



The Importance of Being an Elder in this World

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Introduction

Human beings would certainly not grow to be 70 to 100 years old if this longevity had no meaning for the species to which they belong. – Carl Jung

In ancient times, elders were revered and honored more than any other person in the family. In our present times, this respect and honoring seems to have diminished substantially. However, whether the times dictate it or not, all elders deserve nobleness and respect. This will not only change the way we think as individuals, but it will change the way the world functions at large.

How important is an elder? In truth, when elders take their rightful place, they lay the seeds for seven generations to come. Throughout our lifetime, we come in contact with meanness, coldness, gossip and neglect. Therefore, no matter our age, we do not need to care what others think or do – all that is important and keeps our vitality is what WE think and do.

Our bodies and minds slowing down has little to do with the grandeur and greatness of our souls. It is not what we do that counts, it is what we THINK. Our thoughts dictate the present and the future. When we realize that our thoughts create everything, we come to realize how significant we are.

As long as we are alive, we have a purpose. It matters not if we live alone, live in an elderly facility, or are stuck in the hospital, we still have a reason for being here. Every minute is important, every second counts. Our hearts can extend across the globe and our souls can soar as high as we want them to.

We all have the power to age well and feel content. We just have to put a focus on it. Like every other time period in our life – what we think, we manifest. How we see ourselves is unexplainably the most important aspect of our life's journey.

Poem for People 65-105

I am an elder, and very proud to be one
As long as I am here, I am certainly not done.
Not all people see me as an important being
But there is so much more to me that they're not seeing.
I am significant, I know this in my heart and soul
And yes, my life's journey may have taken a toll.
Yet I can feel deeply, and my emotions are alive
I still love, notice and care, with so much drive.
So don't discount me, as it is never too late
In wisdom and knowledge that I can still state.
Experience and years have taught me much
In life's challenges, relationships, and such.
Truthfully, sometimes I wish I could do more
Yet I have so much accumulated in my internal store.
I am great because I am alive in spite of it all
Outside I may be small, but inside I am ever so tall.
I commit to making each day and minute worthwhile
So.....don't ever think of cramping my style!



Exercise 1

Feelings

It is not what we do that counts, it is what we think and feel that is important.
The following exercise is to help access memories and emotions.

1. Who did you feel closest to in your life and why?

2. Who hurt you the most and are you at peace with it? If not why? How can you come to peace with it?

3. Who do you have something unresolved with and can you write it or speak to them?

4. Who was your best friend in this lifetime, and why did you consider them your best friend?

5. Are you seen for who you really are? If not, why?

6. How would you like to be remembered after you transition?

The background of the slide is a soft-focus photograph of tall, thin grasses with delicate, feathery pink seed heads. The lighting is bright and airy, creating a gentle, pastel atmosphere. The text is centered over this background.

Exercise 2

Helping

Everything we think is the difference that makes the difference. Therefore, each day think of two people that you would like to help through your thoughts. All you have to do is think about this. If you can write it down, good. If you can actually verbalize it with them, even better. If not, all that matters is how you process it through your intentions and thoughts.

1. Is there a person in your family you feel needs help, if so who? And how would you like to help them through your intentional thoughts or otherwise?

2. Is there something in the world that bothers you? And how would you like to help through your intentional thoughts or otherwise?

3. Is there someone in your life that you would like to help, if so who? And how would you like to help them through your intentional thoughts or otherwise?



Exercise 3

Beauty and Joy

Visualization is a vital part of feeling alive and at peace. We hope you enjoy the pictures we selected and that this exercise will bring a smile to your face and joy to your heart.

Dogs

Cocker Spaniel



Maltese



English Bulldog



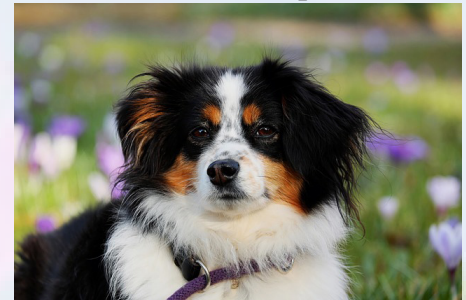
Weimaraner



Lhasa Apso



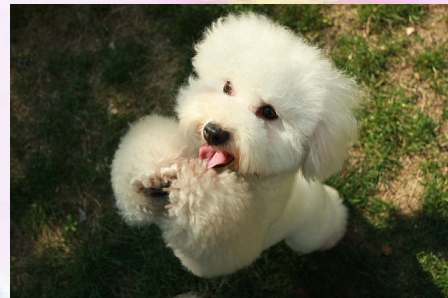
Australian Shepherd



Pug



Poodle



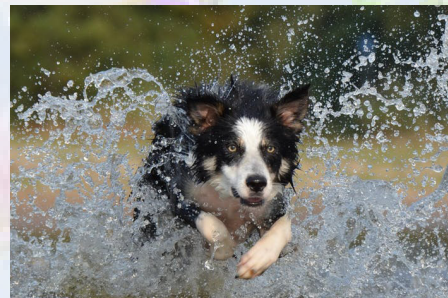
Labrador



Golden Retriever



Border Collie



Dalmation



Which is your favorite dog picture and why? Did you have a dog or dogs and if so, what was their name or names? What is your memory of them?

Cats

Bengal



Siamese



American Shorthair



Bombay



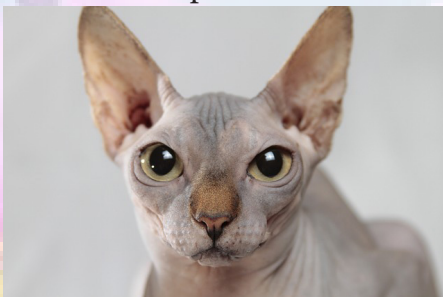
Persian



Manx



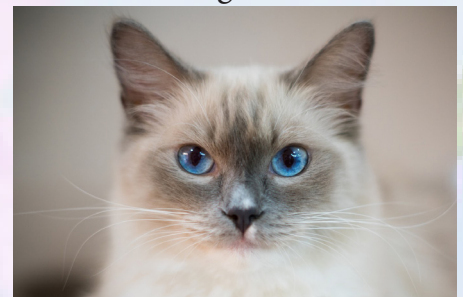
Sphinx



Maine Coon



Ragdoll



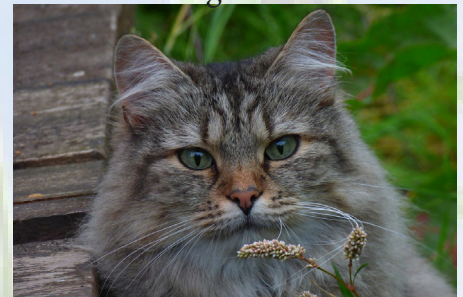
Russian Blue



Scottish Fold



Norwegian Forest



Which is your favorite cat picture and why? Did you have a cat or cats and if so, what was their name or names? What is your memory of them?

Flowers

Daisy



Hibiscus



Impala Lily



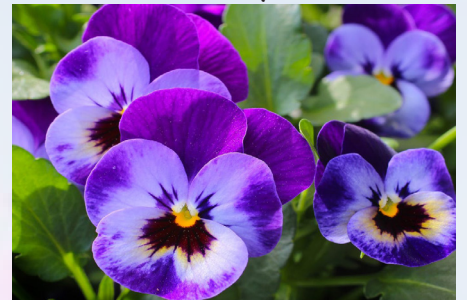
Daffodil



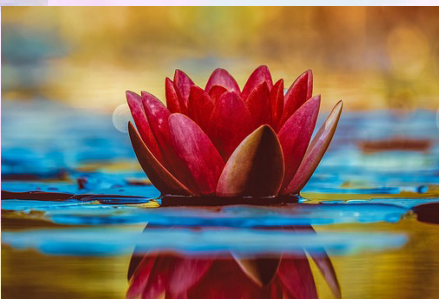
Blue Grape Hyacinth



Pansy



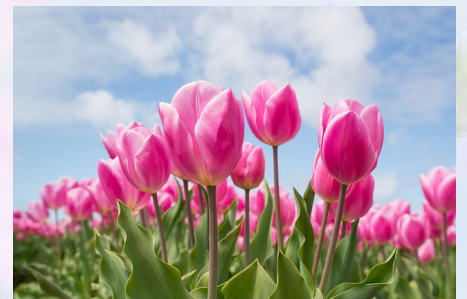
Water Lily



Peone



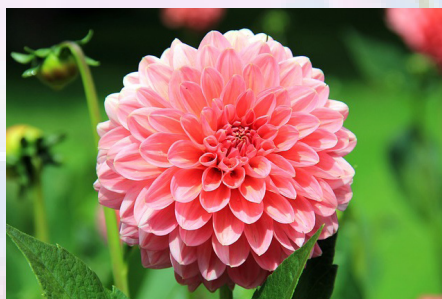
Tulip



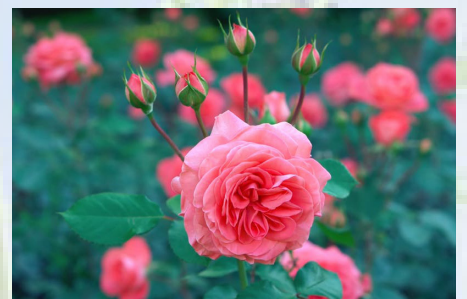
Sunflower



Dahlia



Rose



Which is your favorite flower picture and why? Did you have a garden, if so, what was your favorite flower?

Trees

Beech Tree



Cherry Tree



Palm Tree



Cypress Tree



Douglas Fir Tree



Eastern Redcedar Tree



Juniper Tree



Maple Tree



Oak Tree



Olive Tree



Pine Tree



Weeping Willow Tree



Which is your favorite tree picture and why? Did you live in nature at all? If yes, what was your favorite part of living in nature? If not, and you would have liked to spend more time in nature, pictures can fill that void.

Water

Sea



Lake



Fjord



Waterfall



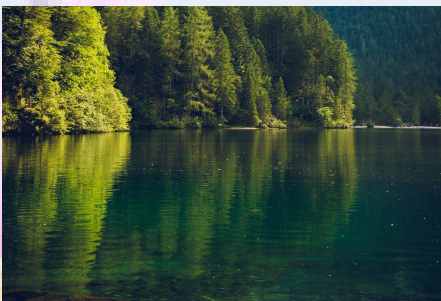
Pond



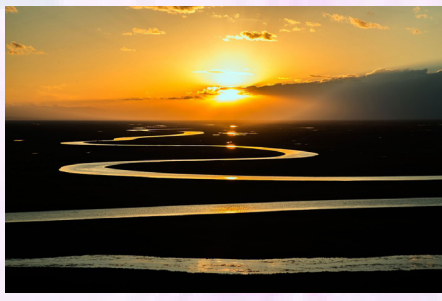
Ocean



Lake



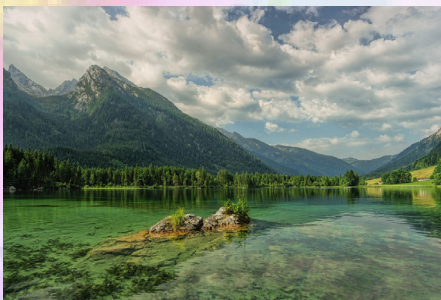
Stream



River



Fjord



Glacier



Waterfall



Which is your favorite water picture and why? What kind of water setting do you like most and why? Oceans, lakes, rivers, streams, water falls, fjords or ponds.

Mountains

Mount Fuji



The Patagonias



Mount Kilimanjaro



Tindaya Mountain



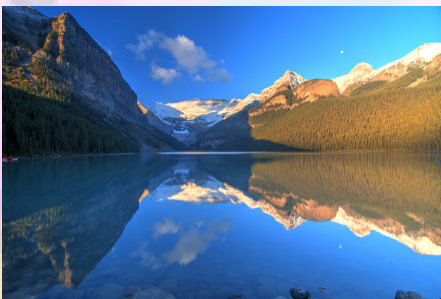
Mount Cook



Mount Shasta



Mount Victoria



Matterhorn Mountain



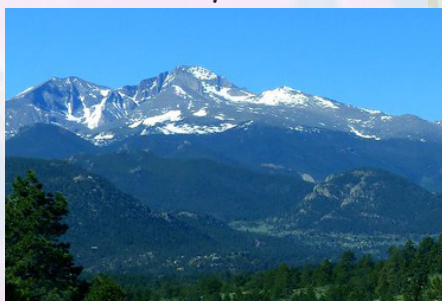
Mount Denali



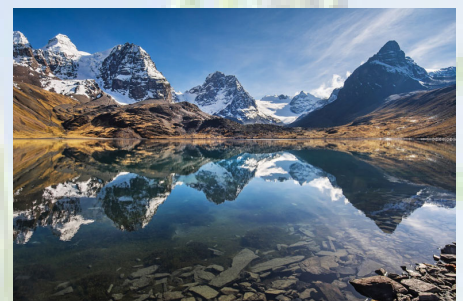
Mount Everest



The Rocky Mountains



Andes Mountains



Which is your favorite mountain and why? Have you been to this mountain, if so, how was the experience? If not, visualize an experience in your mind and heart.



Exercise 4

Forty Wisdom Quotes

We suggest copying the quotes you like so they are accessible to you for easy reading.

1. The longer I live, the more I realize how special I am. *-Anonymous*
2. There is always a fountain of youth available to us – it flows from our minds. *-Anonymous*
3. For the pessimistic, old age is winter. For the optimistic – it is the season of harvest. *-Anonymous*
4. Every year can bring you closer to expressing your whole and healed self. *-Oprah Winfrey*
5. People are meant to get wiser as they get older. *-Anonymous*
6. Age is an issue of mind over matter. If you don't mind, it doesn't matter. *-Mark Twain*
7. Only look backward in order to look forward. *-Anonymous*
8. Age is no barrier for those who do not put limitations on their minds. *-Albert Einstein*
9. Love each year of aging - it is a blessing which many are denied. *-Anonymous*
10. Know that at all times you are the perfect age. *-Louise Hay*
11. Anyone who maintains a sense of humor, never grows old. *-Anonymous*
12. To bond with an animal is to discover the truest joy in life. *-Doris Day*
13. When the number of your age becomes your identity, you've given away your authentic identity. *-Anonymous*
14. You don't stop laughing when you grow old, you grow old when you stop laughing. *-George Bernard Shaw*

15. Who we are has nothing to do with age, as our spirit is the expression of our eternal being. -*Deepak Chopra*
16. The second half of one's life is meant to be better than the first half. The first half is finding out how you do it, and the second half is enjoying it. -*Frances Lear*
17. I do not believe in thinking old. -*Wayne Dyer*
18. Those who love deeply never grow old; they may die of old age, but they die young. -*Benjamin Franklin*
19. The saying "Young at heart" needs to be changed to "Old at heart" because it has deeper meaning. -*Anonymous*
20. The happiest person is the person who thinks the most interesting thoughts. We grow happier as we grow older because we are indeed more interesting. -*W.L. Phelps*
21. Being elderly is an excellent time to express all our outrageous feelings. My goal is to say or do at least one outrageous thing every week. -*Maggie Kuhn*
22. The worst of all tragedies is not to die young, but to live until our seventies or eighties and yet not ever have truly lived. -*Martin Luther King*
23. The winter of human life has such significance of its own – it is not merely an extension to the summer of it. -*Anonymous*
24. Getting old is like climbing a mountain; you get a little out of breath, but the view is much better. -*Ingrid Bergman*
25. When it come to staying young, a mind-lift beats a face-lift any day. -*Marty Buccella*
26. None are so old as those who have outlived enthusiasm. -*Henry David Thoreau*
27. Grow old along with me - the best is yet to be. -*Robert Browning*

28. You cannot help getting older, but you don't have to get old. -George Burns
29. The wiser mind embraces being considered an elder. -Anonymous
30. Aging is not lost youth, but a new stage of strength. -Betty Friedan
31. I am appalled that we use the term "anti-aging". Aging is as natural as a baby's softness and scent. Aging is human evolution in its purest form.
-Jaimie Lee Curtis
32. Aging is trading the virility of the body for the agility of the spirit.
-Elizabeth Lesser
33. I love that I am alive to love my age. -Maya Angelou
34. I do not believe in aging. I believe in forever altering one's aspect to the sun. -Virginia Woolf
35. We do not grow older; we grow riper. -Pablo Picasso
36. Do not grow old, no matter how long you live. Never cease to stand like curious children before the great mystery into which we were born.
-Albert Einstein
37. Count your age by experiences, not numbers. -Anonymous
38. Looking beautiful has nothing to do with our bodies, it has to do with our spirit. -Anonymous
39. When our heart is covered with snow of pessimism and ice of cynicism, then, and only then, have we grown old. -Douglas MacArthur
40. In the end, it is not the years in your life that count. It is the life in your years. -Abraham Lincoln



...the beginning

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