

**CONSCIOUS  
AGING**

You are invited to attend a:

# CONSCIOUS AGING WORKSHOP

## Description

At this workshop you will learn how to:

- Explore unexamined, self-limiting beliefs, stereotypes and assumptions about aging and make better, more conscious choices about our worldviews on aging;
- Develop self-compassion to cope more effectively with change, worry, and stresses associated with aging;
- Discover and reflect on what has given heart and meaning to our lives and how that informs our intentions for our aging process;
- Enhance connection and reduce isolation from others and the web of life by understanding our shared humanity in the aging process;
- Reduce fear and increase acceptance in the presence of death and dying for ourselves and for our loved ones.

The workshop will focus on listening to our own inner wisdom and guidance, integrating Talking Points and best practices, sharing in intimate conversation circles, and listening to the collective wisdom of the group.

## Session Topics

Introduction to Conscious Aging

Self-Compassion

Forgiveness

Life Review

Transformative Practices

Death Makes Life Possible

Surrender – Letting Go

Creating a New Vision of Aging

**Location, Date & Time:** To be Announced

## About the Workshop

An 8 week program with participants meeting one each week for a 2 hour group session to explore, review, practice and share about these pivotal topics. Workbook included. Cost: \$280.00

## Workshop Facilitator

Lian Sawires is an aging well advocate and founder of Excited about Aging (facebook), Artistic Aging.com and Creativity toolbox.org. She has developed and facilitated numerous workshops including Art For Alzheimers and Artful Aging Classes. Additionally Sawires has interviewed senior artists for Princeton Community Television, as well as conducted numerous art classes and workshops for the Arts Council of Princeton, and others.

## Workshop Study Guide

The Conscious Aging workshop is based on a study guide developed by Kathleen Erickson-Freeman, Elder Education Program Manager, at the Institute of Noetic Sciences. The Study Guide is based on IONS Conscious Aging education programs and the research and practices described in two of IONS' seminal books:

**Consciousness and Healing: Integral Approaches to Mind-Body Medicine** by Marilyn Mandala Schlitz, Tina Amorok, PsyD, Marc Micozzi, MD, PhD, is a collection of 47 essays on integral medicine, consciousness, and healing that integrates mainstream medical knowledge with recent developments in the emerging areas of frontier sciences and insights from alternative healing perspectives.

**Living Deeply: The Art and Science of Transformation in Everyday Life** by Marilyn Mandala Schlitz, PhD, Cassandra Vieten, PhD, and Tina Amorok, PsyD, is the product of IONS' decade-long investigation into transformations in human consciousness. It brings what we know about achieving personal transformation off the mountaintop, down from the ivory tower, out of the laboratory, and translated to the real challenges facing us as humans in the 21st century.

“Aging is not merely about the body losing its poise, strength and self-trust. Aging also invites you to become aware of the sacred circle that shelters your life.”

—John O'Donohue in *Anam Cara: A Book of Celtic Wisdom*

## *Praise for IONS' Conscious Aging Program*



"An inspiring vision for aging that recognizes the vast potential for life's elder chapters to be infused with purpose, passion, and continual growth! It is critical that the rapidly increasing number of people approaching their senior years have access to this rich program—helping us shine brightly as we age consciously."

Ron Pevny, Director of the Center for Conscious Eldering



"This program gently leads participants toward compassionate self-understanding. Though written for people past midlife, it is a guide for all mature people who seek connectedness and inner peace, for it identifies those qualities in oneself that bring about fulfillment."

Nan Merrick Phifer, author of *Memoirs of the Soul: A Writing Guide*



"This remarkable program takes readers through a series of explorations, reflections, and exercises, turning the challenges of aging into opportunities for growth. This can be the most meaningful and fruitful time of all, but it doesn't happen automatically. It takes mindful effort; this workbook will show you the way."

Tom Pinkson, PhD, author of *Fruitful Aging: Finding the Gold in the Golden Years*

### **To offer this program at your facility contact:**

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[artisticaging.com](http://artisticaging.com)

Workshops are now being reserved  
For fall 2015