

Conference for Global Transformation

May 15 – 17, 2020

Discover new ways to take a giant step beyond what you had considered possible.

Poster Session

Aging: Say Something That Has Never Been Said Before

Old Age is a privilege not everyone gets. You can choose a journey that's a gradual decline, or an adventure that's a luminous work of art.

Notes from the Poster Session:

1 take away from the Poster Session participants:

Aging is What You Say it is!

Distinguishing the Current Context for Aging

The current context for aging that was distinguished in the network of conversations was:

- *Over the Hill!*
- *I'm too old for that.*
- *You are less attractive, less passionate, grumpy and no longer relevant to society*
- *Aging is no place for Sissies!*
- *My days are over.*
- *I can't do things the way I used to...*
- *My body ain't what it used to be...I don't have the get up and go anymore!*
- *Old age means...you are living on borrowed time.*

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Saying Something New About Aging:

The new context for aging that was created is:

- Aging is a fresh start at being who you always wanted to be.
- Aging is a unique opportunity to uncurl your toes, listen to other's unique contributions and let your passion rip!
- Growing old is the experience of a lifetime fulfilled and created, and continually contributed to by me.
- You know you are aging when you have the following symptoms: Wrinkles of joy and laughter, walking hand in hand, doing what you have always wanted to do with no concern for how you look!
- Old age is being adventurous, bold and laughing! Those are the new signs of aging.
- Somewhere over the rainbow is right here, right now, with aging.
- Old age is the crucible where your wisdom and experience comes together to create something new.
- Old age is where you shed all your old unnecessary identities, like a tree shedding its bark and now you can be who you **really** are!
- Aging – it's the time when you stop chasing your dreams and start living your dreams!
- Aging is the beginning of a bold, daring, new life...or you can just let it make you old...you choose
- I love the wrinkles around my eyes, I love the wrinkles around my mouth, I love the wrinkles on my face...each remind me of happy memories.
- The best part of aging is your friends.

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- Old age, at least for me, is when I can approach any cute guy or girl and say “wow, you are just gorgeous” and not have any worry about it.
- As I age, my knees sing to me.
- As a trail blazing women, I am committed to gracefully aging disgracefully!
- Aging is a gift that I feel very lucky to be experiencing.
- Aging is when you can try anything without fear of failing.
- My entire life has been about getting to this point, where I have the insight and experience to fully appreciate my life and the lives of others.
- Aging is incredibly liberating and a source of extraordinary openings for action.
- Aging is like emerging from a chrysalis, and flying like you have been preparing your whole life for.
- Growing old is the opportunity to contribute your wisdom and fly like a butterfly!
- Aging comes with unexpected freedom, joy and boldness...to wrestle with new ideas, to jump headlong into new adventures, to find and cherish new friends, to contribute to others from a lifetime of wisdom and to be an inspiration in the world.
- As I age, I become more and more grateful. I find joy and beauty everywhere.
- As a woman, aging is a playground where you rediscover your uninhibited expression as a wild, wonderful, childlike goddess that has no age to her spirit.
- Aging is an incredible privilege and an opportunity to recreate ones' self in in ever expanding conversation of abundance – abundance of love, abundance of knowledge, abundance of self-expression, abundance of dreams, abundance of courage and abundance of freedom.
- Aging is when you can wear all the colors of the rainbow any time you want
- As you age, you have permission to be as BOLD as you possibly can!

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- As you age your JOB is to start doing all those things you always wanted to do and never did
- Life begins at 70!
- As I age, I become sexier and more vibrant every day
- Old age is the best kept secret, who knew how much fun it would be?
- Want to have some fun? Hang around with an elder!

Session presenters:

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Would you like a free digital copy of the artwork that was created from this *new network of conversations*? Contact us at:

lizdietz@loveofaging.com.

Courtesy of Love of Aging – Where Art, Science, and Attitude Meet
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