Spiritual Technologies for Graceful Aging

As we age, we are invited to take advantage of techniques and practices that have been passed down to us from the World’s religions and spirituality. In many cases these can support the aging process in a way that is less stressful and more comfortable. Examples of these are movement oriented --- like yoga, tai-chi, stretching, breathing, etc. --- or mentally/emotionally oriented --- like meditation, mindfulness, prayer, singing, chanting, etc. Of course, even the more physical practices can incorporate mental techniques as well.

Here is a simple example of one of these technologies:

Assume a comfortable sitting or lying down position. There may be parts of your body that are chronically uncomfortable. Allow these to be as they are, and focus your attention on your breath, how it fills your lungs and is released. If intruding thoughts interfere, just let them be. Focus on breath. Do this without any forcing or pushing. Breathe naturally, however that is for you. Spend about five minutes on this, more if comfortable. Notice how, after a while, things tend to slow down. Pain and anxiety often diminish. To conclude, return to your normal breathing, maybe stretch a little bit to fully inhabit your body.

We urge you to experiment with these valuable finds from ancient times. They can go a long way is making the final journey of your life a pleasant, productive, graceful, and loving one. Examples of these can be found on the Samaritan website *[where?]*