



# The Masterpiece Living Mosaic

*A Celebration of Successful Aging*

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## Seeking the Now

By: Roger Landry



Eckhart Tolle

Internationally known spiritual advisor Eckhart Tolle reminds us that, "We are not our minds." Our mental wanderings prevent us from being present in this moment, where life is lived and where joy resides.

Perhaps, even as you read this, your mind is leaping about the jungle of your consciousness. I'm getting tired. I have to go to the store and pick up bread. Didn't I read that somewhere else? What's that noise? Boy, am I hungry. And on and on it goes. We all experience this. Yet, it has become so routine that we don't see it as an affliction. Still, we seek respite from this chattering, because in those moments of awareness without thought lies what we all seek ... spiritual fulfillment, peace and joy. Buddhists call this No Mind.

Dr. Jill Bolte Taylor describes in her book, *My Stroke of Insight*, her experience with a stroke that essentially shut down her left brain - the center of our incessant chattering mind. While she was functioning with the right side of her brain, she experienced what she describes as pure joy, connection with all things in the world, a liberation, a euphoria she called Nirvana. As a neuroanatomist, she

understands what happened to her and explains how each of us can actually choose where our consciousness spends its time. We can choose the right side of our brain and experience the joy of freedom from our incessant chattering minds; choose to be "in the moment" if only for a short period. These are the moments of spiritual fulfillment, of spiritual health, of aging successfully.

TIP: seek out an activity where you can become completely in the moment. My artist friends find their sense of "No Mind" when they are painting; but some other ideas include meditation, yoga, a walk in nature, playing a musical instrument or even simply watching a sunset. You'll be amazed at how you feel.

## Did You Know?

Masterpiece Living has a library of Great Courses that are free for partner communities to check out! The library has a wide range of courses that are an excellent resource for residents and team members alike. To check out the Great Courses inventory available now, ask a member of your Champion Team go to: [www.mymasterpieceliving.com](http://www.mymasterpieceliving.com) > Resources > Resources by category > Great Courses. Once you've found a course you would like to check-out, email us at [mpl@mymasterpieceliving.com](mailto:mpl@mymasterpieceliving.com).

## Guide to Walking the Laybrinth

by Barbara Herrera

There is no right or wrong way to walk a labyrinth. Some people walk with the intention of addressing an issue in their lives; others to pray and meditate. It is helpful to pause before you enter to center your thoughts on your intention. Begin by concentrating on your breathing. As you inhale, feel the peacefulness of your surroundings enter your mind and body. As you exhale, release the tensions and worries of your day. Once you are centered, step onto the path.

Walk between the lines of the circuit, being aware that you are sharing the labyrinth with others. You may pass other walkers or let them step around you. When you reach the center you have entered the most sacred space in the labyrinth. The center is a place to pause, reflect, and receive insight.

Walking the path back out of the labyrinth is a time for deep reflection and a chance to consider what it might mean for your daily



The Labyrinth at Westminster

living. Once you have completed your labyrinth walk, you may want to find a quiet place to sit and reflect. The hope is that you will leave with renewed vision and a refreshed spirit.

## Aging Through Ages

Aging Through Ages is a five-part video mini-course offered by Masterpiece Living that explores the history of aging and the evolving role of older adults across time. Participants will take a brief look at the Hunter-Gatherer Age, the Agrarian Age, the Industrial Revolution era, the Technology Age, as well as a glimpse into our Future. Each section illustrates what life was like during these periods in time, what we - as a species - learned, how older adults contributed to society and the overall view of aging. Access this new program on the website under Resources > Programs by Masterpiece > Aging Through Ages.



**Masterpiece Living's mission is to change the experience and perception of aging.**

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