learn this book. Thank you for the honest perspective As someone in my own mid sixties, I must say I appreciate the insights in this reserve. It's worth it. Luke, a famous Jungian analyst, uses works of Homer, Shakespeare, and T. I don't state this glibly. For example, from King Lear we learn that the proper occupations of the ageing are purposeless activities such as for example prayer, song, telling previous tales, and laughter - great counters to our busy, accomplishment-oriented culture. Eliot to deepen our knowledge of ageing. Its most outstanding qualities are it's not cliches. This book is brilliant, deep Ahh. Great gems in a small package The author uses themes and passages from classical literature, drama, and poetry to make subtle but important points about the type and tasks of aging. Here's one of my favorite nuggets: "We are able to do something towards tracking down some of the continual evasions of the ego by uncovering our fear of humiliation. From this fear of degradation inside our own eyes or in the eyes of others, true or imagined, comes a dead excess weight of moods and depressive disorder. For the really humble person no humiliation exists. Get the print edition." This involves letting go of past achievements and, inside our growing weakness, understanding how to rely on others and recognize our kinship with everything... I confess I have a fairly Jungian way of looking at existence so this publication suits well into my globe view, but in days gone by, I've felt that even Jungians tend to describe the psyche's trip through lifestyle by discussing youth and the journey through midlife and the tasks of the last half of one's lifestyle, but I haven't noticed anyone else really talk about actually being previous and dying. Not a how to book Through interpreting the classics in literature Helen Luke shines wisdom on a in any other case unpopular topic in our society. This book is excellent, deep, passionate. From Prospero in The Tempest we understand how the tough lesson of forgiveness allows the "ultimate independence of the spirit. She phone calls us to later years as a deep developmental stage. And she uses mythic tales from great literature (Dante, Shakespeare, Homer). Don't be daunted or bored---the tales she describes for these heroes is so different from the stories of youth and mid-life! A life-changing book! Wisdom Helen Luke was being among the most prolific and poetic of Jungian authors. In this, her last work, she integrates styles from great literature, philosophy, and psychology to explore the internal connection with a well-lived life in old age. This book is definitely a gem. This book is so full of gems it requires reading a page or a paragraph at a time and hanging out digesting it. There is a lot more here than can happen from the amount of pages. My only criticism is of the Kindle version, which has been terribly

transcribed, with many apparent typos and also words missing. This is a critique of the editors, however, rather than the function of the author! It helps if one knows some Jungian psychology and offers read the literature she uses for reference. The Kindle edition was extremely disappointing for the amount of errors - mainly transposed letters. Don't buy the Kindle edition This book is rich with wisdom and wonderfully written nonetheless it is amazingly poorly edited for quality of copy. I have never seen Amazon execute a poor work, but this is actually the exception. Let me thank her for doing this." We all need such wise mentors to guide us. Aging artfully Naturally this book would appeal if you ask me since I am old, but I encourage you to note that we all are aging and this fantastic book provides an artful approach to the procedure. Ageing WITH WISDOM AND JOY Brilliant storytelling by a main Jungian analyst. Luke elegantly guides us into the relevant mental transitions of aging. Beautiful and poetic and transformative New levels The author's sharing of her personal reflections led me to much deeper perspectives and pathways to make this inevitable stage of lifestyle more meaningful, wondrous, and even joyful. Pair it with Die Smart, by Stephen Jenkinson. I resisted the title because I didn't want to admit it had been my demographic! Brilliant! The comments are insightful. It helps if one knows . Using analogies from classical literature, she has illuminated the path.. The comments are insightful. Kindle version poorly done The book itself is great.



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