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## TAKE LIVING SO SERIOUSLY

“You must take living so seriously  
That even at seventy for example,  
    You’ll plant olive trees---  
And not for your children, either,  
But because although you fear death  
    And you don’t believe it,  
Because living, I mean, weighs heavier.”

-Nizam Hikmet, *On Living*

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# SELF-TRANSCENDENCE

“Maslow says that someone else suggested to him that “self-actualization” should be at the top of the pyramid of needs. He wished at the end of his life that he had instead labeled it, ‘self-transcendence’ - transcending the ego, giving it away, preparing to pass into the universe. Letting go plays a big role in this process. As the number of people who ‘knew me when’ shrinks, you’d think that my priorities would be more short-term, since that’s the length of my own future, but instead, I’m eager to work on issues that will make the biggest difference in shaping the future for the generations to come.”



-Jan Hively, age 87, founder of the Pass It On Network

For an interview with her, visit: <https://www.theagebuster.com/blog-page/2019/4/28/give-the-next-generation-a-reason-for-hope>

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# EMPTY YOUR OWN BOAT

The Taoist Master Chuang Tzu tells the story of a man who came to a river he could not cross. An empty boat slams into his, but the man did not become angry, as he would if there had been another boatman in that vessel. Instead, Chuang Tzu said, ‘Empty your own boat as you cross the river of the world.’



(Thanks to Parker Palmer for this story)

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## THE NEXT SURPRISE

“She found herself at sixty-five telling younger friends that there was nothing to getting old, quite pleasurable really, for if this or that good took itself off, then all kinds of pleasures unsuspected by the young presented themselves, and one often found oneself wondering what the next surprise would be.”

-Doris Lessing, *Love, Agai*

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## ETHICS OF POPULATION AGING

The Hastings Center is embarking on a new research agenda on the ethics of population aging, with a focus on the precarity of older adults, questions of justice, and issues of personal choice. Hastings Center leaders say this: “The field of bioethics has worked hard to promote patient choice, especially in the context of end-of-life care. Yet ethical challenges near life’s end are not limited to bedside decision making.” An essay in the Health Affairs Blog describes some of the issues that the Hastings Center project will develop: “The Ethics of Population Aging: Precarity, Justice, And Choice”

at: <https://www.healthaffairs.org/doi/10.1377/hblog20190626.795875/full/>

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## BOOKS OF INTEREST

Elaine Aronson, *ELDERHOOD Redefining Aging, Transforming Medicine, Reimagining Life* (Bloomsbury, 2019).

Tia Powell, *DEMENTIA REMAGINED: Building a Life of Joy and Dignity from Beginning to*

End (Avery, 2019)

Mary Pipher, WOMEN ROWING NORTH: Navigating Life's Currents and Flourishing As We Age (Bloomsbury, 2019)

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## WEB SITES TO SEE

LATER LIFE CREATIVITY. See "The Art of the Demographic Dividend" for a discussion of the power of creativity in later life: [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(11\)60612-0/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(11)60612-0/fulltext)

SAGE-ING. "Why Age When You Can Sage?" an interview with Jann Freed, author of Leading with Wisdom, is available from NextAvenue at: <https://www.nextavenue.org/why-age-when-you-can-sage/>

POSITIVE AGING. Watch your language. Read "Turning the Tide on the 'Silver Tsunami' " which argues that there's a problem equating the growth of an older population with the effect of a tsunami, at: <https://changingaging.org/blog/turning-the-tide-on-the-silver-tsunami/>

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## COMING EVENTS

CULTURE OF AGING: Pioneering a New Culture of Aging (Aug. 4-7, 2019, Louisville, KY). The Pioneer Network, coming from the Eden Alternative, hosts its annual conference. Details at: <https://www.pioneernetwork.net/conference/>

EMBRACING CONSCIOUS ELDERHOOD (Aug. 12-16, 2019, Rhinebeck, NY). Ron Pevny leads this retreat at the Omega Center, where Reb Zalman and Ram Dass introduced ideas of conscious aging. This retreat weaves together practices of Conscious Eldering with Ron Pevny's work in three Transforming Aging Summits. For information and registration on the retreat, visit: [www.eomega.org](http://www.eomega.org)

LIVES WELL LIVED: Film Screening (Aug. 14, 2019, Ocala, FL). Master the Possibilities Lifelong Learning Center, sponsored by AARP Florida, 1 p.m. Details at: <https://www.campusce.net/mtp/Course/Course.aspx?c=2329>

ELDERS ACTION NETWORK: Elder Activists for Social Justice Community Conversation (Aug. 15, 2019, 8 am – 10:30 am, Pacific Time). Zoom video conferencing in a lightly-facilitated, educational and interactive conversation. For registration and more info visit: [www.eldersaction.org/easj\\_community\\_conversation](http://www.eldersaction.org/easj_community_conversation)

LIFE REVIEW: “Joys and Sorrows Reconciled: Integrative Life Review” (Aug. 16, 2019, Boulder, CO). Workshop led by Nan Phifer, author *Memoirs of the Soul: A Writing Guide*. Sponsored by Interface. Details at: <https://www.interfaceboulder.org/event/joys-and-sorrows-reconciled/>

LIVES WELL LIVED: Film Screening (Aug. 23, 2019, Merced, CA). Art Kamangar Center, sponsored by the Merced County Human Services Agency, Merced, CA, 7 p.m. Details at: <https://www.facebook.com/events/430131681106699/>

ONLINE AGING COURSE: “Advanced Concepts in an Aging Society” is the newest course in the joint certificate online course series offered by the American Society on Aging and the USC Leonard Davis School of Gerontology. This five-week course, along with the others in the series, is taught by USC professors and runs August 26–September 27, 2019. Details at: <https://www.asaging.org/blog/new-online-course-purses-americas-aging-society>

CERTIFIED SENIOR ADVISORS: Annual Conference (Aug. 28-30, 2019, Portland, OR). Details at: <https://www.csa.us/page/CSAConference>

LIVES WELL LIVED: Film Screening (Aug. 28, 2019, Santa Clara, CA). Santa Clara Senior Center, 10 a.m. Details at: <https://www.facebook.com/events/472563726864318/>

BODYWORK: Discover the Transforming Power of Your Body (Webinar, Aug. 29, 2019). Online with Pat Samples. Details at: <http://events.r20.constantcontact.com/register/event?llr=thw4kyfab&oeidk=a07egfmsugz79ae2973>

CONSCIOUS AGING Workshop. (Sept. 9 – Oct. 28, 2019, Charleston, WV). Details at: <https://noetic.org/event/conscious-aging-workshop-9/>

CONSCIOUS ELDERING: Aging with Intention and Passion (Sept. 27-29, 2019, Salida, CO). Weekend retreat, led by Ron Pevny, for people who seek to deepen their experience of purpose, passion, growth and service in the elder third of life. It provides a dynamic

experiential introduction to the types of inner work that support becoming a *conscious* elder, and it will be held in a beautiful mountainside home overlooking majestic peaks. For details, visit <https://www.centerforconsciouseldering.com/event/conscious-eldering-salida-colorado/>

For more information on The Center for Conscious Eldering Events, visit [www.centerforconsciouseldering.com/events](http://www.centerforconsciouseldering.com/events)

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## Becoming the Person You Were Meant To Be

Before he died, Rabbi Zusya said: "In the world to come, they will not ask me, 'Why were you not Moses?' They will ask me, 'Why were you not Zusya?'"



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This electronic newsletter, edited by Harry (Rick) Moody, is published by the Creative Longevity and Wisdom Program of Fielding Graduate University. The Newsletter contains items of interest about humanistic gerontology; it does not publish original writing but is limited to brief and timely announcements. **To submit items of interest or request subscription changes, contact: [hmoody@yahoo.com](mailto:hmoody@yahoo.com)**

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