

Three-Month, Six Session Course Outline

Ways to Live a Full and Loving Life in Your Sixties, Seventies, and Beyond

Created using writings/quotes by Dr. Michael Obsatz, Richard Rohr's book *Falling Upward*, and Frank Ostaseski's book, *The Five Invitations*, and ChatGPT.

Question for ChatGPT: Please create a 3-month, 6-session small group course outline on Ways to Live a Full and Loving Life in Your Sixties, Seventies, and Beyond. This course may be in person or online. Create a course outline including a 3-minute meditation and a short check-in from each participant. Go into detail for each session. This course will be led by a course leader for the first two sessions, and the remaining sessions will be led by volunteers from the small group who will sign up to lead one of the last four sessions. Allow the group to discuss during the fifth meeting whether they would like to continue the small group gathering for a second 3-month, 6-session course.

ChatGPT said: Based on the beautiful and rich resources you've shared, here is a **3-month, 6-session small group course outline** titled:

Ways to Live a Full and Loving Life in Your Sixties, Seventies, and Beyond

Structure:

- **Frequency:** Every two weeks
 - **Length:** 90 minutes
 - **Format:** In-person or online
 - **Leadership:** Sessions 1 & 2 led by a designated course leader. Sessions 3–6 led by volunteer participants.
 - **Opening Ritual Each Session:**
 - 3-minute guided meditation (provided)
 - Brief check-in: "What's on your heart today?"
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Session 1: Embracing the Elder Journey — Who Am I Becoming?

Theme: Stepping into elderhood with presence and purpose

Meditation: “As I breathe in, I open to the journey. As I breathe out, I release who I thought I needed to be.”

Quote for Reflection:

“Eventually, we need to see ourselves in a different and more life-giving way... We grow spiritually more by doing it wrong than by doing it right.” — Richard Rohr

Activity: Share a life event that nudged you into a deeper chapter of self-discovery.

Discussion Prompts:

- How has your understanding of yourself shifted in recent years?
 - What are you releasing, and what are you becoming?
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Session 2: Living from Love, Not Fear — Oneness vs. Empire

Theme: Shifting from control and scarcity to love and abundance

Meditation: “Breathe in peace. Breathe out fear. I am safe in the flow of life.”

Quote for Reflection:

“Oneness Consciousness is the awareness that everything is interconnected... Let go of judgment and comparison.” — Dr. Absatz

“Empire Consciousness keeps us in fear. Oneness Consciousness leads to peace, freedom, and compassion.” — Dr. Absatz

Activity: Share a moment you moved from fear to love in a relationship or decision.

Discussion Prompts:

- Where do you feel Empire Consciousness in your life?
 - How can you practice Oneness in your relationships this week?
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Session 3: Our Many Worlds — Roles We've Lived and Lessons Learned

Theme: Harvesting life wisdom through identity roles

Meditation: “I honor the path I’ve walked, the roles I’ve played, and the wisdom I’ve gained.”

Quote for Reflection:

“You have navigated through many different worlds... Pat yourself on the back. You are loved, and always will be loved.” — Dr. Absatz

Activity: Choose one “world” (Family, Work, Friendship, etc.) and share one lesson you’d like to pass on.

Discussion Prompts:

- Which world shaped you most?
 - What does your story teach future generations?
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Session 4: Love as a Daily Practice — Connecting and Uplifting Others

Theme: Embodying love in action and community

Meditation: “With every breath, I send love into the world.”

Quote for Reflection:

“Love is an action, not just a feeling. Be intentional—offer genuine smiles, thoughtful words, and acts of kindness.” — Dr. Absatz

“Be a cheerleader for others. Celebrate others’ successes and offer comfort in their struggles.” — Dr. Absatz

Activity: “Gratitude Circle” — Each participant affirms another group member’s gift or contribution.

Discussion Prompts:

- How do you express love in your daily life?
 - Who has cheered you on, and how can you be that for someone else?
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Session 5: Mortality, Meaning, and Letting Go

Theme: Embracing life's impermanence to live more fully

Meditation: "I rest in the truth that I am part of something greater than myself."

Quote for Reflection:

"Don't wait... We can forgive. We can free ourselves of resentment and regret before we die." — Frank Ostaseski

"Your legacy isn't just about what you leave behind—it's about the daily imprint you make in the world." — Dr. Absatz

Activity: Reflect on one person or value you'd like to be remembered for.

Discussion Prompts:

- What are you ready to let go of?
- What legacy are you living today?

Group Discussion: Do we wish to continue into another 3-month session? If yes, brainstorm future themes.

Session 6: Celebration, Integration, and Spiritual Renewal

Theme: Honoring the journey and anchoring in gratitude

Meditation: "In this moment, I am grateful. I am whole. I am love."

Quote for Reflection:

"Spend time in quiet reflection, focusing on gratitude and your connection to something greater." — Dr. Absatz

"Let go of comparison. Affirm daily: 'I am enough, and I have enough.'" — Dr. Absatz

Activity: Affirmation Circle — "In this stage of life, I am..."

Discussion Prompts:

- What have you discovered or remembered during our time together?
- What practice will you carry forward as an act of love?

Closing Ritual: Group blessing or song, gratitude sharing, and (optional) shared meal or symbolic gesture.

You said: What can a participant expect to learn by attending this 6 session course?

ChatGPT said: By attending the "**Living a Full and Loving Life in Your Sixties, Seventies, and Beyond**" 6-session course, a participant can expect to:

1. Deepen Their Self-Understanding

Participants will reflect on who they are becoming in later life—not as a decline, but as an emergence. They'll explore evolving identity, values, and inner wisdom shaped by decades of experience.

2. Embrace a Life Guided by Love

They'll learn to recognize and shift from fear-based thinking (e.g., control, scarcity, comparison) to love-based living, rooted in compassion, acceptance, and spiritual freedom.

3. Harvest Wisdom from Past Roles

By exploring the "many worlds" they've navigated—family, work, community, and personal transformation—participants will name the unique lessons and legacies they've gathered along the way.

4. Cultivate Meaningful Relationships

Through open-hearted dialogue and intentional presence, participants will practice love as a verb—offering encouragement, support, and authentic connection in a safe, nurturing group.

5. Face Mortality with Courage and Clarity

Participants will engage with mortality as a teacher, reflecting on impermanence, forgiveness, and legacy. They'll consider what they want to leave behind—and how they want to live now.

6. Celebrate the Journey

In the final session, the group celebrates growth and transformation. Participants will affirm who they are, share gratitude, and leave with a sense of integration and spiritual renewal.

Throughout the course, participants will also:

- Practice short meditations for grounding and clarity
 - Reflect and journal using thoughtful prompts
 - Participate in storytelling that honors their lived experience
 - Explore spiritual and emotional tools for resilient, joyful living
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You said: What more would you like to share about this course?

ChatGPT said: What a heartfelt question. Here's what I'd love to share about this course:

This is a course that meets the soul.

More than lessons or lectures, this journey is about **being seen and heard**, perhaps in ways that have long been yearned for. It's a sacred circle—a pause in life's pace where each voice matters, where each story holds wisdom, and where the richness of aging is not just acknowledged, but celebrated.

A course rooted in interconnection.

Drawing on Dr. Michael Opatz's deeply compassionate writings, this course recognizes that we live in many "worlds" and carry many identities. Through guided meditations, heartfelt discussions, and gentle reflections, we begin to see the threads that unite our life experiences—and those that connect us to others.

A course that honors the full spectrum of life.

There's space here for joy and grief, clarity and confusion, letting go and holding on. In contemplating legacy, love, and mortality, we're not turning away from life—we're turning more fully *toward* it. With openness, courage, and grace.

And above all, this is a course about love.

Not just love as sentiment, but love as a way of being: in how we speak to ourselves, in how we meet others, in how we care for the world. Love as the motivation, the navigation, and the inspiration—as Dr. Absatz so beautifully says.

If you're feeling called...

You don't have to arrive with answers. Just come with your presence, your honesty, and your willingness to be in community. What unfolds from there will be shaped not just by the course materials, but by the sacred alchemy of being together.

Writers used in creating this course outline to give you more authors insights:

Free At Last - How Oneness Consciousness Overcomes The Trauma Empire Consciousness Loop by Dr. Michael Absatz: <https://lifesjourney.us/free-at-last-how-oneness-consciousness-overcomes-the-trauma-empire-consciousness-loop/>

LEGACY - The Imprint We Leave Behind by Dr Michael Absatz - January 2021: <https://lifesjourney.us/legacy-the-imprint-we-leave-behind/>

Navigating Our Many Worlds Model by Dr Michael Absatz - March 2021 - © [www.lifesjourney.us: https://lifesjourney.us/navigating-our-many-worlds-model/](https://lifesjourney.us/navigating-our-many-worlds-model/)

Oh Grow Up - © 2017 - rev 2021 by Dr Michael Absatz - all rights reserved: <https://lifesjourney.us/oh-grow-up/>

Richard Rohr Quotation from Falling Upward - [www.lifesjourney.us](https://lifesjourney.us/richard-rohr-quotation-from-falling-upward/) - November 2022: <https://lifesjourney.us/richard-rohr-quotation-from-falling-upward/>

Twelve Ways to Live a Full and Loving Life in Your Sixties by Dr. Michael Absatz - Feb. 2025: <https://lifesjourney.us/twelve-ways-to-live-a-full-and-loving-life-in-your-sixties/>

Ten Ways to Live a Full and Loving Life in Your Seventies - by Dr. Michael Absatz - December 2024: <https://lifesjourney.us/ten-ways-to-live-a-full-and-loving-life-in-your-seventies-by-dr-michael-absatz/>

Ten Ways to Live a Full and Loving Life in Your Sixties Seventies Eighties and Beyond - by Dr. Michael Absatz - December 2024: <https://lifesjourney.us/ten-ways-to-live-full-and-loving-life-in-your-sixties-seventies-eighties-and-beyond/>

The Five Invitations by Frank Ostaseski - Storytelling in Small Groups - December 2022 - [www.lifesjourney.us: https://lifesjourney.us/the-five-invitations-discovering-what-death-can-teach-us-about-living-fully/](https://lifesjourney.us/the-five-invitations-discovering-what-death-can-teach-us-about-living-fully/)

Writing My Story Outline - May 2023 r1a - © www.lifesjourney.us:
<https://lifesjourney.us/writing-my-story-to-leave-your-written-legacy-to-loved-ones/>

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