



Stepping into our Wisdom

Dr. Beth Firestein

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What is
wisdom?



Women Rowing North: Navigating Life's Currents and Flourishing As We Age

Mary Pipher, Ph.D.

- “. . .the world is not divided into two types of women: those who grow and those who don't. All of us fit into both groups almost every day of our lives. Some of the time we are good copers and resilient human beings, in other moments, we are reactive and pessimistic.”
- “To be happy at this junction, we cannot just settle for being a diminished version of our younger selves. We must change the way we think and behave.”
- “During this life stage, we lose some of the long-term aspects of our identity, but we add new aspects and expand on many others.”
- “Our growth requires us to become skilled in perspective taking, in management of our emotions, in crafting positive narratives, and in forming intimate relationships.”

Age-ing to Sage-ing: A Revolutionary Approach to Growing Older

Zalman Schachter-Shalomi

- 70 million people will be 65 or older by 2030 and 21 million will be 85 or older by 2050.
- Zalman introduces the idea of “a model of the sage or ‘elder of the tribe’ who benefits from extended longevity by developing extended consciousness.” He calls his movement “the conscious aging movement”.
- A psychospiritual model of development: harvest the wisdom of our years, complete our life journey, and offer a legacy to future generations.
- An elder is a person who is still growing, still a learner, still with potential and whose life continues to have promise for, and connection to, the future.
- An elder is a person who deserves respect and honor and whose work it is to synthesize wisdom from long life experience and formulate this into a legacy for future generations.





Sources of Personal Wisdom





PJ as a young horse

Peter McAleenan

Horse Whisperer

Master Horseman

Trainer

My Teacher



My Horse,
My Teacher

PJ Ferrari



A woman with curly brown hair, wearing a green long-sleeved top, black pants, and a colorful beaded necklace, is riding a white horse in a pond. The horse is splashing water with its front legs. The background shows a line of trees and a grassy bank. The text "MY HORSE, STILL MY TEACHER" is overlaid on the left side of the image.

MY HORSE,
STILL MY TEACHER

PJ Ferrari



WISE WOMEN GROUP 2020



**Gems of Wisdom
from our Wise
Women Group**



Women Sharing Wisdom

Wisdom is letting others discover what they need to do.

My grandmother used to say: “It’s not because I’m old that I have so much gray hair, it’s because I have so much wisdom”.

A mentor is a person who opens doors you never would have gone through.

Animals mentor us on how to grow older.

Heartache births wisdom. Loss can be a stimulus for transformation.

I get wisdom from my children and grandchildren.

Wisdom is sourced from our own life experiences.



QUESTIONS ARE THE ROOTS OF WISDOM

Reflecting on our Experiences

Turn to the person next to you and choose one of the following questions:

- 1) What are the characteristics of those you know that you consider wise?
- 2) What have you learned or come to understand that you didn't know 10 years ago? 20 years ago?
- 3) How have you started stepping into your own wisdom?
- 4) Share your experience of a mentor, teacher, friend, family member or spiritual guide who has influenced you and something you learned from them.





**STEPPING INTO
OUR WISDOM**

The Gifts of
Imperfection: Let
go of Who You
Think You're
Supposed to Be
and Embrace Who
You Are

Brené

Brown

“Whole-hearted living is not a one-time choice. It is a process. . . It is making deliberate and inspired choices about the way we live and love.”

Elements of whole-hearted living: courage, self-compassion, boundaries, self-acceptance, connection, belonging, and “sharing our story with someone who has earned the right to hear it, someone we can count on to respond with compassion.”

Ten Guideposts to Whole-Hearted Living by Brené Brown

Guidepost 1	Cultivating Authenticity: letting go of what other people think
Guidepost 2	Cultivating Self-Compassion: letting go of perfectionism
Guidepost 3	Cultivating a Resilient Spirit: letting go of numbing and powerlessness
Guidepost 4	Cultivating Gratitude and Joy: letting go of scarcity and fear of the dark
Guidepost 5	Cultivating Intuition and Trusting Faith: letting go of the need for certainty

Ten Guideposts to Whole-Hearted Living by Brené Brown

Guidepost 6	Cultivating Creativity: letting go of comparison
Guidepost 7	Cultivating Play and Rest: letting go of exhaustion as a status symbol and productivity as self-worth
Guidepost 8	Cultivating Calm and Stillness: letting go of anxiety as a lifestyle
Guidepost 9	Cultivating Meaningful Work: letting go of self-doubt and “supposed to”
Guidepost 10	Cultivating Laughter, Song and Dance: letting go of being cool and always in control



Fruits of the Journey



The gifts of aging with a life-affirming attitude

Continuing to feel relevant as we age

Staying healthy and active longer

Making a difference for the better in other's lives and society

Developing a supportive community

Emotional resilience in the face of inevitable loss

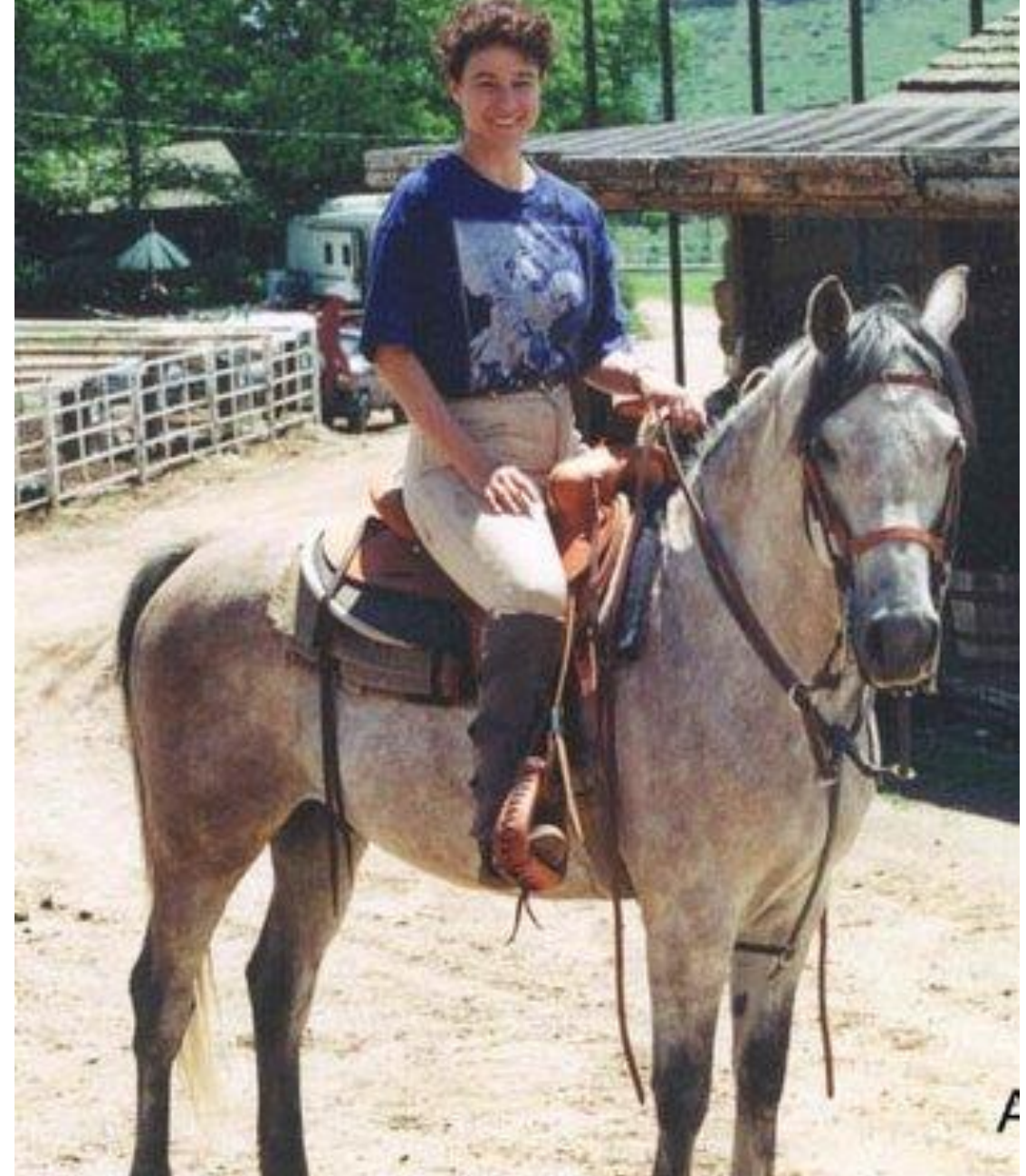
Acceptance of aging and working with "what is"

Nourishing our relationships

Mentoring youth and facilitating their growth

If we are fortunate enough to grow old together, there is so much we can learn.

2018



1996



Finding love later in life



Just
Married



WHAT ARE THE
FRUITS OF YOUR
JOURNEY?



RESPECT THE
UNEXPECTED

MANY THANKS TO:

PATTI WELFARE AND THE ASPEN CLUB

UC HEALTH

MEDICAL CENTER OF THE ROCKIES

THANKS ALSO TO:

THE WISE WOMEN OF LOVELAND AND
FORT COLLINS

ALL OF MY CLIENTS AND FRIENDS WHO
HAVE TAUGHT ME SO MUCH



Stimulating Wisdom: Gathering of Quotes

“For me, becoming isn’t about arriving somewhere or achieving a certain aim. I see it instead as forward motion, a means of evolving, a way to reach continuously toward a better self. The journey doesn’t end.”

Michelle Obama

“Aging is an extraordinary process where you become the person you always should have been.”

David Bowie

Stimulating Wisdom: Gathering of Quotes

“You either walk inside your story and own it, or you stand outside your story and hustle for your worthiness.” Brené Brown

“Our children may learn about the heroes of the past. Our task is to make ourselves the architects of the future.” Jomo Kenyatta

“Trouble is part of your life. If you don’t share it, you don’t give a person who loves you a chance to love you enough.” Dinah Shore



Stimulating Wisdom: Gathering of Quotes

“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.”

John F.

Kennedy

“Watch the stars and see yourself running with them.”

Marcus Aurelius

