



Aging in Realization

**Open to Diamond Approach Students Past & Present
Next series beginning December 10, 2019**

Life changes. It is of the essence of life to change. It is of the spiritual character of life to make demands, to bring new challenges, to goad us into living it. Joan Chittister, The Gift of Years

How do the teachings and practices of the Diamond Approach® impact us as we age? What is their relevance in aging, illness, impending death? How can we effectively use the practice of inquiry to explore the changes in our bodies, our relationships, our environments while awakening to deeper levels of realization as we age?

Many of us have actively participated in the school well into our elder years. For reasons of health, distance, family needs, and/or finances, others are no longer directly involved in the school. Our rising population of present and past elder members presents a growing need for a focused exploration of the fundamental teachings and practices through the specific lens of aging.

To meet this need, an online monthly group, open to present and former members of the school, has been meeting in four-session commitments since October, 2018. The group is now accepting new members for the next four-session segment to begin 12/10/19. Meetings consist of meditation, teaching, inquiry, and Q & C. The cost is scaled according to need from \$25-\$50 a session.

Diamond Approach® teacher, Dorothy Landry, organizes and teaches this ongoing program along with guest Diamond Approach teachers. If you are interested in exploring the unfolding of this precious path as we age, please contact Dorothy at drklandry@gmail.com.

*** Special Series on Issues of Death and Dying:** 12/10/19 1/7/20 2/4/20 3/10/20
With guest Diamond Approach® teachers: Regina Reilly and Steve Waldrip

See registration form for further details.