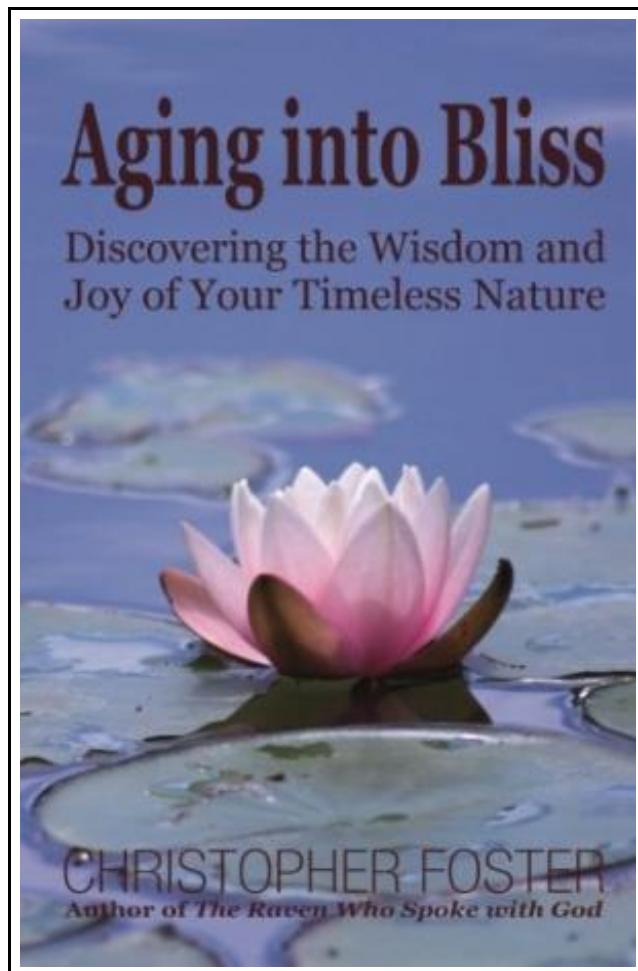


## Aging into Bliss Discovering the Wisdom and Joy of Your Timeless Nature



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Singing Spirit Books. Paperback. Book Condition: New. This item is printed on demand. Paperback. 132 pages. Dimensions: 8.4in. x 5.4in. x 0.1in. Aging can be a door to a beautiful new life. This wise book -- a rare blend of clarity and heart, as one reviewer declared -- affirms that growing old does not have to be the inevitable downward journey we sometimes fear. On the contrary, despite its challenges -- and in fact because of them -- aging can be a door to a beautiful new life filled with increasing meaning and joy. It can be an opportunity to connect more deeply with the unconquerable love of our being and express that love to the full regardless of our age. Aging into Bliss consists of 27 meditations based in the authors personal experience. Christopher Foster, who was born in London in 1932, shares insights and experiences that helped him navigate his childhood in wartime Britain, the sudden loss of his first wife, the collapse of the spiritual community that was his home for 36 years, and two major clinical depressions. Christopher invites us to see the challenges of these changing times as a catalyst that can help us grow and discover the pristine masterpiece that we truly are -- unharmed, and even strengthened, by turmoil. Follow your bliss, said Joseph Campbell. This book will help you do just that. It is an easy, light and friendly read which can inspire you time and again. Its words of encouragement will help you: 1. Realize that your true worth is not dependent upon circumstances. 2. Find peace. 3. Age well. 4. Become more attuned to your inner wisdom. 5. Relieve the fear of death and other major life changes. 6. Answer the age-old questions: What is my purpose? Who am I? Cope with...

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