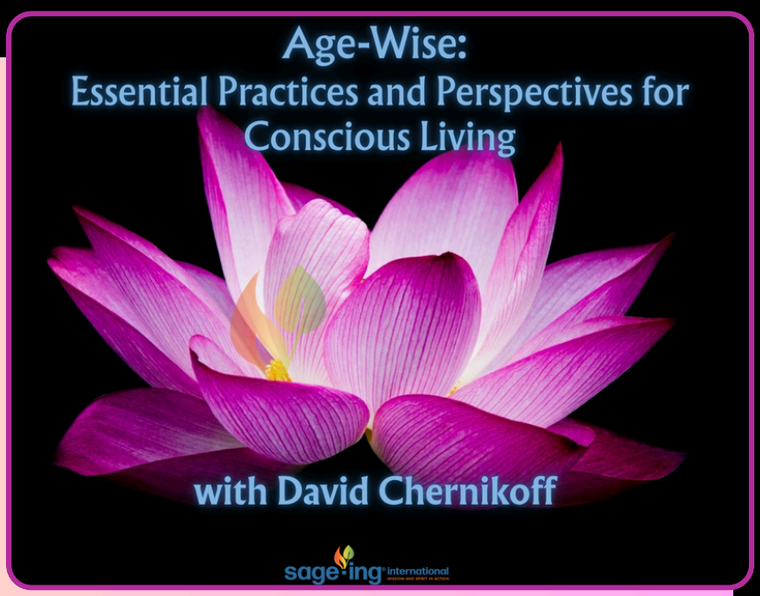

Compassion in Action: Serving from the Heart

Wednesdsay, December 9th

A key element of Reb Zalman's vision of conscious aging is the recognition that becoming a wise elder requires both inner contemplative development and compassionate action in the world. Exactly how these complementary aspects of spiritual maturity are combined in a given person's life varies greatly from one person to the next.

It's not an accident that the concept of *service* looms large in so many of the perennial wisdom traditions. *Service* activities remind us not to become too absorbed in our inner processes and not to get lost in trying the save the world in a naive and unrealistic way. Instead, we are asked to become what Ram Dass called "a self-sharpening instrument," a person who recognizes the value of inner and outer activities, and uses intuition to create a healthy balance that's appropriate in their unique life.

In this seventh and final meeting of this year's webinar series, we'll review the ways in which we've become "Age-Wise" and celebrate what we've shared in the process.



David Chernikoff is a meditation teacher and spiritual guide who taught psychology and meditation at Naropa University for many years. He is the former director of education and training for the Spiritual Eldering Institute, a conscious aging program later renamed Sage-Ing International.

Currently, David is the guiding teacher of the Insight Meditation Community of Colorado and teaches retreats and workshops throughout the United States. David is the author of ***Life, Part Two – Seven Keys to Awakening with Purpose and Joy as You Age.*** For more information, please check out ***David's website HERE.***

***If you purchased the Age-Wise series, you do not need to register for the single webinar; you will automatically be registered.

December 9th

11:00 am – 12:30 pm ET
10:00 am – 11:30 am CT
9:00 am – 10:30 am MT
8:00 am – 9:30 am PT

Email Rosemary at r.cox@sage-ing.org with any questions or scholarship requests.

Registration Fees

Supporter: $45
Basic: $40
Reduced: $25

Register Here