



"Awakening the Sage Within"

*A one-day event sponsored by Sage-ing® International
hosted by the Center for Applied Judaism
109 East 39th Street, New York, NY 10016*

Saturday, June 17, 2017 - 9:30 a.m. to 5:00 p.m.

The Program: Today, most people approaching elderhood can expect to live another 20 or 30 years. But how do you want to live those years? Sage-ing (also known as *Conscious Eldering*) is a model for living one's elder years more consciously, more joyfully and more compassionately.

Sage-ing can help us to develop a balanced plan for our elder years that is personally fulfilling and also beneficial to others. Jerome Kerner will introduce Sage-ing concepts and practices in this introductory session including journaling, socialized meditation and visualization, with key topics such as:

- *Images of Aging* - What negative images have I internalized? What concerns and excites me about aging?
- *Creating Balance* - How do I understand my body, mind, spirit, and emotions and their relationship to each other?
- *Life Review* - Who was a mentor for me? Who were my severe teachers? Who have I helped in my lifetime?
- *Forgiveness Work* - Can I forgive others in order to free myself?
- *Leaving a Legacy* - How do I want to be remembered? What values do I want to transmit to my grandchildren?
- *Mortality* - How can I attain peace of mind? Can I accept the concept of death, making a richer life possible?
- *Giving our Gifts* - With this new-found energy, how can I be of service... to my family, my community and the planet as an Elder Sage of the tribe?

Along with being an excellent introduction to Sage-ing concepts, this event fulfills the entry prerequisite for the Certified Sage-ing Leader (CSL) training program.

Our materials are not specific to any religious denomination, but serve to enhance spiritual maturity for persons who embrace any faith or humanistic practice. Based on the best-selling book: [*From Age-ing to Sage-ing®: A Profound New Vision of Growing Older*](#) by Rabbi Zalman Schachter-Shalomi.

Event Facilitator: Jerome Kerner, CSL

Jerome Kerner is a Certified Sage-ing® Leader based in Westchester NY. He holds advanced certification both in Gestalt psychotherapy from Southern Connecticut University, and Trans-generational Family Systems from Hellinger Institute in Washington D.C. He also received training with the Center for Conscious Eldering and Sage-ing International. As a professional architect for over fifty years Jerome learned to see and honor the uniqueness in each person and situation. Now an octogenarian, Jerome loves sharing the purpose, passion and meaning he has discovered through Sage-ing work. He is chair-elect of Sage-ing International.



Registration: The fee of \$75 includes course materials as well as access to the many eldering resources of Sage-ing International. Beverages are provided; lunch is available within a short walk if desired, but brown-bagging is possible and welcomed. Coffee and conversation begin at 9:30 am, the first session begins promptly at 10:00 am.

Our workshop location at 109 East 39th Street is just east of Park Avenue, a short 3-block walk or cab ride south of Grand Central Station. Directions and a map are available on the Registration Page below.



[To Register...](#)

Click this link: **[Registration Page](#)**

[Program Questions?](#)

Please contact Jerome Kerner at: 914-844-8654 or email: **kerner1935@gmail.com** .

*The "ASW" and other Sage-ing events are offered in numerous locations annually. For other events and webinars, please visit our webpage... **<http://sage-ing.org>**, and click on the "LEARNING" drop-down menu.*

Sage-ing® International / PO Box 554, Beech Grove IN 46107, USA / **<http://sage-ing.org>**

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