

THE ART OF MINDFUL AGING

CHANGING THE PARADIGM ON AGING





Contents

| | |
|--------------------------------|----|
| The How of Aging | 5 |
| Module 1 - Your Aging Journey | 8 |
| Module 2 - Your Body | 10 |
| Module 3 - Your Value & Wisdom | 13 |
| Module 4 - Your Sexuality | 16 |
| Module 5 - Your Spirituality | 18 |



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Welcome to the Art of Mindful Aging

DEFINING AGING

Dr. Christiane Northrop defines aging as “moving through time and becoming more competent.” What a wonderful definition!

Growing older is a normal, natural occurrence, yet there is an unknown quality to it. At 60, we experience our bodies and life differently than when we were 50. Yet at 50, there is no way to know how we will look and feel at 60. There are stages to growing older, and we won't know how we will be affected until we are in the midst of that stage. Sometimes this unknown quality of growing older can bring about anxiety, especially if we have seen the decline or degeneration of our parents, family members or friends.

DEFINING THE ART OF MINDFUL AGING

Because our culture will remind us of our age, and how we should look, feel and behave as “mature” citizens, it is imperative that we create and maintain a vision of ourselves that not only matches with our personal

vision, but also supports our aging journey.

The most common way we know we are aging is through our body. There are external changes, like graying hair, extra weight, etc. And there are internal changes, as well. Recent studies have indicated that we can have great control over much of our aging process.

Then there are the subtler areas of aging -- our deeper fears of acceptance by the community at large, the possibility of being ostracized, finding ourselves alone, without adequate resources, and the emotional and mental aspects of aging. When these areas are addressed, one can begin to experience aging as an opportunity, rather than a problem.

Aging mindfully is to grow older with an awareness of what's happening internally and externally, and making informed and careful decisions about your health and well-being.

Empowering the Experience of Growing Older

The How of Aging

There is no manual or handbook guiding us toward our best aging life. This “third act” is entirely up to us. We must find the pieces that fit our particular aging puzzle.



We must define how we want to live as we age. Develop a more connected relationship with our bodies. Know and own our value. Harness our wisdom. Understand that aging is a journey that requires your attention, time, presence, patience, planning, strength and allowance.

How can we inspire, support and care for ourselves? Society, in general, will not help. The answers we all seek are inside – within you. Spend some time listening to your body, the information and love will astound you.

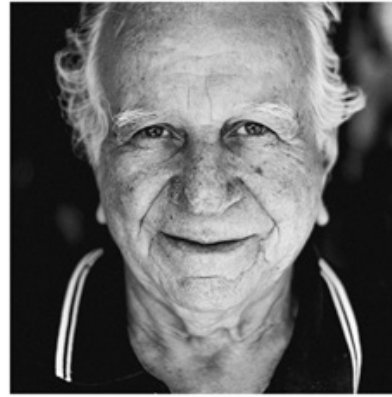
Aging is not being or playing small, going invisible or shutting down.

If there is something you can no longer do, or choose not to do, it isn't failure. It is honoring your needs and opening to a new way of being and living.

Give yourself permission to be fully alive as you age!



THE ART OF MINDFUL AGING PROGRAM



Module 1: Your Aging Journey

In order to understand more about your aging process, it is helpful to know what your beliefs are about aging and how you acquired those beliefs.



For example, many of us have simply inherited negative beliefs from our age-averse culture. The “third act” is a time for joy and delight. Our culture does not support aging. It is upon us to think more positively about aging; how to stay strong physically and remain important, visible and vital as we age.

This first module of The Art of Mindful Aging Program explores in depth our cultural inheritances, stereotypes and thinking about age. How the world views women as they age and how they view men as they age. People over 65 are millions strong in California alone. It is time to embrace our power in numbers and be acknowledged.

Exercise

How much has society influenced how you think and feel about your aging?



Thought to Ponder

What is your big vision for your aging? How do you want to live? Where do you want to live?

Module 2:

Your Body

Our body isn't something we have, it is something we are.



Your body is directly connected to the quality of your aliveness and your wellbeing.

It provides you with feedback on everything – whether you feel weak, happy, strong, sexy, energized, satisfied, tired, confused, frustrated, etc.

As you grow older, you want to have a positive, connected relationship with your body. More than ever, you will need to rely on your body for support and feedback as you age.

In The Art of Mindful Aging Program, we explore in depth the many ways you can cultivate a stronger, healthier body that will serve you well as you age.

A key component of a healthy, strong body as we age is Self-Care.

Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health.

Benefits of Self-Care:

- Physical Relaxation
- Emotional Wellbeing
- Relief from Stress
- Time Alone

As a practice during Module 2 of The Art of Mindful Aging Program, we use meditation as an internal guide. This begins to unlock the process of developing a deeper relationship with your body, simply through the breathing process.



Exercise

Listen to your body. It will tell you what it needs.

Thought to Ponder

Do you have a Self-Care Plan?

Module 3:

Your Value & Wisdom

The world still needs you! Your experience, your know how, your expertise.



This has led to cultural stereotypes regarding what to expect as we age:

Downhill after 50, especially for women.
You are going to slow down, that's what your father did.

You're not as important as you used to be. No one is really interested in you.

Over your lifetime you have gained a wealth of personal and professional knowledge. This knowledge can now be called wisdom and is available to you through your body as an aha moment, inspiration, and gut feelings.

If you take stock of your life and professional experiences, you can access your value. It is important for us, as we age, to understand how much we have contributed and gained. The world needs your expertise, insight and awareness. You are in a prime position to mentor others and continue your contribution to the community and world.

What's true is that mature adults have value and wisdom beyond measure.

What's true is that mature adults have skills, talents, and gifts that the world still needs and can greatly benefit from.

What's true is men and women over 50 have vast professional, personal, emotional and spiritual experience.

What's true is that as you grow older you have a wealth of history and knowledge at your back, the ability to be visible, vibrant and continue to make meaningful contributions to society.

In The Art of Mindful Aging Program, you will discover through various exercises, the richness of your wisdom and value. We will also discuss how, as an aging person, you can tap these qualities and serve the community, or a part time professional job.



Exercise

Make a list of your accomplishments, both personal and professional.

Thought to Ponder

Would you consider being a mentor?



Module 4:

Your Sexuality

Yes, sexuality can change as we age. Yet, it is possible to experience a thriving sexuality with your partner as you age.



It may be that you redefine your sexual desires, or you may find yourself slowing down, enjoying the process with less demands on the body and pressure to perform. A deeper intimacy is welcomed as we age.

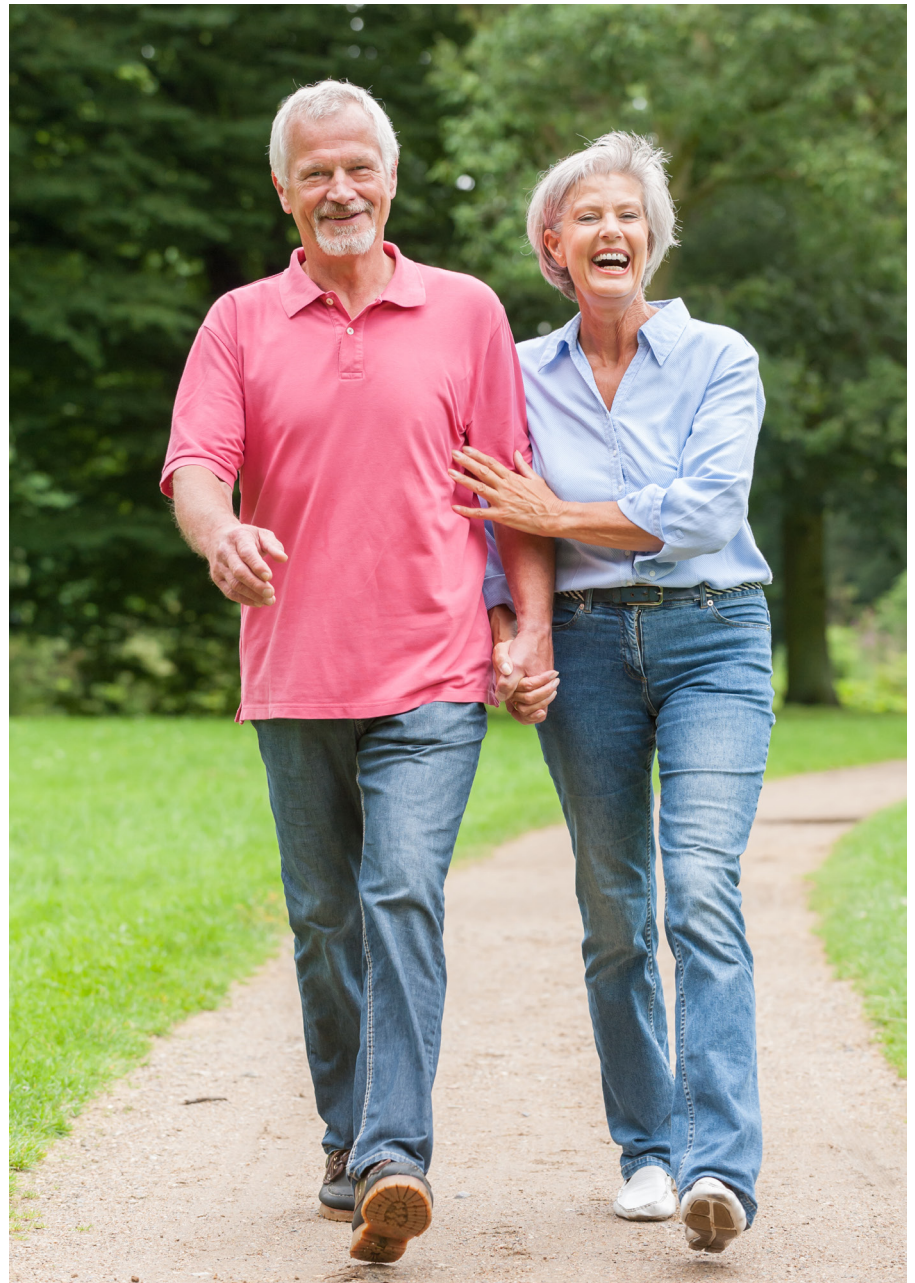
In The Art of Mindful Aging Program, multiple exercises are used to guide you toward a deeper intimacy with your partner, along with exploring The Pleasure Principle.

Exercise

In what ways has your sexuality changed? Stayed the same? Evolved?

Thought to Ponder

How important is it to express your sexuality as you age?



Module 5:

Your Spirituality

In Eastern philosophy, aging is often considered a spark for spiritual awakening. Spirituality can be a joyous journey to growing older.



As aging challenges arise, they can be a reminder to prioritize spirit over ego and to find and express gratitude for all the many blessings in your life.

In The Art of Mindful Aging Program, we discuss the various forms of spiritual guidance available and which spiritual discipline would work best for your life.

Exercise

Can you envision the benefits of having a spiritual practice as you age?

Thoughts to Ponder

Do you know the difference between religious practices and spiritual practice?

Which appeals to you most as a discipline and form of support as you grow older?

5 Tips for The Art of Mindful Aging

1. Growing older is a new form of growth and opportunity, not a problem to be solved.
2. It is personal. Whatever you decide about how you want to age is OK. Grow older on your terms.
3. Keep moving, your body will love you for it.
4. Know your value, access your wisdom. The world is waiting for you to share what you know, i.e., mentor, and coach, teach or simply being an example of growing older well.
5. You are changing the paradigm on growing older!

The Inspiration For the Program

My intention in creating The Art of Mindful Aging course is to provide a forum for discussion and exploration of the issues facing older adults in our culture and communities.



My big vision is to support as many people as I can through this program. This is for all the people you know that are aging, but are confused and frustrated because they're no longer part of the matrix of society in the way they were.

Have you seen aging adults in the media that you can relate to? That you feel aligned with? A mature person that would understand how you feel? Most marketing is tailored to youth. This is an interesting juxtaposition since the older population has more purchasing power, yet we are no longer being considered at the table where products and services are being developed.

I invite you to attend our signature program, The Art of Mindful Aging held bi-annually in Los Angeles. Please visit The Art of Mindful Aging program tab on our website for dates and times.

“At 67 years young, I desire to be seen on my terms and use my resources in ways that support my well-being and the well-being of my aging tribe. I am claiming my place in society as a woman of wisdom and power. I wish this for every aging adult. I want it for you!”

– Denise Lampron

During this group course, you will:

- Identify and discuss personal and cultural aspect of aging
- Determine what your body needs to feel strong and supported as you age
- Realize your value and wisdom; and how they can be applied
- Discover a new level of intimacy and sexuality
- Explore the benefits of spirituality as a tool to support aging
- Discover the positive aspects of aging!

I hope you enjoyed and found value in this information. It is only a taste of what is explored in greater depth in The Art of Mindful Aging program. For more information on The Art of Mindful Aging program, [click here](#).

A Happy Program Participant ...

“I am a writer, mother, and 64+ year old member of the Baby Boomer generation. Many people may think that a woman of my age is past the age of exploring something called “Greying Goddess.” Even I, who consider myself a progressive thinker, thought, “Greying what?”

Participating in Denise’s The Art of Mindful Aging course launched me into an enlightening journey of reflection, joy, and expansion. Denise’s meditations, prompts and exercises challenged, and ultimately led me to transform, many of my antiquated dyed-in-the-wool belief systems about what it means to be a woman of a certain age in our culture.

In our discussions, Denise guided me to places within myself that were waiting to be re-awoken. With each writing exercise, the words that came out of my pen were nothing short of a complete and utter surprise. I began to see my life with the child-like wonder and excitement of all the possibilities still ahead of me.

Her ability to listen deeply and dig just that little bit deeper to discover my truth was astounding. With her partnership, I have had the courage to express this newly re-awakened wonder and possibility into my daily life. I am having more fun. Period. With myself, with men, and with my family and friends.

My mind, my heart and my soul are undergoing a renaissance of expansion. And, without knowing it when I signed up for Greying Goddess, it was EXACTLY what I was looking for.

Denise, I am profoundly grateful for your wisdom, your guidance, your coaching, your insights and your own willingness to be as vulnerable as I felt. I can’t imagine doing this with anyone else.”

With gratitude, The (recently reincarnated) Crone Goddess

M. Barrett, Los Angeles, C

Meet Denise
Lampron
Founder,
The Art of Mindful Aging
Los Angeles, CA
Changing the Paradigm on
Aging



Growing up I thought 50 was old. When I reached 50, I felt my life was on the down hill slope. Was I still interesting? Attractive? Vital? Visible? Did I have something meaningful to contribute? Had everything I worked toward, professionally and personally have purpose and value? What did my future hold? Did I want to live my life differently than in the past? How long did I want to work? What about retirement?

With the help of a trusted older friend and mentor (who was breaking all the stereotypes of aging), I was able to see that I had a full, happy life waiting for me. That's when I began to reframe the negative thoughts I had about aging. I was not going to passively wait for aging or retirement to happen, I was going to proactively prepare for the life I could now envision!

I realized that society was not my friend, but reminded me of my age. I found that the culture at large does not support growing older. I fought against the belief that if a woman is no longer able to have children, she is disposable and not desirable. I became keenly aware of the favored younger woman who wins the prize! I washed away my greying hair until one day I finally understood that my grey hair and overall aging was giving me access to something deep and profound. I had entered a stage in life that was sacred. It was a culmination of all I had learned and experienced in life. Aging was a right of passage and I wanted to embrace it not ignore it.

That was 17 years ago. Today at 67, I feel more alive, present and visible than I did at 50. I have taken a conscious stand for growing older — by talking about it, living authentically, updating my personal style and appearance, engaging the self-care required to stay strong, acknowledging my value and putting practices into place that support me.

I was inspired to create the Art of Mindful Aging Program as a place for mature adults to gather, share, discover and empower their personal aging journey.

Not one of us will escape aging! But we can grow old in a way that is joy-filled and supportive. I am committed to changing the paradigm on aging and am confident that my program will provide you with the information and tools you need to age on your terms, with honor and respect.

Denise is featured in the book *Yoga and the Wisdom of Menopause*, 2003.

Keynote Speaker, Color Designers International Annual Conference, *The Art of Mindful Aging*, October 2016

Interview with Andrea Pflaumer, Author, *Changing the Paradigm on Women and Aging*, 2017

Published video series, *Aging Unplugged, Bold Conversation on Women Aging*, 2018

Speaker, Grand Opening Bindupoint Center for Presence, *The Wisdom of Uncertainty in Aging*, 2018

Guest Speaker, Los Angeles County Management Council's program, "Planning Today for Tomorrow," 2019

Guest Speaker, Bindupoint Center for Presence, *Aging in Los Angeles*, 2018

Taught Program, Bindupoint Center for Presence, *The Art of Mindful Aging Program*, 2018

Guest Speaker, Bindupoint Center for Presence, *The Benefits of Self-Care as We Age*, 2019

Guest Speaker, Bindupoint Center for Presence, *The How of Aging*, 2019