

# “Ashram Of the Elder”



Each phase of ‘aging’ is yet another stage in the “initiation of the spirit.”

A process in burning off the old, that which no longer serves the highest good of mankind beginning with each one of us as we make a sacred and valuable contribution for the ALL of mankind’s highest purpose. Just as the serpent sheds its skin to survive, we must learn to shed the past that strangulates us and holds us captive from the joy of knowing the Self in relation to Life.

Forgiveness is the potion. Forgiveness for all ~ including self. Then, gratitude for the gift of this life, regardless of what the lessons within it may have been. This is a very tall order but is part of our Life Purpose. We must persevere in our quest to Know. Forgiveness and Gratitude are the wings that lift us higher.

Quantum physics shows us that ALL things exist simultaneously. It is only that which we give our attention to or focus on that becomes our reality. (Schrodinger’s Cat Experiment). This is called the Infinite Potentiality of Life. i.e., we choose what, from the ‘pot’ of infinite potentiality, we want (or need) to materialize and experience in our world view/experience. We humans are still very infantile in our development in this 3<sup>rd</sup> dimension and are working through the natural state of epigenesis of consciousness.

French Jesuit priest, scientist, philosopher and teacher, Pierre Teilhard de Chardin, referred to our life here as the act of fulfilling God’s OPUS MAGNUM. So full of richness. So priceless!

A student of Buddha approached Buddha asking him to explain life to the student. Buddha looked at him and remained silent. The student left but returned more than once. Finally, Buddha told the student that to know life is to ‘go live life immersed in nature’ because nature is the perfect teacher in its unfoldment. Nature will not be rushed. More importantly, Nature does not waste anything.

Everything has a purpose in the larger scheme of things. This is the sanctity of all life, the good, the bad and the ugly. Nature shows us through the beauty of its sacred geometry. How does one cell know to divide into two cells, then four cells, etc., to become a full physical being within a perfect time?

Study the spirals throughout nature from the seashell to the human embryo, the perfect spacing of ferns and leaves on a tree per the Fibonacci sequence. HOW is that all so perfect? Where does such perfection of order come from? How do we fit into this unfoldment of Nature – especially when we seem to consider ourselves the ‘superior’ specie? Really?

We are in a certain sense, at least as far as sentient beings here on earth having arrived from a mysteriously sacred higher order. We just have ‘forgotten’ and this is why we have chosen this time/space to unfurl through our consciousness. Dr. Dean Radin of the Institute of Heart Math has done and still does extensive studies in consciousness. As has Dr. Stan Groff, MD, psychiatrist, and pioneer in the field of consciousness as a student in Czechoslovakia in the 50’s and later in the US. There are many such studies that corroborate this scientifically, philosophically and ‘spiritually/religiously’.

Watching the elders around me allows me the privilege of witnessing and, somewhat experiencing, so many things that I have heard of, read about and somewhat studied regarding people in this phase. To my surprise, what seems to be materializing in my consciousness in a surprisingly “different” way of ‘seeing’ than I thought I understood.

I find my reactions both alarming and humbling. Watching people in their 80’s and 90’s be so vibrant physically and mentally who seem to all-too-quickly turn a bend in the road to become the crooked old man or woman walking more slowly with a cane or walker. Next, they very soon are in an assisted-living home for various reasons and, what seems like-all-too-soon, they are gone. All within a very few short years, short, especially compared to the 80 or 90 years to that point in their life.

An Eastern thought is that the elder phase is the ‘ashram’ or station where we are meant to give up all the materialistic desires of this world to reflect upon our life’s journey. Perhaps this is more challenging in our modern Western world currently? The visual that appears in my mind’s eye is that of an elder sitting under the banyan tree next to the flowing river during sundown.

These are all significant symbols. The elder is the one of Spirit manifest who has traveled life’s path and contributed to mankind through his/her experience sans any judgement of good or bad. The tree is full of symbolism as shared in many cultures. The moving river is the flow of life and consciousness. Watching it in quiet meditation allows us to ‘see’ our life objectively without criticism or judgement.... maybe taking note of the highs and lows and however one may constructively ‘analyze’ [not criticize] the various phases of life. The setting sun is the closing of the current day.

This quiet time is the natural order of life. Having been out 'all day' running and chasing all that is of the material world, the spirit is ready for quiet time alone by the flowing river of consciousness to contemplate the day's deeds.

For me, personally, I find this THE most sacred phase of all. What is sadly alarming is to see the many who are struggling with great pain due to various illnesses when it seems they should be able to sit quietly in the aura of meditative thought, allowing themselves to become filled with compassion, forgiveness and gratitude for the gift of life and, especially, their priceless contribution to the holistic life of mankind.

So, we travel upon the path following the sounds of the water toward the opening where the full banyan tree offers its strong roots as a bench, its limbs as shelter and the river flows perennially ~ all waiting patiently to receive us, those who have toiled here on earth at this time just as our ancient ancestors did and our children and grandchildren will continue to do. Our experiences represent the "alchemical element" that is the rich fertilizer for the further development of the soul of human consciousness.

Ancient cultures knew that their elders represented many things, They revered the elders for their valuable contribution to their lives and the lives of many, intra- and inter-tribally as well as the gift of wisdom waiting to be shared ~ all for the asking.

Nature (God/Higher Source) has a sacred way of guiding us along our current path in exact time, space and circumstances through infinity.

Just my thoughts on the subject ..... today, anyway.

[Always subject to change.] ☺

*Namaste In Light and Love,*

*Celeinne*

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