

# The SPIRITUALITY of AGE



A Seeker's Guide  
to Growing Older

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# The Spirituality of Age: A Seeker's Guide to Growing Older



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Sharing their tales and wisdom to both teach and demonstrate what it means to feel energized about the options of your old age, they explore how to find a constructive function for regret, shame, and guilt, realize your value to culture, and embrace the freedom of your old age to become more fully yourself. Engage with 25 key queries guiding you to mine previously untapped veins of motivation and courage • Find a constructive part for regret and dread and embrace the freedom to become more completely yourself • 2015 Nautilus Gold Award

Once we enter the years beyond midlife, our quest for an approach to aging assumes added urgency and turns into even more relevant inside our daily lives. Empowering a fresh generation of seekers to view maturing as a spiritual path, authors Robert Weber and Carol Orsborn reveal that it is by engaging with the challenging questions about reduction, meaning, and mortality--questions we are able to no longer defer or ignore--that we continue steadily to develop. Addressing head-on steps to make the transition from fears about maturing into a fuller, richer appreciation of the next thing of our lives, the authors guide you through 25 key questions that will help you embrace the shadow part of aging and also the spiritual opportunities inherent in growing older. In fact, the realization of our full spiritual potential happens not by preventing the challenges aging provides our method but by working through them. A compassionate information for transforming aging into spiritual growth • By engaging deeply with both the shadow and light sides of ageing, our spirits not merely figure out how to cope--but also to soar. Via Catholic Jesuit and Jewish backgrounds respectively, and also drawing from the most recent research in psychological and spiritual theory, Weber and Orsborn provide their own conversational and candid answers to the 25 essential questions, helping their insightful and compassionate assistance with anecdotes, inspirational readings, and spiritual exercises.



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It is the art of reflection that allows us to live with the paradoxes and the ambiguities. Weber and Orsborn provide a remarkably candid group of reflections by themselves aging process and thereby help us to inquire and embrace our own aging. This is the trajectory of the Boomers, a era that once-upon-a-time exalted and defined the meaning of youth. nothing at all in the text was compelling plenty of to redirect my attention from the self-congratulatory authorial voices. That is a book that needs to be savored slowly. Who are we getting as spiritual seekers? Have you lost someone dearly loved, a close family member or friend? How about a 90+?. Perhaps you have hit psychological swiftness bumps as you've become older?Considering all of the potential losses and trials that come into the lives once we age, maybe you've also felt a lack of spiritual wakefulness, a assured belief that meaning and joy can flourish even as we struggle with the losses of ageing.If you are right now aging past 50, 60, and 70, you then aren't alone. The reserve reads just like a thoughtful supper conversation where the companionship is sufficient settlement for the unresolvable messiness of our lives. Today, more than ever, this generation is looking for answers to lifestyle's most taxing queries that aging can reveal.What do you consider the Sacred really wants to awaken in you? The gift is not only how well read both of these are, but that they talk about their process of reflection; What can you accept about yourself that you previously have disowned?By exploring 25 fundamental queries, the authors help readers recognize and take proactive measures toward greater spiritual maturity. From their diverse educational, intellectual and spiritual perspectives, coauthors Dr. Robert Weber and Dr.. They acknowledge these hurdles within the context of their personal experiences, from his perspective as a previous Catholic Jesuit and her sights within the context of Jewish religious traditions.The authors then create a powerful platform for spiritual healing and renewal: "that spiritual growth and opportunity can come to us when we least expect it, whether we feel we have been worth it or not; Well Written and Full of Insights I received so much insight from this book. and (3) that the Divine is usually both mysterious and loving."By sharing their hard-won wisdom, augmented by poignant reflections from history's best thinkers, the authors display readers how to be more involved in the spiritual measurements of aging. Twelve concluding exercises further nudge readers toward active spiritual growth and maturation.We savored every page of The Spirituality of Age, taking my time to read and reflect, and therefore achieving helpful insights approximately the person I'm becoming simply because a spiritual seeker. FINEST BOOK OF ITS KIND. This really helped. Carol OrsbornThe publication is organized as more information on 25 questions with each writer's individual response. I'll admit that at first this seemed awkward to me until I noticed that I could not only sit and read the book through;. That is essentially the most densely wealthy resource on the spirituality of maturing that I've

encountered. Each issue of our romantic relationship to self, others, suffering, and signifying becomes a thread that turns into woven right into a tapestry of the whole picture of life. What illusions does maturing dispel? this is actually the Cliff Notes to a treasure chest of source materials on the inner existence and self understanding. The reader quietly discovers that the last phase of our lives is normally genuinely enriched by reflecting honestly and openly on the countless joys and sorrows, successes and failures, which characterize a human life. In addition, it turns out that there is method within their madness, the diverse set of questions needs it's predecessor seeing that a base camp for greater exploring. They build on Jane Thibault's metaphor of "pilgrimage" instead of "journey" We are heading someplace but this is not a passive trip into nothingness but a pilgrimage into becoming and being. A gift to yourself Drs. This is a significant book - a MUST read for Boomers who want to awaken, stay awake and stay conscious. These authors remain in dialogue throughout the book, in order that what one says frequently builds on what came before. OK I've tried several books on growing older in spirit and appears like all of them are, well, by prosperous people with great lives and interactions. Many thanks, Bob &. This is a substantial book - a MUST read for .. I've got work to do and (inner) areas to go - so beneficial to have this road map. We struggle through our desire for dark and white answers and also have moved to the integration of the gray into our acceptance.. Are you marginalized or forced to disengage from your own career? that is a publication with which one must be engaged... What about us poor lonely older women? flawed execution We was fascinated and excited by the subject matter but, for me, the authors' long-winded recitation of their many accomplishments and laudable traits, which they reviewed more than once before arriving at the heart of the reserve, was off-putting. Interesting approach to better ageing, but projected from the viewpoint of a .. Carol Orsborn examine spiritual and psychological obstacles we face with aging. Interesting method of better ageing, but projected from the viewpoint of a 60-70 year old. Perhaps you have felt your physical appearance or muscle power waning? Five Stars Brand new quality Spirituality could be essential and helpful even to agnostics, atheists, Buddhists (who don't require a God) and certainly Native Us citizens. The exercises following a completion of the book certainly are a valuable addition. (2) that such moments of divine intervention will come about not just despite the difficulties that aging provides thrust upon us, but because of them;. I am happy to have it in my library on aging. This really helped. Simple approach. Enables you to think . I related even more to what Carol Orsborn wrote, but both offered thought provoking tips and insights.. THE SPIRITUALITY OF AGING by Michael Webber & Basic approach. Makes you think. It is not ethereal. Its down to earth. Life encounters of the authors. Waste of money. Nothing new in the form of insight or helpful advice. Nothing not currently covered in Sunday

College. Not worth the time This book shoes not live up to potential. As you browse they the book it becomes less and much less insightful and/or helpful. I'd not recommend it Great concept; Carol! it has been excellent! The spiritual approach may be described as "smooth theism," honoring the Christian and Jewish roots of the authors while staying clean and receptive to brand-new insights. I don't expect a discussion of commonplace concerns (necessarily) in a book centered on spirituality, but the overall tone of privilege and presumed superiority was distancing; In the center of the book, but up to now, it has been excellent! Five Stars The info in the book is a great conversation starter for a group or individual.Especially the second half of the book, brings in formal religion and praying.



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