

Quotes for aging

Qualities of older people

- One can remain alive past the usual date of disintegration if one is unafraid of change, insatiable in intellectual curiosity, interested in big things, and happy in small ways. Edith Wharton
- It is not by muscle, speed, or physical dexterity that great things are achieved, but by reflection, force of character, and judgment; in these qualities old age is usually not only poorer, but it even richer. Cicero

Challenges of aging

- We must undergo a conversion, an experience of losing our song in order to be able to sing in a new key
- When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has opened for us. Helen Keller

Great quotes for all people

- The real voyage of discovery consists not in seeking new landscapes, but in having new eyes. Marcel Proust
- “The mind creates the abyss, the heart crosses it. Nisargadatta:
- “Our bodies know that they belong...it is our minds that make us homeless. John O’Donohue:
- “Knowledge speaks but wisdom listens.” Anonymous, possibly Jimi Hendrix
- “My life may be summed up in three phases. I was raw. I became cooked. Then I burned. Jalal Ad-Din Muhammed (Rumi)
- “To attain knowledge, add things every day. To attain wisdom, remove things every day. Lao Tzu
- “These mountains that you are carrying, you were only supposed to climb.” Najwa Zebian
- “In the end nothing we do or say in this lifetime will matter as much as the way we have loved one another. Daphne Rose Kingma
- “Ultimately, happiness comes down to choosing between the discomfort of becoming aware of your mental afflictions and the discomfort of being ruled by them. Yongey Mingyur Rinpoche

Poems About Aging Well

Crusoe in England by Elizabeth Bishop

For A New Beginning, John O’Donohue

In View of the Fact by A. R. Ammons

Growing Old by Mathew Arnold

Forgetfulness by Billy Collins

Age by Robert Creeley

Terminus by Ralph Waldo Emerson

An Old Man’s Winter Night by Robert Frost

Affirmation by Donald Hall

Mrs. Baldwin by Fleur Adcock
Otherwise by Jane Kenyon
I Look into My Glass by Thomas Hardy
First Gestures by Julia Kasdorf
Touch Me by Stanley Kunitz
Nature by Henry Wadsworth Longfellow
Late Ripeness by Czeslaw Milosz
Hail and Farewell by Charles Reznikoff
Tired with All These, For Restful Death I Cry by William Shakespeare
Like as the Waves Make Toward the Pebbled Shore by William Shakespeare
Young men dancing, and the old by Thomas Stanley
Tithonus by Lord Alfred Tennyson
Do Not Go Gentle Into That Good Night by Dylan Thomas
The Descent by William Carlos Williams
Lines On Retirement, After Reading *Lear* by David Wright
When You Are Old by William Butler Yeats
Sailing to Byzantium by William Butler Yeats
Written In a Carefree Mood by Lu Yu
Warning by Jenny Joseph
Youth and Age by Samuel Taylor Coleridge

Movies about aging

Still Alice
Age of Adaline
Amour
Harold and Maude
Alive Inside
The Best Exotic Marigold Hotel
The Hero
Away From Her
Noel (with Susan Sarandon and Robin Williams)

Books addressing mindfully aging

The Five Invitations: Discovering What Death Can Teach Us About Living Fully by Frank Ostaseski
Aging as a Spiritual Practice, Lewis Richmond
The Second Half of Life: Opening the Eight Gates of Wisdom by Angeles Arrien
Still Here: Embracing Aging, Changing, and Dying, Ram Dass
Books that look good which I have not read
On the Brink of Everything: Grace, Gravity, and Getting Old by Parker Palmer
From Age-ing to Sage-ing: A Revolutionary Approach to Growing Older, by Zalman Schachter-Shalomi and Ronald S. Miller
The Grace in Aging by Kathleen Dowling Singh
Women Rowing North: Navigating Life's Currents and Flourishing As We Age by Mary Pipher

Mindful Aging: Embracing Your Life After 50 to Find Fulfillment, Purpose, and Joy by Andrea Brandt

This is getting old zen thoughts on aging with humor and dignity by Susan Moon

Who Am I Now that I'm Not Who I Was? by Connie Goldman; includes 18 interviews with women who share deeply personal insights and gifts that come with age.

Do Not Go Quietly: A Guide to Living Consciously and Aging Wisely for People Who Weren't Born Yesterday by George and Sedena Cappannelli

Aging Well: Surprising Guideposts to a Happier Life from the Landmark Harvard Study of Adult Development by George Vaillant

Frameworks for Mindful Ageing

<https://www.mindfulenhance.org/mindful-ageing/mindful-ageing-become-a-hero>

4 Themes for Mindful Ageing (p. 3)

1. Heighten mental and physical wellbeing
Doing all we can (realistically) to keep active, both mentally and physically
2. Enhance life through mindfulness
Embracing the possibilities offered by mindful practice, including formal and informal mindfulness, mindful movement and somatic awareness, challenging negative thinking through mindful learning, enhancing kindness and compassion, practicing gratitude and forgiveness, enhancing balance and equanimity, enjoying and savoring life, enriching optimism and hope faith.
3. Realign toward the positive
Challenging the restrictions and negativities which come with the Seasoned Mind, encouraging the Beginner's Mind through mindful practice
4. Open to new possibilities and new beginnings
Accepting and embracing change (at least some change), (inclining toward) seeing ageing as bringing with it new opportunities, and even a new mindset

The Five Ways to Wellbeing (p. 4)

CONNECT With the people around you.
With family, friends, colleagues and neighbors.
At home, work, school or in your local community.
With the natural world. (all life is sentient; all existence is sentient)
Think of these as the cornerstones of your life and invest time in developing them.
Meditation and prayer are also ways of connecting.
Building these connections will support and enrich you every day.

BE ACTIVE Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance.
Exercising makes you feel good.

Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

TAKE NOTICE Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons! Savor the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling.
Reflecting on your experiences will help you appreciate what matters to you.

KEEP LEARNING Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favorite food. Set a challenge you enjoy achieving.
Learning new things will make you more confident as well as being fun.

GIVE Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Being kind and generous to ourselves too.
Seeing yourself, and your happiness, as linked to the wider community can be incredibly rewarding and creates connections with the people around you

Four Rule to Live By (p. 4)

1. Accepting what we have no control over
2. Coping with unchangeable adversity
3. Strengthening relationships
4. Building spiritual strength

8 Aspects of a Mindful Life: (Mindfulness Based Life Enhancement)

1. mindfulness
2. mindful movement
3. challenging negative thinking
4. kindness and compassion
5. gratitude and forgiveness
6. balance and equanimity
7. enjoying and savoring life
8. optimism and hope faith

Mindfulness Based Life Enhancement is underpinned by a number of beliefs:

1. We are already mindful at times; formal mindfulness practices enhance this capability
2. We recognize the problems that negative thinking, harmful stereotypes, and rumination can cause, but we may not have explored the full consequences and seen the possibilities of changing our relationship to these.

3. We display the qualities of loving kindness, (self-)compassion, empathetic joy and equanimity at times, but they can be deepened and enhanced through
4. We have our own levels of optimism, hope, gratitude and forgiveness, but these can be extended and enhanced
5. We know how to savor(the small and the big), but often lose sight of its full potential, especially when we get seduced by automatic pilot
6. We understand the importance of the link between mind and body, but this understanding can be easily lost, and can be enhanced through mindful movement

5 Invitations from Frank Ostaseski

1. Don't Wait
2. Welcome Everything, Push Away Nothing
3. Bring Your Whole Self to the Experience
4. Find a Place to Rest in the Middle of Things
5. Cultivate Don't Know Mind

8 Factors That Contribute to Healthy Aging

(Dr. Roger Walsh and 8waystowellbeing.com)

1. exercise
2. diet/ nutrition
3. time in nature
4. relationships
5. recreation
6. relaxation/stress management
7. service to others/giving back
8. religious and/or spiritual involvement