



How to Embrace Aging With Joy For Bloomer Boomer

How to Embrace Aging With Joy

By Lucinda Bakken White

Aging with joy is a rarely discussed topic in western society. Instead, many people are fearful of becoming an elder. We are conditioned to believe that we are valued only for our looks, youth and contributions to the workforce. As a result, we deny the gifts of aging and wisdom. Yet these are desperately needed to feel fulfilled in the elder stage of life.

Here are three ways to embrace the elder years with joy, and find deep meaning and fulfillment in the process:

- **Be of service**

Aging doesn't mean that there's nothing left to offer. Many cultures have held great respect for their elders, who are considered to be the wisdom keepers. Getting involved with your community or by mentoring others allows you to be of service in ways that will add joy and fulfillment to your life. There are people who will treasure the wisdom you've gained through life experience, and the guidance you can offer them. Additionally, you'll be mirroring the value of being an elder for them, which is needed in our culture.

- **Make time for inner soul work**

Regardless of what is happening in your external world, there is an inner world to tap into. Many people experience a call to spiritual or soul work as they age. When you have a rapport with your soul, you are connecting to the part of yourself that never dies. This is because the essence of spirit moves through all things. We all have purpose and higher meaning, which some call our soul purpose. Therefore, going inward allows you to connect with the eternal part of yourself to allow for deeper understanding of yourself and the universe. There is great joy in connecting with this powerful part of your being. It will remind you that you are loved and never alone. Most of all, this connectivity can bring great peace.

- **Find joy in the present moment**

One of the wonderful gifts of aging is the diminished need to rush. This allows you more time to appreciate all of the small wonders of life, and joys that can be found in the present moment. Furthermore, they are all around you, in each precious smile, laugh and sunrise. Take your time to add to the incredible snapshots of life, filling your internal album with the joys that surround you. This practice is simple because there are always things for which one can be grateful.

- **Remind yourself that aging with joy is an accomplishment**

As you can see, there are many ways to embrace aging with joy. What is really important is finding what works for you, and then embracing it. Don't underestimate that this too is an important accomplishment that should be celebrated. Share yourself and your value with this world, no matter what your age.



Furthermore, remember that aging doesn't decrease value, it strengthens it. Most of all, you know who you are on the inside. Own it. Then give yourself outlets that bring meaning to your life. There are ever contributions to be made.

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