

# Reaping the Rewards of Age

## Course Content (Text Chapter Titles)

- Week 1 – Aging from the Inside Out
- Week 2 – The Three Portals of Age
- Week 3 – Meeting Ageism from the Inside Out and the Outside In
- Week 4 – Retirement as a Divine Messenger
- Week 5 – Life-Changing Illness as a Divine Messenger
- Week 6 – A Review of Your Lived and Unlived Life
- Week 7 – Emotional and Creative Repair to Release the Past and Live in the Present
- Week 8 – Spiritual Repair to Reimagine Our Beliefs and Reclaim Our Practices
- Week 9 – Elder with a Thousand Faces
- Week 10 – Elder Wisdom and the Call to Age into Awakening
- Week 11 – Elder Activism and the Call to Serve Something Larger than Ourselves
- Week 12 – Moving Toward a Completed Life
- Week 13 – Reimagining Death as the Last Rite