

Claiming Your Place At The Fire

The Four Flames of Vital Aging

Becoming a wise elder will not happen just because we have lived a long life. The process of becoming a true elder requires that we seek the growth of elderhood. This requires two essential choices: First, embracing elderhood as a *stage of development*. Second, doing the *personal work* necessary to *growing whole*. Becoming an elder involves growing, loving, learning and giving in the second half of life.

Purpose: The Soul's Flame

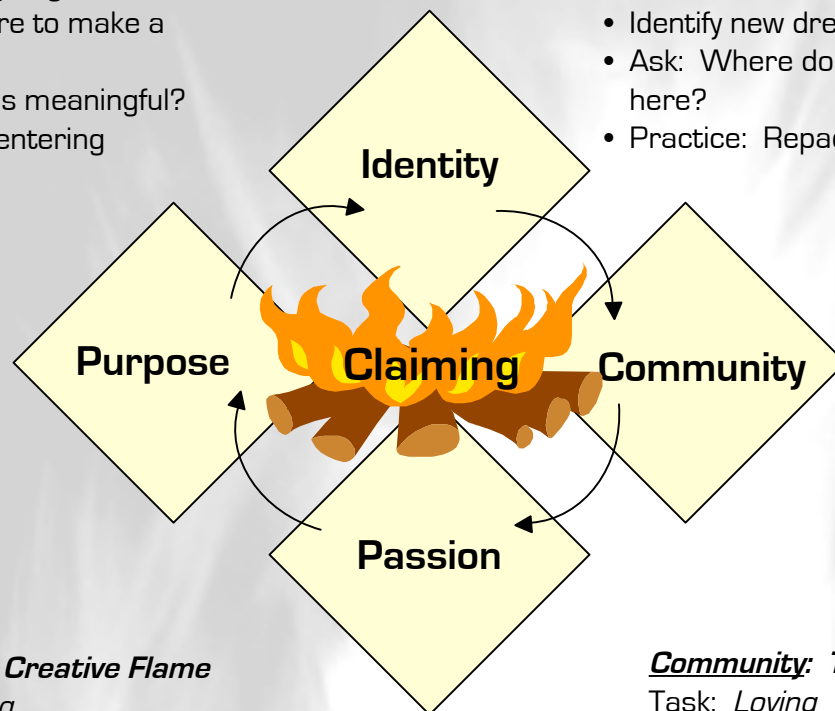
Task: Giving

- Turn inward and develop our spiritual center.
- Commit to giving back.
- Identify where to make a difference.
- Ask: What is meaningful?
- Practice: Centering

Identity: The Vision Flame

Task: Growing

- Turn inward and harvest our wisdom.
- Commit to reinventing ourselves.
- Identify new dreams to pursue.
- Ask: Where do I grow from here?
- Practice: Repacking



Passion: The Creative Flame

Task: Learning

- Turn inward and heed our callings.
- Commit to exploring our creativity.
- Identify our gifts to give.
- Ask: If not now, when?
- Practice: Exploring

Community: The Heart Flame

Task: Loving

- Turn inward and diversify our relationships.
- Commit to mentoring youth.
- Identify new friends.
- Ask: Who is my tribe?
- Practice: Listening