

**Rabbi Shaya Isenberg**, past Chair of the Department of Religion at the University of Florida, has recently retired. He is co-founder and co-director of UF's Center for Spirituality and Health. Rabbi for P'nai Or, Gainesville, he serves on the faculty of the Aleph Rabbinical program and on the faculty of the Aleph Spiritual Direction Program.

**Bahira Sugarman**, a traditional Reiki Master, is ordained as a spiritual guide and has been celebrated as an Eyshet Hazon (Woman of Vision). Licensed as a clinical social worker, as a marriage and family therapist, and as a massage therapist, she teaches T'ai Chi Chuan and Reiki and combines psychotherapy and healing work in her private practice.

**Shaya and Bahira** are senior faculty emeritus of the Spiritual Eldering Institute where they designed and implemented its leadership training program. They co-direct, with Lynne Iser, the ALEPH Sage-ing® Program.

**Lynne Iser** is a facilitator, teacher and advocate whose professional passion is to create elder communities designed to add value to our world and culture. She teaches classes and workshops on Spiritual Eldering and Growing Older in Community. She was the co-founder and the first Executive Director of the Spiritual Eldering Institute and brings over 30 years experience and a wealth of information to community non-profit organizations.

**Rabbi Victor Gross** is a congregational Rabbi and Educator. He serves as faculty in the Aleph Rabbinical Program and as a Director of Studies. He is a member of the faculty of the Religious Studies Dept. of Naropa University, and has served as guest faculty at the Anamcara Project of the Sacred Art of Living Center for Spiritual Formation in Bend, OR. Reb Victor is the author of *Educating for Reverence: The Legacy of Abraham Joshua Heschel*.

**Rabbi Nadya Gross** has developed a program to train End-Of-Life Doulas, and served on the faculty of the Anamcara Project of the Sacred Art of Living, Center for Spiritual Formation in Bend, OR, where she was awarded an Honorary Anamcara. Reb Nadya also serves as Mashpi'ah (Spiritual Director) with individuals, couples, and clergy, and is the Associate Director of HASHPA'AH (ALEPH Ordination Program in Spiritual Direction).

Together, **Nadya & Victor** serve as co-Rabbis of Pardes Levavot: a Jewish Renewal Congregation in Boulder, CO and co-Project Directors of Ruach Ha'Aretz, ALEPH's Mobile Retreat Center. They are faculty of the Aleph Sage-ing® Program.

## DEFINITION OF AN ELDER

An Elder is a person who is still growing, still a learner, still with potential, and whose life continues to have within it promise for, and connection to the future.

An Elder is still in pursuit of happiness, joy, and pleasure, and her or his birthright to these remains intact.

Moreover, an Elder is a person who deserves respect and honor and whose work it is to synthesize wisdom from long life experience and to formulate this into a legacy for future generations.

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Co-sponsored by Ruach Ha'Aretz  
[www.ruachhaaretz.com](http://www.ruachhaaretz.com)

The ALEPH Sage-ing® Project is pleased to announce our new training



## THE ALEPH SAGE-ING® MENTORSHIP

with:

Rabbi Shaya Isenberg

Bahira Sugarman

Lynne Iser

Rabbi Victor Gross

Rabbi Nadya Gross

- *Learn to mentor others in the exciting work of Sage-ing®*
- *Learn to be a Wisdom Keeper and teach others to discover their life's wisdom.*
- *Learn about the Soul's journey and how to guide others with their process.*
- *Bring the Sage-ing® process to your community and friends.*

# WISDOM OF THE HEART: From Age-ing to Sage-ing®

PART ONE

*Rabbi Shaya Isenberg, Bahira Sugarman & Lynne Iser*

*Then what are elders? They are wisdomkeepers...  
they are pioneers in consciousness...  
Serving as mentors,  
they pass on the distilled essence of their life experience...*

~Rabbi Zalman Schachter-Shalomi

This course will introduce some of the major concepts and exercises of the Mentoring Program. You will gain experience with the transformations of consciousness that are the fruits of our Spiritual Eldering™. Building on the teachings of Reb Zalman Schachter-Shalomi, this class offers powerful contemplative tools for gathering and giving expression to the wisdom of our own ripening lives.



## **This new vision of growing older empowers us to:**

- Harvest the wisdom of our life experience to enrich the present moment.
- Face our mortality and learn from it.
- Mature in our relationships & in our communities.
- Develop a regenerative spirit.
- Take active leadership roles in society.

While learning transformative practices based in Jewish practices, we will also draw on the wisdom of other traditions as well as current transpersonal and integral teachers and therapists. We view this as a deeply ecumenical process, which is one of the deep roots of Reb Zalman's teaching, and invite all participants to connect their aging to their spiritual life.

Many traditional cultures, including Judaism, teach that acquiring wisdom is the learning specific to Sage-ing®.

**Think of it as spiritual alchemy!**

*These two courses may taken for the insight and skills they offer in one's own life path, and may also serve as a prerequisite for the Sage-ing® Mentorship Training.*

# DEATH AS HOMECOMING: Life Is The Answer

PART TWO

*Rabbi Nadya Gross & Rabbi Victor Gross*

*People have been dying ever since the world began  
and yet each one of us clings to the illusion  
that death is something that happens  
to other people but not to us.*

~Rabbi Jack Reimer

When we recognize that life is finite we are challenged to live each moment fully and to accept the gift of our soul's breath as our most precious commodity. Part TWO of our program focuses on facing our mortality and learning from it how to reprioritize and redefine the values in OUR lives.

We may choose to BE rather than DO. We can freely choose to NOW focus on the meaning of our lives and make the adjustments that allow for that meaning to be expressed before we are faced with the "final curtain call."

Using processes and tools that take us into the imaginal realm, we will visit the end of our life to explore medical and ethical choices and the psycho-spiritual obstacles to a 'beautiful death'. We will encounter the Soul, and what our Jewish mystical tradition, as well as other traditions, teach us about the journey our soul takes—before, during and after this lifetime.

Each of us will write our own *viduil* "deathbed confession," and begin the process of writing a Spiritual-Ethical Will. We will take home with us the tools to update and expand both of these gifts as life continues to unfold.



# PASSING ON THE LEGACY

PART THREE

*...[a Sage] is a person who deserves respect and honor  
and whose work it is to synthesize wisdom from long  
life experience and to formulate this into a legacy for  
future generations.*

~The Live Oak Project

This course will provide the training and support that is needed to take the Sage-ing® work home and to then serve as a mentor to others who are following the Sage-ing® path.

The training period for this course is 1 year and includes:

- The 5-day Intensive Workshop
- A tele-course that focuses on Jewish, and other sources, for Sage-ing®
- Tele-conferences with an instructor
- Monthly coaching with your spirit buddy

As a mentor-in-training, you will learn and/or brush up on the skills to work effectively with the Sage-ing Tools™ including:

- Learning to guide participants safely through the major Sage-ing® exercises
- Learning to communicate the goals and values of Sage-ing®
- Learning how to use your life skills as a Sage-ing® mentor

During the training period, you will work with the faculty and receive their guidance in designing a mentoring project that utilizes your particular skills and addresses your professional goals. For instance, if you are a congregational rabbi, you'll have support in introducing the Sage-ing® work to your membership; if you are a therapist, you'll have help integrating it into your practice.

*To enroll for Part Three you must have successfully completed Part One and Part Two which may be taken in any order. To apply for Part Three, contact bahiras@aol.com or sri@religion.ufl.edu*

