

## The 10 Steps of Spiritual Eldering Work

(From: Rabbi Zalman Schachter-Shalomi (1997). *From Age-ing to Sage-ing: A profound new vision of growing older*. Grand Central Publishing.

1. To be willing to deal with life completion, and overcome a denial of aging.
2. To come to terms with one's own mortality.
3. To be willing to deal with life completion, and overcome a denial of aging.
4. To acquire the skills for inner work by learning:
  - journal writing
  - spiritual intimacy
  - meditation
5. To pay attention to body, feelings, mind, and spirit, to be guided by them and maintain them well.
6. To really listen to one's own inner voices, witnessing all minorities within the whole person.
7. To begin to do life repair, in health and practical matters, in relationships between the generations, and doing one's own forgiveness work.
8. To do the philosophical homework, pondering the meaning and purpose of life.
9. To serve as an Elder to others, on behalf of family, community, and the Earth.
10. To prepare for a serene death and afterlife.
11. To do this work nobly, in connection with one's own spiritual traditions.

From: Jane Dawson, PhD ([jane@inscapecentre.ca](mailto:jane@inscapecentre.ca), [www.inscapecentre.ca](http://www.inscapecentre.ca))

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