

MU 1704 Spiritual Care for Our Aging Parents

Syllabus

Sponsor: Lady Master Nada

Instructor: Carol Wells

Scheduled date and time: Friday, March 3, 7:00-9:00 p.m. MST

Class purpose

- To bring an awareness of the more subtle ways we, as students on the spiritual path, can effectively support our parents through their elder years

Participant objectives:

- To learn from several members of our community what they are experiencing as caregivers that could benefit others entering into greater responsibility in caring for their aging parents
- To internalize ascended master wisdom on the related topics of dealing with stress, working with one's psychology, and the dynamic of the parent-child relationship
- To prioritize spiritual and family relationships to achieve the most beneficial results in one's service as caregiver
- To make a regular practice of the meditation and visualization exercise introduced in the class

Outline/overview of class:

1. Introduction
 - a. Honoring Lady Master Nada
 - b. My family background
2. Reviewing the obvious when it comes to spiritual nurturing
3. Sharing: "How do you feel you have served your parent spiritually in the process of being their caregiver?"
4. Taking a look at the not-so-obvious in caring for the aging parent
5. Sharing: "What has caregiving your parent taught you about *you*?"
6. A meditation
7. A visualization

Resources:

- HeartStreams
 - 070702 Sanat Kumara: "We Come from Venus in Preparation for Alpha's Coming"
 - 140712 DCL discourse inspired by Divine Director and Jesus: "A Sacred Weekend in Chicago..."
 - 140730 Lady Francesca: "Temple Hospitals of Light in the Heavenworld"
 - 140903 DCL discourse: "Keys for Mastering Your Psychology"
- HeartMath: <https://www.heartmath.org/articles-of-the-heart/heartmath-tools-techniques/overcare-make-sure-your-care-is-helping-not-hurting>
- Always Well Within: <http://alwayswellwithin.com/2013/11/24/non-attachment/>