

Tom Pinkson - Shamanic Wisdom for Fruitful Aging

What You'll Discover in These 7 Modules

In this 7-part transformational program, Tom will guide you through the fundamental spiritual skills and competencies you'll need to successfully develop a new understanding of who and what you really are, beyond the physical body and ego identity, that opens up your access to infinite creativity.

Each contemplation and training session will build harmoniously upon the previous ones so you'll develop a complete holistic understanding of the practices, tools and principles you'll need to sustain living your life with more intention and ritual.

Module 1: Use the Power of Conscious Intention to Transform Your Journey of Aging



Aging is a natural process but how you age is up to you — and it starts with your intention of how you want to experience it. We are culturally programmed to view aging in a negative way. This first module will help you shift to a new paradigm that values older people and leverages their wisdom in a socially integrative way that produces intergenerational healing. You'll explore how to welcome and make the most of your aging process so that you can grow into the fullest blossoming of your greatest good while skillfully meeting the challenges of aging.

In this module, you'll discover how to:

- Shapeshift the root problem of dysfunctional and ageist cosmology to a functional one based on science and the wisdom of a shamanic worldview that honors and uses the wisdom of elders
- Identify out-of-balance soul traits that “clog your pipes”
- Raise your “sparks of divinity” to an infinite self that transcends the aging body
- Create an *Uru*, a shamanic tool to guide your life based on your intention to age fruitfully, consciously and skillfully

Module 2: Create a Practice to Actualize Your Intention to Age Fruitfully

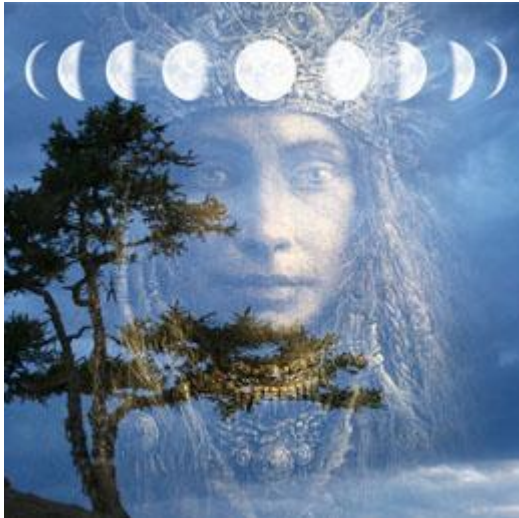


In this module, you'll move past wishing and hoping to create a regular set of practices based on the qualities of mind and being that you want to experience on a more consistent basis as you grow deeper into your elder years. Shamanic practices will help you gain empowerment through the always present powers of nature — the true “elders” that have withstood the passage of time.

In this module, you'll:

- Discover how to access the powers of nature
- Study the practical tools of right-relationship
- Come to understand the sacredness of reciprocity
- Create a personally designed ritual to start and end your day with power and consciousness, building self-esteem through your aging years
- Program your internal and external environment for successfully meeting and using the challenges and opportunities of aging as gifts to help you grow in a positive way

Module 3: Befriend Your Ancestors' Spirits



Opening the doorway of conscious connection to your ancestors provides you with survival-based wisdom knowledge from the ages to enrich your daily life with a resource that wants you to succeed, especially in your role as elder. Ancestor guidance and support will empower you to share this wisdom with your community in mutually beneficial ways for generations to come.

In this module, you'll discover how to:

- Heal ancestral lines and open the circuit of connection
- Tap the wisdom power of your ancestors
- Create an ancestor altar
- Feed your ancestor spirits
- Heal intergenerational ancestral wounds
- Keep the ancestral circuit open and available to you for problem solving and support to enrich your elder years with meaning and purpose

Module 4: Find Your Power Animal Ally



Would you like somebody to watch over and guide you on your way as you age? Well, you do — only it's not a somebody, it's an animal spirit. We are much more than our bodies and our rational minds; we are multidimensional beings. Forging a relationship with your power animal will help you tap into a trans-human resource of support to address the challenges of aging with confidence and inner strength, deepening your spirituality in amazing ways.

In this module, you'll discover:

- What a power animal is
- What a power animal does
- How to connect with your power animal
- How to strengthen and deepen your connection with your power animal
- How to use the gifts of your power animal to handle aging challenges of daily life
- How to use second attention perception to find magic in the ordinary when you can no longer do what you used to be able to do when you were younger, stronger and more able-bodied

Module 5: Befriend Your Reptilian Brain



When circumstances of aging push our buttons, our primitive brain reactivity patterns get activated and our relationships suffer, both with ourselves and with others. Shamanic techniques can help you use those very same patterns as vehicles for healthy shapeshifting, resulting in greater peace of mind, confidence and more loving relationships. What you have to offer is sorely needed, so it's vital that you become an agent of conscious evolution at this amazing time of transition we're living in.

In this module, you'll discover how to:

- Recognize and “tame” your reactivity patterns
- Tap the wisdom power of the shadow
- Identify the tests of your spiritual curriculum
- Shapeshift emotional, mental and physical energy states for enhanced wellbeing and vitality

- Move from victim state reactivity to empowered spiritual warrior, contributing consciously and skillfully to your own evolution and to the planets as well

Module 6: Walk the Good, Red, Heart Path Road to Completion



Physical, mental, emotional and spiritual health are all strengthened when you have an egoless sense of meaning and purpose in your life that nurtures others. Your elder years is the precise time to shift from a job-related focus to a heart-centered focus that brings deep satisfaction, as you move more deeply into soul-guided authenticity and integrity with creativity, courage and grace. Embracing the aging process enables you to blossom into the realization of what truly has the greatest meaning and value for your deepest being.

This module will help you:

- Find your heart path vision
- Tap infinite creativity
- Strengthen your courage to act
- Use challenge and adversity as vehicles of opportunity to do your growth work
- Exercise your faith, trust and surrender muscles
- Shift identity from personal to transpersonal consciousness for more heart sharing relationships based on love, and for contributing your gifts to your family and community where they're most needed

Module 7: Befriend Mortality as an Ally for Empowered Living



In a death-denying culture we see death as the enemy, so we live in anxiety and fear of the Grim Reaper, which diminishes our life force vitality and constricts our life expression. We need to bring death out of the closet and use the fact of our mortality to enrich our daily living, keeping it juicy right up to the last breath... and beyond!

In this module you'll:

- Explore who and what dies and what doesn't
- Gain a new understanding of the importance of navigational skills for working with altered states of consciousness
- Create and enact a Death Arrow ceremony that will empower your living
- Use shamanic practices to dissolve the causes of suffering
- Wake up and remember the truth of your being — what you are and why you are here

The Shamanic Wisdom for Fruitful Aging Bonus Collection

In addition to Tom's transformative 7-part virtual course, you'll receive these powerful training sessions with leading visionaries and teachers. These bonus sessions complement the course — and promise to take your understanding and practice to an even deeper level.

New Vision of Aging

Audio Dialogue With Tom Pinkson and Sue Steele



Join psychologist Tom Pinkson and psychotherapist Sue Steele as they explore how issues of conscious aging impact their lives and their work with clients. Tom and Sue lay the foundation for some of the essential tasks of our later years. As these life tasks become evident, they have the potential to awaken in us a broader life perspective.

Life tasks that are explored in this audio dialogue:

- Creating a healthy relationship with our mortality that enlivens our lives rather than reducing our vitality by fear
- Moving from ego small mind to a deeper connection with the spirituality of unitive consciousness
- Exploring and harvesting what has been most meaningful in our lives along with the teachings therein
- Embracing resilience, wisdom and growth opportunities in the face of change and loss
- Discovering peace, integration, healing, purpose and a sense of completion for all aspects of our being

Sue Steele, MA, MFT has practiced in Marin County, California for 18 years, working with individuals and couples. She is a board member of Marin Villages and a research volunteer at the Institute of Noetic Sciences. Sue has co-presented talks and workshop on conscious aging and end-of-life options. She loves to spend time with her grandchildren and her Tibetan terrier, Tashi.

A Ritual for Letting Go

Audio Session With Ron Pevny



In this session, Ron will introduce a ritual that can be instrumental in helping you identify and release beliefs, habits, self-identifications, attitudes and attachments that may (or may not) have served you in the past, but that clearly will not support your conscious aging. The importance of honoring what you are ready to surrender as a critical step in truly letting go will be stressed.

Ron Pevny, MA recognized his calling as a wilderness rite of passage guide in 1979 and ever since has been dedicated to assisting people in negotiating life transitions as they create lives of purpose and passion. He is Founding Director of the Center for Conscious Eldering, based in Durango, Colorado, which for more than a decade has presented retreats and workshops to support people in aging consciously. He is author of *Conscious Living*, *Conscious Aging: Embrace & Savor Your Next Chapter*, as well as numerous articles on conscious aging.

Conscious Aging: What It Means, Why We Need It

Audio Dialogue Hosted by Ron Pevny With Harry Moody



Aging is familiar, but it is also a mystery and an opportunity for discovery. To enter the mystery we all need to overcome denial. The reward is Positive Aging and the path is Conscious Aging.

- Discover the meaning of “ageism” and the listener’s own prejudices
- Recognize that growing older entails for losses and gains
- Identify positive steps and role models for what Conscious Aging could mean

Harry R. Moody is retired Vice President for Academic Affairs for AARP. He is currently a Visiting Professor at Fielding Graduate University in the Creative Longevity and Wisdom Program. He is co-author of the book, *The Five Stages of the Soul*, now translated into seven languages worldwide.