

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

This guide is designed for small group facilitators leading a 3-month, 6-session course on living a full and loving life in elderhood. Each session includes a meditation, participant check-in, readings, activities, and prompts for discussion. Sessions 1 and 2 are led by a designated leader; sessions 3-6 are led by volunteers from the group.

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.

Quotes 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?

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.

Quotes for Reflection

- “Oneness Consciousness is the awareness that everything is interconnected... Let go of judgment and comparison.” — Dr. Obsatz
- “Empire Consciousness keeps us in fear. Oneness Consciousness leads to peace, freedom, and compassion.” — Dr. Obsatz

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?

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.

Quotes 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?

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.

Quotes 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?

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.

Quotes 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. Obsatz

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?

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.

Quotes for Reflection

- “Spend time in quiet reflection, focusing on gratitude and your connection to something greater.” — Dr. Obsatz
- “Let go of comparison. Affirm daily: ‘I am enough, and I have enough.’” — Dr. Obsatz

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?