

A Contemplative Guide
to Growing Older
and Wiser



"Thoughtful, truthful, loving,
Lewis helps us bring attention
to the mystery of aging with
great kindness and wisdom."

—JACK KORNFIELD, author of
A Path with Heart

Aging as a Spiritual Practice

Lewis Richmond

Author of the New York Times bestseller *Work as a Spiritual Practice*

Foreword by Sylvia Boorstein, author of
It's Easier Than You Think

Lewis Richmond

Aging as a Spiritual Practice: A Contemplative Guide to Growing Older and Wiser



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The bestselling author of *Work as a Spiritual Practice* presents a user's lifestyle guide to aging well and making every year fulfilling and transformative. Everything changes along with the processes of adapting to change, embracing who we are, and appreciating our unique life chapters. *Aging as a Spiritual Practice* is normally a wise, compassionate book that manuals visitors through the four important stages of ageing— Unlike many philosophical functions on aging this one incorporates illuminating details from scientific researchers, doctors, and psychologists in addition to contemplative practices and guided meditations. (as soon as we wake up to our maturing)—*Lightning Strikes*” For Zen Buddhist priest and meditation teacher Lewis Richmond, this fundamental Buddhist tenet may be the basis for a fresh inner road map that emerges in the later years, charting an understanding that can bring new options and a wealth of appreciation and gratitude for the life span journey itself. such as for example “ Breath by breath, moment by moment, Richmond’s teachings inspire limitless opportunities for a joy that transcends age.



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Comforting, encouraging book This is an excellent little book to take pleasure from. I use the term "little" to indicate visually only--this publication is undersized, yet comforting and mighty. It is specifically encouraging to seniors (and, I anticipate, to every age group) who've few resources or who live in stressful circumstances. I read a page or three each morning then take into account the lessons all day. What ended up being probably the most valuable items in the reserve was the instructions for having a retreat only in your own home. Forging New Floor in Spirituality I devoured this book on my 61st birthday. I would suggest this reserve to everyone who programs on growing older. I am not Buddhist, nor of any structured religion, but instead, a seeker of sensible and uplifting spirituality. The book asks nothing of you, however gives inspiration. An excellent suit for me. And perhaps for you, too? That is particularly useful to those folks who are caregivers and cannot get away (where would we move, anyway? Richmond's types of struggling with ageing. Thank you, Lewis Richmond for getting your wisdom to the light pertaining to so many people.. and locating some comfort and ease in faith, regardless of one's custom... are well told. Like this book! He stated he wondered why no one is writing about this. I am fighting aging therefore i bought this publication.", gave Richmond for example, and passed on my copy. Beautifully written, easy to understand I bought this reserve for my mother who'll turn 91 in April. Three Stars interesting read Five Stars Thought provoking. I wanted to provide her something meaningful for this Chinese New Year of the Equine, because I felt, if she managed to get through the entire year of the Snake, (her opposite), she'd be fine and she's. My mother isn't spiritual, nor spiritual by usual conditions. But she found this book engaging and will relate to what Lewis Richmond says and is aware of aging. that learning to be a Wise Female and using the years of knowledge I have been privileged to build up is far more rewarding and important than trying to cover the sags, wrinkles and gray hair which have accompanied those years.. Wise Advice for Anyone! Yes, this means you! No easy endeavor but essential if one is to accept, appreciate, live and continue learning because the inevitability of ageing comes to us. I'm going to be offering a group on ageing at my Unitarian congregation and will utilize this book as a guide for discussion. I'll get yourself a copy of my own as I too, have begun reading several pages via Amazon's open book previews. Regardless of what your spiritual concentrate, spiritual affiliation, or philosophical leaning, this publication provides ancient counsel for modern issues. Having reached the ripe later years of 67 anyway, regardless of the current concentrate on youth and beauty and fighting aging no matter what, Lewis Richmond reminds me that (oops, surprise!) I will get outdated and die anyway. Personal Development and Assisting Others Mindfully Excellent for assessing our third trimester of lifestyle.. I feel such gratitude because of this author and reserve, so perfectly timed in my own life. It's a plus that he just lives an hour away so if she wished, she could attend his seminars which could after that inspire her even more.). Great guide to aging gracefully I borrowed this reserve from my library and liked it so much that I bought a duplicate on Amazon. Aging in grace. Not what I expected. There are exercises at the end of each chapter that lend themselves to functioning alone or in a group. Wise and peaceful. Great read! This is the kind of book I wish to share with everyone I understand of a particular age. It really is spiritual, practical and gives you the tools had a need to consciously age group and accept the procedure in this culture that teaches we are able to defy age. It's an extremely accessible book and even though the writer writes from a Buddhist perspective no matter what religious tradition as well as if you have none at whatever you will benefit. I met the very next day with a Trappist monk about my age group who noted our generation in a few ways is forging fresh ground, as much of the smart spiritual writers were lifeless by the time they were our age.! An inspirational publication for all! This book was recommended if you ask me by a good friend, who practices meditation and yoga daily, at the time of my retirement. My husband browse it before me, and motivated me to read it. Three Stars Good for a novice reader in life span development and Buddhist thought. Midway through I sent recommendations to several good friends and family.. Last July, she sustained a mini-stroke and has become a little more frail and even more fearful. I have relished every idea and suggestion for practice in my own daily life. A loving roadmap to getting older gratefully and gracefully; I said, "There is! The writer says he heard a loving tone of voice when he was sense bad that changed his life. I can't relate with these ' Miracle Fix' writers.. Grounded spirituality Grounded spirituality for those who are aging (that's all of us)! . If it had been only that simple.. very inspiring and thought-provoking book that came at a perfect amount of time in my life This is a very inspiring and thought-provoking book that came at an ideal time in my life. AND . I am utilizing it for my own rxperience and desire to use it as a worksjop in my senior community.



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