



THE WISE-ISH GUIDE to AGEING WACKILY AND WELL

The Inside Scoop on Ageing—with
Laugh Lines, Life Lessons & a Lot of
Love

By Jane Duncan Rogers

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with Laugh Lines, Life Lessons and a Lot of Love

Actually, you could say this is very wise guide indeed - because if you're not ageing well, without a bit of wackiness thrown in, then, really, what IS the point?

So here we go, let's enjoy this together! Take what you like, and leave the rest :)

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INTRODUCTION:

What Ageing *Really* Means (And Why It's Not Just About Wrinkles, Rest and Retirement)

I heard this story from a friend of mine, who had been an English teacher in a local high school.

“When I was teaching in the high school my colleagues respected me. When I taught, the students paid attention, at least most of the time. Parents would request me by name. I was held in high esteem and my opinions were valued.

Now, it's quite different. At the supermarket recently, the cashier didn't make eye contact, even when I said hello; and when I started using a walking stick because of a knee injury, I might as well have been truly invisible. Honestly, it's as if I am a shadow walking through the world. I haven't disappeared, but people act like I have.”

Maybe invisibility has happened to you in a different way, your physical appearance, your work or creativity has been ignored. Perhaps you've been sidelined for promotion and you suspect it's because of your age. My mum, an artist, said that after age 70, she didn't say how old she was to anyone, because she'd noticed she was treated dismissively if people knew.

Let's be honest: ageing has a bit of a bad rap in the western world.

Culturally speaking, it's as if once you hit a certain age - probably from about 60 onwards - suddenly you're supposed to fade into the background, and start

- Saying things like *“I'm too old for that”*
- Getting excited about stairlifts

- Reading Saga (UK) or AARP (USA) magazines

Not to mention the kinds of ads that suddenly turn up in your inbox, letterbox or social media - anti-ageing creams, pensioner cruise deals, and chairs to help you stand up. Groan!

As I've learnt, that's just one story. Yes, it's the common story our culture tells us, and it's a pretty narrowly defined one. But there's another way, and that's what ageing wackily and well is - telling a different story.

In the current cultural narrative, ageing tends to mean loss. Loss of youth, yes, but also loss of:

- Desirability
- Relevance
- Energy
- Purpose
- Physical health

After a certain age, you're perceived as old. And old apparently means useless, not worth bothering about, not even seen, and thus dismissed. It means you're someone on the decline, the downhill straight, where everything slowly just gets worse, and then you kick the bucket and that's it.

It can feel like the world is subtly (or not-so-subtly) nudging you off stage - *thanks, you've had your turn, now off you go*. Not very attractive is it? No wonder there's such an emphasis on staying/being young, when this is what's apparently on offer as you age!

But if you look through a different lens, you discover that **ageing is not a decline. It's an expansion.**

That's because paradoxically, not being seen gives you space to *see yourself* more clearly. This might still feel a bit sad sometimes, an appropriate feeling with any loss, but confusingly, there may also be a feeling of relief. It can all be a bit muddy, to put it mildly.

Yes, it's true, the body changes. Things ache. Gravity makes its presence known in new and interesting ways. But inside? Inside, something else is unfolding.

Spiritually speaking, ageing is a time of *deepening*. It's when many finally stop running the race they have somehow ended up in, and start asking some big questions:

- *What really matters, now?*
- *Who am I now, beyond all the roles I've played?*
- *What's calling to me now, in this chapter of life?*

In many wisdom traditions, elders are revered not because they can still do the splits, run marathons, or even just walk fast, but because they carry *presence*.

They've lived, they've grieved, they've laughed until they cried. That lived experience sinks into their bones, and then shines out as a kind of spiritual authority. Not the loud, strident kind, but the gentle, knowing kind that makes others just want to hang around them and soak up a bit of their vibe.

During this time of life, all the striving, performing, and/or people-pleasing of earlier years starts to fall away steadily, and what's left is something much closer to the essence of who you really are. Ageing becomes an uncovering of *you*.

It's raw sometimes, definitely. It's often vulnerable too. But it's also deeply *real*. And in that reality, something softer is able to emerge. Acceptance. Grace. Peace. All paving the way for freedom.

- You stop needing to prove anything. Whew!

- You start choosing what nourishes *you* (because you value yourself enough to do so)
- You realise your wrinkles are just maps of where the laughter (and tears) have been

You begin to sense that you're part of something much bigger than the fleeting standards of a culture obsessed with smooth skin, productivity and go-go-go.

So yes, culturally, ageing can feel like a shrinking. But spiritually? It's the exact opposite. It's an invitation to expand into the fullness of your being.

That's what ageing wackily and well is about:

- **Expanding**
- **Deepening**
- **Shining fully**

With a whole dollop of bold brilliance, regardless of your circumstances. Yummy!

So read on, discover how this all applies in your life, including **16 Wacky Tips for a Wise and Wonderful Third Age**, supporting you to experience yourself as richly as possible as you age.

I've done them all, so I know they work, and I dare you to do them too, and embrace your own wacky ageing process.

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