

Late Life Spirituality in the ElderSpirit Community® (ESC)

This Conceptual Model identifies facets of late-life spirituality valued by initiating members of the ElderSpirit Community®. As a reflective experience the Conceptual Model is evolving and will change with more experience and reflection. These facets have been categorized for ease in understanding; recognizing they weave a whole that is greater than can be described.

DIMENSION	Inner Work	Caring for Oneself	Mutual Support	Community Service	Reverence for Creation	Creative Life
ASPECTS	<p>Seeking meaning in life</p> <p>Seeking Spirit in small and large experiences</p> <p>Willingness to face the mystery of death</p> <p>Freedom of religion</p> <p>Learning lessons from life</p>	<p>Physical health</p> <p>Mental health</p> <p>Kindness to self; Forgiveness of others.</p> <p>Taking oneself with lightness & laughter</p> <p>Connecting with family and friends</p> <p>Speaking your truth</p>	<p>Face- to- face relationships</p> <p>Shared Meals</p> <p>Celebrations</p> <p>Helping care for the ill and dying</p> <p>Respect for each other's history and traditions</p>	<p>Kindness toward others</p> <p>Compassion toward those in need</p> <p>Social awareness and action</p>	<p>Respectful relationship with the environment</p> <p>Less emphasis on materialism/ consumerism</p> <p>Awareness of the Beauty of the Earth</p> <p>Caring for animals, trees and plants</p>	<p>Recognizing gifts & talents, your own and others.</p> <p>Affirming one's legacy to others</p> <p>Awareness of ancestors</p> <p>Openness to change</p> <p>Addressing "unlived" aspects of life</p>
EXEMPLIFIED BY	<p>Interactive relationship with a Higher Power</p> <p>Regular spiritual practice, i.e.: Yoga, Prayer, Meditation, Stillness, Tai Chi,</p> <p>Respecting the practices of others</p>	<p>Aerobic exercises</p> <p>Outdoor activities: Gardening, Walking, Biking</p> <p>Mental exercise: Reading, Puzzles, Games.</p> <p>Ability to ask for help when needed</p> <p>Noticing losses: physical, mental and social</p> <p>Allowing oneself to grieve the losses</p>	<p>Birthday/holiday celebrations</p> <p>Attention to the needs of caregivers</p> <p>Listening well; clearly expressing oneself</p> <p>Giving and receiving support</p> <p>Asking for help when needed</p> <p>Avoiding the need to "fix" others</p>	<p>Attention to challenges of aging</p> <p>Volunteer work</p> <p>Involvement with neighborhood</p> <p>Civic responsibilities</p> <p>Seeking a just and loving world</p>	<p>Simple lifestyle</p> <p>Consideration for the environment in decisions & actions</p> <p>Companion animals</p> <p>Less reliance on cars</p> <p>Recycling</p> <p>Organic gardening, use of local foods</p>	<p>Artistic activities</p> <p>Life long learning</p> <p>Personal story telling</p> <p>Responding to limitations that may accompany aging and/or illness</p> <p>Doing something new</p> <p>Pursuing dreams</p>