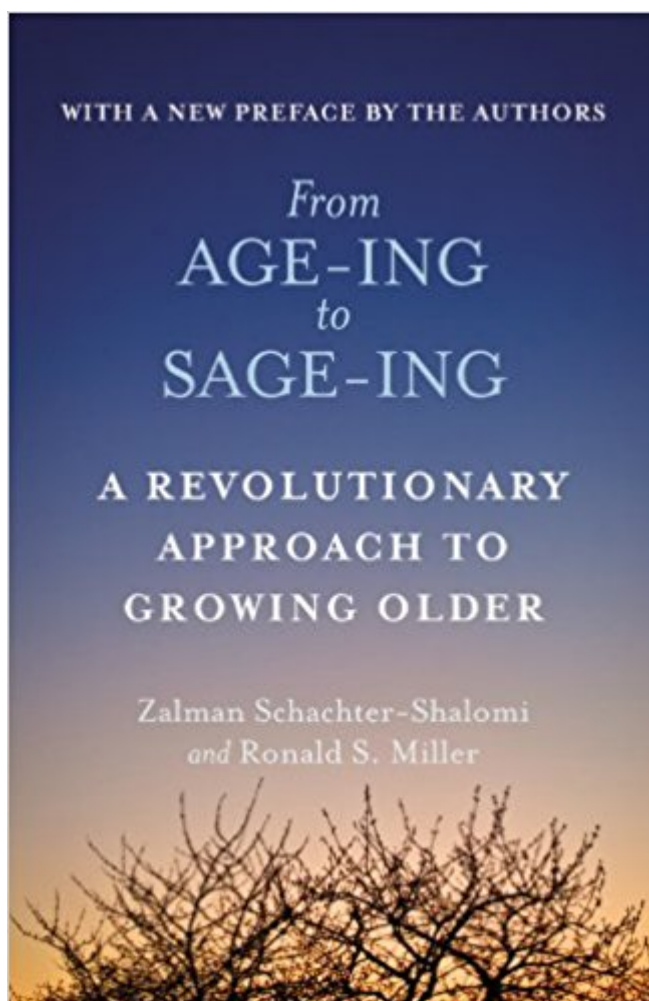


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From Age-Ing To Sage-Ing: A Revolutionary Approach To Growing Older



Synopsis

Over two decades ago, beloved and respected rabbi Zalman Schachter-Shalomi felt an uneasiness. He was growing older, and fears about death and infirmity were haunting him. So he decided to embark on mission to get to the bottom of his fears. Through a series of events that included a vision quest in a secluded cabin and studying with Sufi masters, Buddhist teachers and Native-American shamans, Reb Zalman found a way to turn aging into the most meaningful and joyous time in his life. In this inspiring and informative guide, Reb Zalman shares his wisdom and experience with readers. He shows readers how to create an aging process for themselves that is full of adventure, passion, mystery, and fulfillment, rather than anxiety. Using scientific research--both neurological and psychological-- Reb Zalman offers techniques that will expand horizons beyond the narrow view of "the present" into a grand and enduring eternity. By harnessing the power of the spirit, as well as explaining exactly how to become a sage in their own community, he gives readers a helpful and moving way to use their own experiences to nurture, heal, and perhaps even save a younger generation from the prison of how we typically regard aging. In this updated version of his popular book, Reb Zalman has added a brand new introductory chapter that provides insight into the shifts that have taken place in our culture since the first edition of this book came out in the 1990s. Reb Zalman speaks candidly about the role the 78 million (now aging) Baby Boomers are currently playing in how we think about aging. He provides new inspiring ideas about the importance of an elder's role in shaping society, and explains how elders can embrace the power they have to provide value and wisdom to those around them. Additionally he has added a concluding chapter in which he shares his own experience with aging and the time he calls "The December Years."

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Customer Reviews

In the next 20 years 75 million Americans will be reaching retirement age. To deal with this sea change, Rabbi Schachter-Shalomi (*Paradigm Shift*, Jason Aronson, 1993) introduces the concept of "eldering," or mentoring, each other in the years ahead. He contends that we are at the cutting edge of the next stage in our evolution and that elders will bring us into this more compassionate, intuitive, and caring era. In Part 1 of the book, Schachter-Shalomi recommends meditation, exercise, and spiritual healing to help individuals enter their later years, while in Part 2 he speaks to our limited perceptions of death. Creating ceremonies and learning to forgive help ease the transition into death, according to Schachter-Shalomi, who believes in the certainty of life after death. Adding a personal dimension, the rabbi compassionately relates his own mental crisis as he approaches the age of 60 to help readers understand the process. Highly recommended for public and academic libraries with gerontology collections. ?Lisa Wise, Univ. of Southern Colorado, Pueblo Copyright 1995 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Schachter-Shalomi, a rabbi dreading retirement, realized that he must "recontextualize aging as the anticipated fulfillment of life, not its inevitable decline." So he devised *Spiritual Eldering*--a social activism, awareness, and mentoring program. The rabbi provides instructions on selecting people to mentor and how to go about doing so. He supplies advice on helping individuals, family, community, and the planet. In his analysis of how elderly people can learn conscious dying (or the acceptance of death), the author pulls concepts from multiple religious traditions: Christianity, Judaism, Hinduism, and Buddhism, among others. A worthwhile, multicultural look at the value of aging individuals and the work they could have in store for them. Denise Perry Donavin --This text refers to an out of print or unavailable edition of this title.

I am searching for a book to be used for our women's discussion group which meets monthly in our 55 ad over community. We just finished *The Gift Of Years, Growing Older Gracefully* by Joan Chittister. Our group is made up of spiritual women of various faiths. Joan's book was great because though she is Christian her book spoke to all of us. *From Aging To Saging* rang true to me from the moment I read the title. I certainly think this book might touch some raw nerves which all

seniors have developed over the years but it also offers a path to healing and dealing. I was thankful for that. I am still not sure that this book will be our selection as it delves into the area of death. Our group is not led by a professional so talking about death might be more than we could handle. Several of our neighbors have died recently. Having said that I myself have gained a great deal from this book. In fact it has been life changing. Rabbi gives voice to so much of what I have been thinking over the last few years. I am grateful for this book and only wish that his Institute was still viable as I would gladly travel to attend one of his workshops....Thank you Rabbi

I would give it more if the stars were there This book came out a little ahead of the conscious ageing boom and it is a welcome tome, so comprehensive to where the reality of our western civilisation lies. It is a must read for anyone, especially over 50's (really!) as that's when one can be naturally ready for a surge in life for transition, completing unattended visions and accomplishments because your experiences have taken you there. And it's timely to seriously look at yourself and get excited about choosing to be healthy to support this specific phase of consciously leading a long, meaningful and fulfilling life. Yes, because it address the rightful and appropriate place in our culture for the honer position of taking up the lacuna in today's communities - that of a sage. Positive results will benefit from reestablishing the value of elders, renewing what indigenous cultures have always known about the lost art of wisdom keeping. It also leads to experiments in renewing independent transitional ways of living by stepping away from mass markets where we can and do lose our identity in looking outside ourselves for self worth. As the culture is moving technically faster than humans can digest, we naturally gravitate to the past of least resistance with distractions to push away our anxieties about not keeping up, causing detachment, depression and reaching for pharmaceuticals, botox and all the inappropriate and unnatural panaceas to keep the stress (and natural process of ageing) at bay. Rabbi's insights as a leader in spiritual renewal makes this ageing process an exciting prospect as we know we are on a one-way journey, so it must be phenomenal, (how could it not be?) It's a time to grasp this idea and pay attention to how we are feeling (the body knows) focisong on our own wisdom and insight, and learning to trust ourselves. This is not an easy one-off read as it is a practical guide to begin the work of a serious turn around in habits that actually do not serve us as we take up these miles in our trek into wholeness and wholehearted living. A book for all ages and genders!.

I found, as far as I have read, a lot of repetition and really not anything revelatory or "new." The basic notion is the rethinking of the latter period of one's life, a change from thinking of older people

as infirm, useless to society, out of touch, etc. to thinking of them as wise elders who have a wider view of life, a reverence for all life on this earth, etc. I just didn't get much more than that, and it wasn't a revelatory experience for me. The case histories are the most interesting parts of the book in my opinion.

In *From Age-ing to Sage-ing*, Rabbi Schacter-Shalomi shares his wisdom and experience with readers and teaches them how to create an aging process that provides fulfillment, passion and happiness. I recommend *From Age-ing to Sage-ing* in the Learn More section of Chapter 3: Coming to Terms in my new book, *Your Aging Body Can Talk: Using Muscle -Testing to Learn What Your Body Knows and Needs After 50*.

This is THE profound book about how to make the last third of one's life vital, vibrant and meaningful. It is easy to read and so encouraging to those who despair about growing older. This book provides a precious map to growing wiser and more alive rather than becoming a burden as we go into the final chapters of our life. This book, when I read it in 1997 changed my orientation to aging. While the author finally died this year after an extraordinary final score of years in his life, his work lives on in this seminal treatise. This is the one book that you will not regret having and reading. It will change the rest of your life.

Awesome and much needed book. Provides us baby boomers with a new concept of growing older and what to do in our next phase of life. I think more people should read this book, as it discusses a much more healthy way to view getting older...of giving back and becoming more involved with sharing our life long knowledge as sages.

This book reviews our society's attitudes toward aging and what our longer life spans can mean. It brings forward a very positive outlook about ageing and then proceeds to show an "agenda" we can embrace to make our 2nd half of life productive and satisfying. There are very practical sections--planning our final years and our preferences for our care, and reminding us of how to reduce the trauma for our next of kin. There are uplifting and challenging sections that ask us to consider being a contributor to our society, in a way we could not do when we were in previous stages of responsibility. I would consider this book one of the most helpful books for anyone facing their 50th or 60th birthday. This book is written with a faith perspective, but addresses issues

comfortably that need to be recognized by everyone in our secular society.

Openness, honesty, and self-revelation are at the heart of this inspiring book. The last chapter, written at the age of 87, is a must read for anyone fortunate enough to live beyond average longevity.

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