

July 13-19²⁰⁰⁹

Monday through Sunday
The Aleph Sage-ing® Mentorship Program
Elat Chayyim at Isabella Freedman Retreat Center
Falls Village, Connecticut 06031

Wisdom of the Heart: From Age-ing to Sage-ing®



Bahira Sugarman and Rabbi Shaya Isenberg



Featuring a cameo appearance by
Rabbi Zalman Schachter-Shalomi

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

Rabbi Zalman Schachter-Shalomi

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 and in our communities
- Develop a regenerative spirit
- Take active leadership roles in society.

This 5-day training workshop will focus on relating in wise ways by exploring the quality of our relationships and the vitality of our social web. Presentations will be intertwined with journal writing exercises, interactive and individual meditations, movement and group sharing. The workshop will feature the participation of Rabbi Zalman Schachter-Shalomi via teleconferencing from his home in Boulder, Colorado. This is an unparalleled opportunity.

While learning transformative Sage-ing Tools™ 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.

Special skills and knowledge are needed to integrate the challenges of each segment of our life cycle.

Many traditional cultures, including Judaism, teach that acquiring wisdom is the learning specific to sage-ing. The psalms sing of "acquiring a heart of wisdom." Think of it as spiritual alchemy!

APPROPRIATE FOR:

All who want to deepen the connection of aging to spiritual life.

People of all ages.

Professionals working with elders.

Clergy for their own eldering and for those they serve.

PROGRAM FEE:

\$400.00 - includes materials;

(\$275.00 if you take 2 courses this week)

RESERVATION INFORMATION:

www.elatchayyim.org

or 1.800.398.2630 x307

PROGRAM INFORMATION:

BahiraS@aol.com or sri@religion.ufl.edu

Course credit for ALEPH smicha students may be available for this class.

This may serve as a prerequisite course for The Aleph Sage-ing® Mentorship certification program and the Guild's leadership certification programs.



Rabbi Shaya Isenberg, Emeritus and past Chair of the Department of Religion at the University of Florida, 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 Tai 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.

Rabbi Zalman Schachter-Shalomi, the spiritual leader of the Jewish Renewal movement, is known as the "Zaydeh," the "grandfather," of the Conscious Aging Movement and creator of the Spiritual Eldering Process. He is Professor Emeritus at Temple University and has recently retired from several years as the World Chair in Spirituality at Naropa Institute, Boulder, Colorado.