



You are invited to a:

Conscious Aging Workshop

In our youth obsessed culture there is a lot of anxiety about aging. Yet these years are also a time of great opportunity for spiritual, emotional and psychological growth.

In this workshop you will learn how to:

- **Explore** unexamined, self-limiting beliefs and assumptions about aging and learn to make better choices about how to age more consciously
- **Develop** the skills of self-compassion to cope more effectively with the stresses associated with aging
- **Discover** what gives heart and meaning to your life and how that can enrich your intentions for a healthy aging process
- **Identify** regrets, sufferings, and negative self-concepts that have kept you from more fully appreciating yourself and your life
- **Minimize** feelings of isolation and deepen your relationship with the world around you
- **Learn** to manage your fears (and those of your loved ones) in the presence of death through the transformative power of surrender and acceptance
- **Cultivate** a personal roadmap for your own aging journey by deepening your spiritual life and learning to make each moment matter

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 **TBD**

Date & Time **TBD**

How to Register **TBD**

Workshop Facilitator: MaryCatherine Burgess, IONS Conscious Aging Facilitator

MaryCatherine Burgess, PhD, has worked professionally as a human relations consultant; licensed professional counsellor; NE certified 7 – 12 grade teacher; university multifaith chaplain, honorary fellow, and teacher; shamanic practitioner; manager of medical management and director of quality integration at a large railroad; and trainer of psychodrama, sociometry and group psychotherapy. She balances her life and work between the UK and the USA.

Workshop Study Guide

The Conscious Aging workshop is formed around a study guide developed the Institute of Noetic Sciences (IONS, <http://noetic.org>). The study guide is based on IONS' conscious aging research, as well as the research and practices described in two 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*