



Aging into Bliss Discovering the Wisdom and Joy of Your Timeless Nature

By Christopher Foster

Singing Spirit Books. Paperback. Book Condition: New. This item is printed on demand. Paperback. 132 pages. Dimensions: 8.4in. x 5.4in. x 0.1in. Aging can be a door to a beautiful new life. This wise book -- a rare blend of clarity and heart, as one reviewer declared -- affirms that growing old does not have to be the inevitable downward journey we sometimes fear. On the contrary, despite its challenges -- and in fact because of them -- aging can be a door to a beautiful new life filled with increasing meaning and joy. It can be an opportunity to connect more deeply with the unconquerable love of our being and express that love to the full regardless of our age. Aging into Bliss consists of 27 meditations based in the author's personal experience. Christopher Foster, who was born in London in 1932, shares insights and experiences that helped him navigate his childhood in wartime Britain, the sudden loss of his first wife, the collapse of the spiritual community that was his home for 36 years, and two major clinical depressions. Christopher invites us to see the challenges of these changing times as a catalyst that can help us grow and discover...



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