

"Don't grow old without it."

—Rachel Naomi Lemmon, MD, author of *Kitchen Table Wisdom*

THE GRACE IN AGING

AWAKEN AS YOU GROW OLDER



Kathleen Dowling Singh

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The Grace in Aging: Awaken as You Grow Older



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Learn to use your later years for awakening and spiritual development. Encouraging, inspiring, and practical, *The Grace in Ageing* invites all those who've ever experienced spiritual longing to awaken in their twilight years. This is spiritual practice for the lives we live, transforming the predictable sufferings of maturing into profound opportunities for growth in clarity, like, compassion, and peace. Kathleen Dowling Singh streamlines vast and complicated teachings into skillful means and smart views. Examples from our lives and from the chatter in our own minds touch the reader personally, offering the opportunity to absorb the implications deeply and do the task of freeing his / her own brain's teachings into the sharp concentrate of our own lives; the contemplative nature of each chapter allows for an uncommon depth of inquiry. Straightforward language and piercing questions provide Singh's Ecumenical in spirit, tone, and language, Singh offers wisdom from teachers from a number of spiritual backgrounds: Chogyam Trungpa, the Apostles, Annie Dillard, and even more. Lessening our attachments, reducing our aversions, unbinding what binds us, we bear witness to the possibility of awakening for all beings. No dependence on caves or seven-12 months retreats. *The Grace in Aging* offers recommendations for older people of any wisdom custom who want to awaken before they die; Since aging, in and of itself, will not result in spiritual maturity, *The Grace in Aging* suggests and explores causes and circumstances that people can create in our lives, just as we are living them, to permit awakening to unfold—



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You will find yourself wanting to continue reading!" Kathleen compares this letting move once we age to cleaning up a residence we've lived in for a long time before moving to a very much smaller house. The book awakens us to the BLESSINGS that come with . This could be that spark you have already been waiting for!. The author has been able with this book to make an essential and relevant subject matter accessible to everyone. The wisdom is definitely captured and presented alongside an assortment of beautiful, thought-provoking quotes and poems. As I began to read this function I found myself getting quickly drawn into the stories and references to many spiritual, wisdom texts. But I was scared, and it took another 18 months when I had purchased it, to read this book. Actually in this manner is apparently ancient, it just can seem not used to a contemporary viewers that has not yet been exposed to the opportunity to get deeper meaning in the next half of life. The presentation of these truths is done in a way that celebrates and honors all faith traditions. Ms. Singh has offered an very accessible methods to avail yourself for some core wisdom that may start a life transformation that will bring much joy! There is no greater pleasure if you ask me than getting a book that you want would never end except for the pleasure of starting over reading it once again. Singh's publication, *The Grace in Maturing*, offering me this support and faith to help make the leap into the unknown. Can't wait! Not just for the aging but for everyone I read Dr. beautiful! I come from a Christian tradition, and found the material was checking scriptural references I got known for quite some time in a refreshing and relevant brand-new way. I acquired experienced a resurgence of profound and intense sadness nearly to the point of suicide. the mature period of life this reserve gives a great way to make use of "wisdom" and how exactly to think in . Lifestyle was empty. The only real source of love, of friendship, my sustenance was eliminated, I was living in a ocean of emptiness, aloneness. Out of this vantage stage when I consulted my Kindle library for my following book (reading as escape from discomfort), I was drawn to this book. Singh's depth and her spiritual assertion. The writer presents profound insights and practical ways to make life more meaningful although it is still feasible.. Not a guru, not a therapist, not really a spiritual advisor or a lifestyle coach, perhaps a mom? Phrases fail me, but she actually is the real deal. Dynamic I truly appreciate Ms. It was time. Great book, that I am using in a class . An invitation into the trip toward "shimmering wakefulness" and letting move. My ego personality has sensed this agony of stepping into this nothingness. I adored it.! Her publication offers this Divine awareness that this emptiness is a part of maturing and I can be Centered within this void. Her book offers this dynamic force to meltdown barriers and boundaries, where in fact the ego relaxes and the soul will start to grow and to change. for those who seek meaning and depth in the process of aging. She died October 1, 2017 encircled by her family.. We really enjoyed the start of this book but it evolved into a rambling monologue about mindfulness. Instead of discussing the how tos of mindful meditation the writer goes on and on and on and on about how our old age group could be if we had been mindful. I really was so disappointed in this publication. It might have been enlightening. There are much better books and recordings about mindfulness. I was hoping for much more. I treasure this reserve as it helps me settle and become accepting. I have ordered extra copies and also have give several to ... I have ordered extra copies and have give several to close friends. Other close friends are ordering their own. I found the publication to be well crafted and helpful. I am 76 years old & most of my close friends are in a similar a long time. Some are ill and beginning the energetic dying procedure. Mea culpa. My body started maturing with exhaustion at age group 50, when my cells could no longer produce enough energy for my muscles.. A beautifully written book geared to those in their old age but important for adults of any age. Great book, that I am using in a class right now, teaching the Universal/Buddhist

principles on what we are able to move beyond any older thoughts we might have in order to have a more courageous and compassionate existence in the 3rd trimester or any time in our lives.. Thank you for this! A Wonderful Publication!. I can only say that Dr. I loved it. I wish to find a way to talk about this with a group of friends, perhaps a reading/discussion group! That is such a book. Filled with wisdom and grace. The hidden depth of my nothingness is now Ms. Informative & Singh's reserve on dying after I lost my partner instantly and unexpectedly, and of the many (probably 40) books that I read wanting to understand life, loss of life, and grief, it produced the most sense. This is a lovely, well written book. I bought several to give as gifts for a few older relatives that love to read. ..! I possibly could see nowhere to proceed... If one is in the mature time of life this publication gives a great way to use "wisdom" and how to think in everyday life as aging takes a stronghold! Perfect Read for Octogenarians This book has far surpassed my expectations and hopes.!. I deals with living and dying with Kathleen's apparent compassionate and uplifting style. The book awakens us to the BLESSINGS that come with aging if we reflect on our daily experiences and grow from the insights. A rich, nourishing companion.. Singh is the closest friend you ever had, a soulmate, a person of such discerning wisdom and compassion that you feel warm and secure held in the embrace of lovingkindness. We really enjoyed the start of this book but then it evolved . Right now at age group 60 I reside in continuous exhaustion, like I have the flu. Five Stars Loved it! This is a perfect examine for all and specifically for me, an octogenarian. studying Still studying it inside our retirement house A beautiful guideline to awakening to our inner life "To be dazzled with mystery, unhindered simply by the fat of knowns and the inflexible tensions of knowing, we need to let go of what we think that we know.!. I am so grateful that I was fortunate enough to meet up with Kathleen on several occasions for spiritual guidance, and was shocked to learn her obituary in the Sarasota (she resided in Venice, FL) paper today. She emphasizes the significance of intention and commitment to a spiritual practice if we want to awaken and "bring curing to our precious and beautiful world, so harmed by the ignorance of the unawakened condition." Compassion is the fruit of the practice. The Grace in Aging is not an easy read but needed reading for individuals who want to make the a lot of the last years of life-it must be read gradually- I read it twice and kept discovering fresh surprises that I missed.. I saw her only 6 weeks ago, not knowing that she experienced a serious illness.



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