



## *AGING WITH WISDOM*

*REFLECTIONS, STORIES AND TEACHINGS*

Olivia Ames Hoblitzelle

Foreword by Larry Rosenberg

How do we enter our elder years with openness, curiosity, and engagement? A central assumption of this book is that deepening one's inner life is central to wellbeing in later life. Combining elements of memoir and inspiring examples of lives well-lived, *Aging with Wisdom* is that invaluable guide to the inevitable (if we're lucky) process of aging with dignity and grace.

"Opens the door to aging's wisdom and love in a beautiful and heartfelt way." —JACK KORNFELD, *A PATH WITH HEART*

"...a wise and beautiful book shows how becoming an elder can be full with awakening and grace. Let this book be your companion through the season of letting go, and discover the ever-deepening love and mystery that is possible in our unfolding lives." —TARA BRACH, *RADICAL ACCEPTANCE AND TRUE REFUGE*

"Inviting and encouraging, *Aging with Wisdom* offers great inspiration to all those who would like to use their later years to ripen spiritually, to awaken." —KATHLEEN DOWLING SINGH, *THE GRACE IN AGING*

"Once again Olivia generously shares with us her wise woman and spiritual elder perspectives on ageing and sageing, with grace and wonder, loving kindness, patience and humility." —LAMA SURYA DAS, *AWAKENING THE BUDDHA WITHIN*

"Olivia sheds light on a skillful relationship with aging by sharing from her own experience and by turning back toward the teachings of the Buddha... I highly recommend it..." —SHARON SALZBERG, *LOVINGKINDNESS AND REAL HAPPINESS*

"Olivia's stories and perspective are so exquisitely written you will find yourself in tears and laughter bringing you to face your own journey of aging in new ways." —NATALIE ROGERS, PH.D., *THE CREATIVE CONNECTION*

"Olivia Hoblitzelle is a very wise woman and this book is a reflection of her deep experience with aging, illness, living, and dying. A combination of ancient wisdom, practical pointers, and tender stories, this is a book to cherish—a guide to a rich and challenging time of life." —JOAN BORYSENKO, PH.D., *MINDING THE BODY, MENDING THE MIND*

## READING GROUP GUIDE: QUESTIONS FOR DISCUSSION AND SELF-REFLECTION

Since *Aging with Wisdom* covers many subjects that invite further discussion, the following Reading Group Guide can serve as a framework for book groups. I have included a number and range of questions, so that participants can choose the most compelling ones for discussion.

### PART I

- When you hear the phrase “conscious aging,” what does it evoke for you? What would it mean to wake up to your life in new ways, to approach situations more consciously?
- Can you give examples of ageism you’ve experienced and discuss their impact? They can be very subtle. For example, a pejorative comment, condescending language, hostile jokes about aging, excluded from conversation, etc.
- What is your orientation toward the inner life? Do you have a spiritual practice of any kind, and if not, discuss how and where you find meaning in your life.

We need to acknowledge that some people may not be comfortable with the word “spiritual.” The central question is how you inspire yourself when faced with life’s biggest challenges. Some people, for example, have a philosophy of life that includes cultivating positive qualities like compassion, kindness, generosity, equanimity, joy, love, and so on.

- As you’ve grown older, whether or not you’ve experienced a “tectonic shift,” can you describe the ways in which you’ve recognized your growing older, and what, if any, changes you’ve made in your life—or would like to make.
- Carl Jung and other wise ones have called old age the most valuable period in life. Discuss how you feel about this statement, and whether it applies or not to your experience so far.
- What are the gifts of aging? In contrast, what are the challenges, disappointments, and harsh realities of aging?
- As we seek to balance the different elements of the aging process, what does the phrase “the grace of diminishment” mean to you? How do you relate to Teilhard de Chardin’s statement about hallowing one’s passivities and diminishments?
- Have you recognized your particular responses to the challenges of aging? Examples: resistance, denial, control mode, anger, fear, grief, etc.
- Almost inevitably, issues of independence and/or growing dependence arise in the later years. Some people find it really difficult to accept help, even reject help as a sign of weakness. What are your feelings about this subject?
- Whether or not you relate to the idea of a “forest monk” stage of life, has there been any shift toward deepening your inner life, toward reflection or contemplation of some kind?
- Have you noticed any impulse to simplify or downsize or change some of the outer circumstances of your life?
- The ElderSpirit credo offers exceptionally rich possibilities for discussion.
- Reflecting on the idea of “soul time” (that some cultures have very different views of time from ours), how is the quality of your life affected by time? Can you relate to the African porters who refused to go on because they were “waiting for their souls to catch up?”

- Consider the challenging words of Rashani's poem—brokenness, shatteredness, sorrow, fragility, darkness—and how you relate to these. How do we find "...the place inside that is unbreakable and whole/ While learning to sing?"
- In telling the story of the old man, discuss the Dalai Lama's statement that "there's no reason to feel old just because the body is old."

## Part II

- "The sacred circle that shelters your life." Consider together what this might mean to you and share these reflections with the group.
- The idea of taking refuge is common to many spiritual traditions. What are your refuges?
- What if you tried "to treat every moment as new experience?" What areas of your life might change? Have you ever considered what it would be like to lose your sight, how much we take our senses for granted?
- In what ways do you connect with others through some practice of the heart, whether blessing, prayer, wishing them well, or simply calling them into presence with love?
- Who are you now? Has your sense of self shifted as you've aged, perhaps as you've moved away from a nine to five job, parenting responsibilities, and so on.
- Loss is a major issue for all of us as we age. (Physical problems, memory loss, diminished sight/hearing, loss of dear ones, etc.) What are your thoughts/feelings about the issue of loss. How does your inner life help?
- We receive many memorable messages during our lives. What two or three have had a powerful impact over your life?

## Part III

- The story of Dhumavati challenges many of our assumptions, such as a goddess archetype that describes many cruel aspects of old age. How do you feel about this story?
- The subject of death presents us with the ultimate koan—a paradox or riddle, unanswerable by the rational mind. What have been your experiences with death and dying, and what feelings arise for you as the group turns to this discussion?
- In the various excerpts about death (Rilke, Tagore, Thoreau, Nouwen, Master Sheng Yen), what do you find thought provoking, inspiring, or challenging?
- Mysterious occurrences may occur around or after death. Have you experienced or heard any stories that speak to this mystery?
- The Five Remembrances, or similar calls to remember the subject of death, are considered important practices in several spiritual traditions. How do these sayings strike you?
- We are seeing an epidemic of dementia-related diseases like Alzheimer's. Have you been close to someone with dementia and if so, what has that brought up for you?
- If one accepts that there is consciousness beyond the mind, how might this affect how one relates to someone with dementia, particularly in the later stages?
- What are your feelings when you hear someone say that death is a gift?

## Part IV

- As you reflect on this term “wayshower,” who have been wayshowers for you? What inspires you about them?
- Each of the six wayshowers in this section reveals something unique about their elder years. Can you name some of those unique qualities and what stands out about that wayshower?
- Is there one wayshower with whom you particularly identify?
- In the Conclusion, return to the list of the book’s important guidelines and see which ones are most compelling for you. Some may provide a springboard for further discussion.
- What is the most valuable message that you’ve taken from your reading of *Aging with Wisdom*?

## About Olivia Ames Hoblitzelle

Olivia Ames Hoblitzelle is a writer and dharma teacher. For over forty years she has devoted herself to spiritual practice, primarily Buddhist meditation, which has deeply influenced her professional life, in particular how to integrate psychology and meditation.

After practicing as a psychotherapist with individuals, couples, and groups, she taught in the field of Behavioral Medicine where she pioneered the integration of meditation, yoga, and cognitive therapy with traditional Western medicine. As a Teaching Fellow at the Mind/Body Medical Institute, she developed and taught training programs for health professionals in new approaches to health and healing through Harvard Medical School. During her career, she has introduced contemplative practices in a wide variety of settings: government agencies, businesses, hospitals, organizations, churches, and most extensively in school systems to both teachers and students.

Her first book, *Ten Thousand Joys & Ten Thousand Sorrows: A Couple's Journey Through Alzheimer's*, is an award-winning book that has sold close to 15,000 copies and has been translated into four languages. As mentioned earlier, she has done extensive promotion; many talks, conference keynotes, book events, radio and TV interviews as well as written articles and other pieces (introductions, chapters, etc.) for books and periodicals.

As part of her commitment to contemplative life, Olivia has served on the boards of three organizations whose missions are to encourage Buddhist teachings and practices in the West: Insight Meditation Society, Trijang Buddhist Institute, and Dharma Friends. With her enduring commitment to peace and social justice, she was a founding board member and board chair of the Karuna Center for Peacebuilding. A lifelong educator, she was on the board of the Putney School and the Karuna School.

Now an elder with two grown children and four grandsons, she lives in Massachusetts and spends as much time as she can in Vermont where she grows vegetables, welcomes family and friends, and steepers herself in the glories of nature. She is also an artist committed to exploring the creative, spiritual, and healing dimensions of our lives.

## Monkfish Book Publishing Company

Monkfish is an independent press publishing spiritual and literary books from a diverse range of perspectives. Genres include memoirs, wisdom literature, fiction, and scholarly works of thought. Monkfish books appeal to the seasoned or novice seeker as well as to the general public looking for reliable sources on spirituality. The readers we had in mind when we began Monkfish in 2002 were devoted spiritual seekers, the type whose passion for the spiritual quest would lead them to read across a dazzling array of traditions: Buddhist, Jewish, Christian, Islam, Pagan, and more. It has always been our intent to publish works of spiritual authenticity for the general public as well as the specialist and scholar.

Monkfish books are available in bookstores, libraries, universities, and online. Monkfish books are distributed to the trade by Consortium Book Sales and Distribution in the US, by Publishers Group Canada in Canada, and by Macmillan Distribution internationally. Contributors and authors of Monkfish include Rupert Sheldrake, Terence McKenna, Brad Warner, Jacob Needleman, Huston Smith, Elizabeth Cunningham, John Daido Looi, Ralph Abraham, Mirabai Starr and Colin Wilson. Monkfish's Provenance Editions are reprints of older, and sometimes nearly lost works by distinguished thinkers such as Nobel Laureate Rabindranath Tagore, Zen Buddhist East/West pioneer D.T. Suzuki, the 1950's spiritual icon Gerald Heard and H.G Wells.

Monkfish's eclectic mixture of spirituality books, while dealing with timeless subjects, nearly always shed light on topical concerns, and have been widely discussed and reviewed in newspapers such as *The New York Times*, *Washington Post*, *Kansas City Star*, and *Atlanta-Journal Constitution*; in the publishing trade such as *Publishers Weekly*, *Library Journal*, *Booklist* and *Kirkus*; and in the spirituality media such as *Yoga Journal*, *Spirituality and Health* and *Beliefnet*.

