



Session One

Take the Journey from Ego to Soul

1. Introduction to Session One
2. Stop doing things you don't want to do
3. From summer to autumn
4. Our beliefs about aging
5. Essence and ego
6. Consider your mortality
7. Guided Practice: Meet Your Mortality
8. Toward a soul-directed life
9. Guided Practice: Encounter Yourself as an Elder

Session Two

Empower Yourself

10. Introduction to Session Two
11. This is your time
12. Live peacefully in the body
13. Guided Practice: Recall Important Elders
14. Value the wisdom of elders
15. Our need for support
16. The power of small steps
17. Holistic self-care
18. Movement and rest
19. Honor your body
20. Guided Practice: Tune In to Your Body

Session Three

Protect Your Energy

21. Introduction to Session Three
22. Making choices from a soul-directed place
23. All of life is energy
24. Guided Practice: Explore Your Energy Drains
25. Changing our relationship to energy
26. Eliminate the small drains
27. A spontaneous way of living
28. Guided Practice: Discover What Fuels You

Session Four

Invest in Authentic Connection

29. Introduction to Session Four
30. Consciously considering your connections to others
31. Draining relationships and toxic environments
32. The courage of aging
33. An invitation to a deeper conversation
34. Choosing who we share our time and energy with
35. Guided Practice: Soul Family Visualization

Session Five

Cultivate Presence

36. Introduction to Session Five
37. Showing up as who you really are
38. Create a calm inner state
39. Guided Practice: Come Home to Yourself
40. Be kind to yourself
41. Becoming present to life as it unfolds
42. Master the art of showing up
43. Guided Practice: Elevate Your Perspective

Session Six

Awaken Aliveness

44. Introduction to Session Six
45. When little things become big things
46. Guided Practice: Recall Wonder
47. The power of nature
48. Creative exploration
49. Sensual pleasure
50. Risk and adventure
51. Meet the hidden parts of yourself
52. The shift from ego to soul
53. Guided Practice: Gathering Elder Wisdom