

"Opens the door to aging's wisdom and love in a beautiful and heartfelt way."—JACK KORNFIELD, *A Path with Heart*

AGING with WISDOM



Reflections, Stories & Teachings

Foreword by LARRY ROSENBERG

Olivia Ames Hoblitzelle

AUTHOR OF Ten Thousand Joys & Ten Thousand Sorrows

Olivia Ames Hoblitzelle

Aging with Wisdom: Reflections, Stories and Teachings



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This heartfelt book invites inspiring reflections on acquiring beauty in aging, facing loss of life with dignity, and rejoicing in earthly blessings. A combined mix of ancient wisdom, practical pointers, and tender stories, this is a reserve to cherish a guide to a rich and challenging period of life.” JOAN BORYSENKO, PH.D. a wise and beautiful publication displays how becoming an elder could be full with awakening and grace.. She offers seven guidelines to being attentive to the presents that grow more useful with age: spiritual orientation, practice of silence, practice of mindfulness, practice of stopping, finding the sacred in the commonplace, meditation, and the practice of gratitude., Minding the Body, Mending the Mind“. Let this book be your companion through the growing season of letting go, and discover the ever-deepening love and mystery that is possible inside our unfolding lives. TARA BRACH, Radical Acceptance and True Refuge Drawing deeply on her own experiences along with stories and studies about aging from various other cultures, Hoblitzelle explores the ways that readers may nourish their internal lives and spirit even as their bodies’ age and facilities diminish.” . She also shares the tales of six “wayshowers,” individuals whose stories illustrate maturing with compassion. “Olivia Hoblitzelle is a very wise woman and this book is a reflection of her deep encounter with aging, disease, living, and dying.



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Five Stars As an aging person involved with mindfulness and Buddhism, this publication met my needs flawlessly. Great addition to the developing conscious aging collection. I'm genuinely excited to discover this newest addition to the mindful aging archives. Rather than getting honored for the wisdom accrued, we elders frequently experience irrelevant and invisible, if not downright ignorant. She is experiencing her own maturing as a spiritual path and includes a wealth of assets at her control to share with us." Our bodies are the vessels of who we are. Conscious Aging If you are worried about aging consciously and connecting with your own inner spirit, read this book. Previously many years, many books have been published about maturing well."A Buddhist maxim says simply that discomfort is inevitable, but suffering is optional. She supplies the reader personal examples and also the tales of others in a number of cultures about aging, diminishment and dying. Especially poignant can be her relating how she and her husband dealt with his Alzheimer's decline. Hoblitzelle's tales, poems and reflections business lead us towards inner exam and an expansive watch of later life." As we age, our bodies begin to breakdown, even with our taking treatment. Hoblitzelle writes of her main theme, "the call of the inner life, deepening in wisdom, and living consciously with the purpose of awakening.. Perhaps, we do too. Highly recommended. She counsels calling others in kindness and humility as a way of letting move of self-attachment.Hoblitzelle includes procedures of the center and vignettes of wayshowers those who have shown her just how. She acknowledges that she has needed maps and assistance.. If therefore, Olivia Ames Hoblitzelle may be a wayshower for you as she was for me. I loved the tales of her remarable lifestyle and of the impressive people she came to know.. Just what a blessing and inspiration this reserve will be for so many in our rapidly aging population, struggling against the attractions of youth and technology to get our place in the culture.. Olivia comes at ageing and spirituality from a Buddhist perspective, but speaks a language that will resonate with mystics from all religious and spiritual traditions.. A good read.. Hardly any have been written with such sensitivity and gentleness. The author is incredibly knowledgeable and has very much to offer. An excellent read. How beautiful to have your terms with their positive communications for the worthiness of elders, that i wish could be plastered across the sky to instruct old and youthful..by Judith Helburnfor Tale Circle Reserve Reviewsreviewing books by, for, and about women What a blessing and inspiration this reserve will be for .



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