

Session Summaries: Living a Full and Loving Life in Your Sixties, Seventies, and Beyond

Session 1: Embracing the Elder Journey

This session invites participants to reflect on the transition into elderhood as a time of transformation, not decline. Drawing from Richard Rohr's insights and the 'Writing My Story' framework, the session focuses on reimagining identity in later life. Participants explore questions of who they are becoming and begin to recognize the wisdom accumulated through their life experiences.

Session 2: Living from Love, Not Fear

Informed by Dr. Obsatz's teachings on Empire vs. Oneness Consciousness, this session helps participants distinguish between living from a place of control and fear versus living from love and interconnection. The discussion centers on letting go of judgment, comparison, and scarcity thinking, embracing spiritual freedom, compassion, and abundance.

Session 3: Our Many Worlds

Participants explore the different 'worlds' they've navigated—family, work, friendships, spirituality, and more—as described in Dr. Obsatz's model. This reflective session honors the diverse roles and identities participants have held and encourages them to uncover the lessons these roles taught them, affirming the richness of their journeys.

Session 4: Love as a Daily Practice

This session focuses on the practice of love in daily life. Using the C.H.E.E.R. model and principles of love as motivation, participants are invited to recognize ways to give and receive support. It encourages cultivating kindness, celebration, and emotional presence as daily spiritual practices.

Session 5: Mortality, Meaning, and Letting Go

Guided by reflections from 'The Five Invitations' and Dr. Obsatz's work on legacy, this session addresses mortality with courage and grace. It helps participants reflect on the impermanence of life, explore forgiveness, and clarify what they want their legacy to be. The discussion supports spiritual and emotional readiness for life's final seasons.

Session 6: Celebration and Integration

The final session is a time for reflection, celebration, and integration. Drawing from gratitude practices and spiritual principles, participants honor their growth, share affirmations, and commit to ongoing practices of presence and love. It's also a space to discern future steps as a group and celebrate the shared journey.