

Aging As A Spiritual Practice

Spiritual Practices While Aging

From A Fourth Way And Multi-Dimensional Perspective

with Jerry Toporovsky



May 10

*Aging As Reality—Horizontal And Vertical Time—Creating Shelter In The Storm
—Bearing the future that is coming up*

May 31

*Stages Of Aging and How To Work—Resting In Awareness—Practical Guidelines
For Conscious Aging—Gratitude And Elderhood*

June 14

*Preparation And Dealing With Our Death And The Death Of Those Near To Us.
Nourishing Our Higher Bodies Is The Task Of Aging*

These Saturday talks will take place over Zoom, 2-5pm ET
\$50 per session or \$120 for all three

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