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Spiritual Care for Our Aging Parents

Sponsor: Lady Master Nada



~~Overview~~

- Reviewing the obvious when it comes to spiritual nurturing
- Sharing time: “How have you been a spiritual support to your aging parent?”
- Taking a look at the not-so-obvious steps to effective spiritual nurturing
- Sharing time: “What has serving your mom or dad in their latter years taught you about *you*?”
- A meditation
- A visualization
- A song



Mom Came to Live with Us in 2012 at Age 93



Roy—Her Favorite Son-in-Law



My Family

A supportive, loving mother and father—
Danny and Rose Silva



**A grandmother who loved to sing “Glory
Hallelujah”
And a grandfather who loved to “read” the
Bible to me**



Spiritual Care—the Obvious...



Study Scripture together



Pray together



Worship together

Encourage Your Parent to Reflect



Redirect Negative Conversation



Let Astrea Go to Work!



Intercede for Your Loved Ones Daily



Saint Joseph's "Happy Passing" Vow



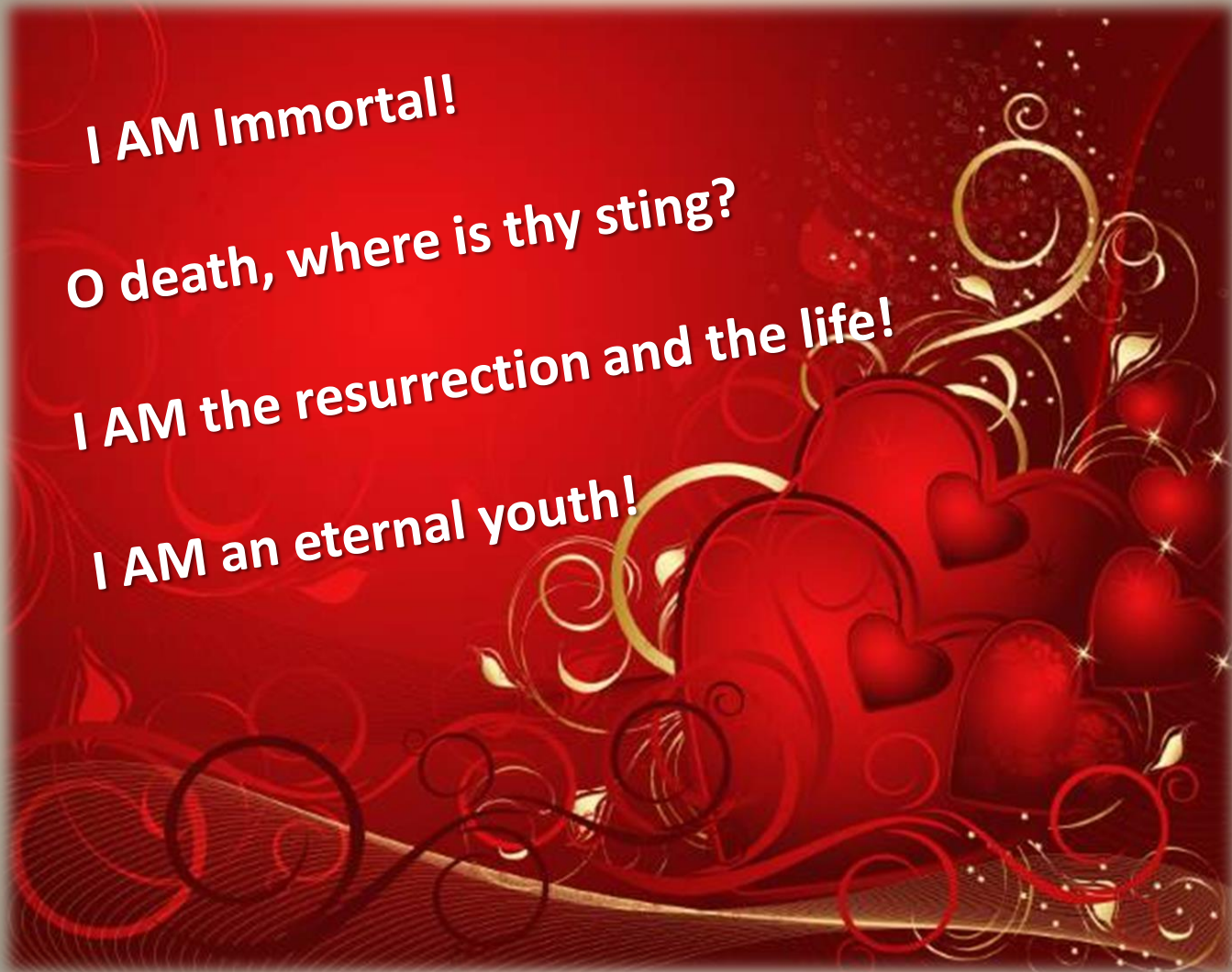
Call to Sanat Kumara, the Eternal Youth...

I AM Immortal!

O death, where is thy sting?

I AM the resurrection and the life!

I AM an eternal youth!



The Seven Holy Kumaras

Sanatka Kumara/Lady Verusia

SaAnanda Kumara/Lady Vinutia

SaNaTana Kumara/Lady Vedulia

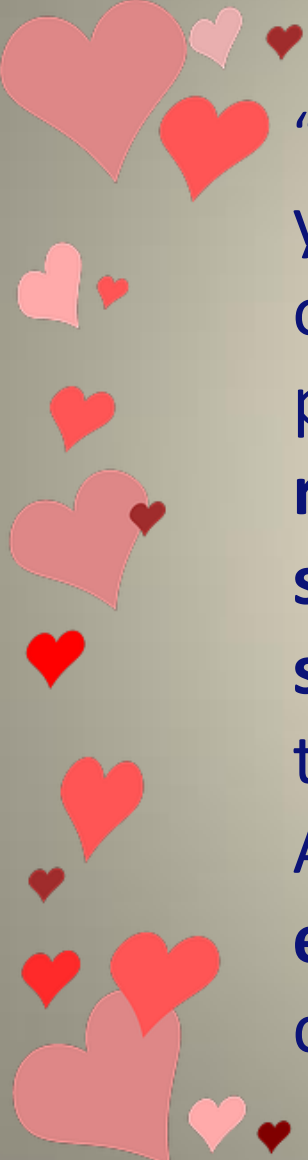
Sujata Kumara/Lady Veluria

Kapila Kumara/Lady Venduria

SaNa Kumara/Lady Valusia

Sanat Kumara/Lady Master Venus

Sanat Kumara, July 2, 2007, on Becoming the Eternal Youth

A vertical column of decorative hearts in various shades of pink and red, some solid and some outlined, positioned on the left side of the text.

“What will it take for you to become the eternal youth that you seek in God? This is for each one of you to discern; for, blessed hearts, I have presented [the keys] in my **teaching on the ruby ray**. For when you **serve** with **selflessness**, in **sacrifice** to save sentient life, in complete **surrender** to the will of God, then the light flows through you in your gifts and offerings to others. And thereby **you receive a new charge of the eternal Spirit** of God as you strive as the young children do.”

Call to the Angel of the Resurrection

Feb. 13, 2016 HeartStream:

- Precious ones, the resurrection fire is a living essence that may be enjoyed in the moment of connectedness with your loved ones in every form of giving and receiving.
- Mary comes with countless angels into the atmosphere of Earth to restore, to renew, to resurrect true relationships within families, communities and nations, those which will endure because they are empowered by the eternal love fires of God.



Call to the Angel of the Resurrection

- Truly, dearest ones, the key to reestablishing true, dynamic, loving relationships in any and all situations is the resurrection current.
- **[W]hen you utilize this one key, consciously, you will see the magnanimity of God's heart.** —Feb. 13, 2016



Sharing

Q. How do you feel you have served your parent(s) spiritually in the process of being their caregiver?



Sharing

Q. How do you feel you have served your parent(s) spiritually in the process of being their caregiver?



Tom Jackman, Doug's Dad; Luana Waimy, Doug's sister; Virginia, his mom; and Douglas

Sharing

Q. How do you feel you have served your parents spiritually in the process of being their caregiver?



Lin Burroughs (center) with Mom, Margaret, and Dad, Gerald

Sharing

Q. How do you feel you have served your parents spiritually in the process of being their caregiver?



From left:

Marion's mom Jean Mountain (holding her great- great-granddaughter, Annabelle Marion) Marion, her dad Richard, and Marion's grandson Jonathan Walls

Take Time Off



Fine-Tune Your Sense of Humor



More Than You Can Handle on Your Own



Comfort from Lady Francesca Regarding Alzheimer's

From July 30, 2014: "Temple Hospitals of Light in the Heaven World"

- In etheric temple hospitals, those suffering from Alzheimer's are brought back to a sense of what is real and true—9:00 o'clock line with the Maha Chohan and Pallas Athena.
- An alchemical device, created by the Elohim of the second ray, used in these temple hospitals, will "help restore unto the soul divine memories" as the soul experiences its life review.

Spiritual Care—The Not-So-Obvious



Put Your Relationship with God First



Focus on Your Psychology

From David's discourse, Sept. 3, 2014, "Keys for Mastering Your Psychology":

" As I've contemplated psychology in general as the study of our psyche, or our soul, I have seen how there is always work to be done on ourselves because we are in a constant state of being in relationship to others, to God, to the creation and all of nature. "

"...To really make progress on our spiritual path, we can choose to be sensitive to all that is transpiring and experience life from a vantage point of objectivity and self-observation such that all that we think, feel, choose to remember, verbalize and act upon always comes from a point of the ideal, from a point of presence, from the eternal Now as we live in the moment and are attentive and attuned to our Source."



Know That God Will Work Everything Out



TUESDAY February 25, 2014

- TODAY'S TOP THREE:
- #1 Laundry
 - #2 Write WIW post
 - #3 Exercise

SCHEDULE:

- 6 Breakfast
- 7 Housework/laundry
- 10 Lunch
- 12 Blog-work
- 1 Exercise
- 4 Dinner
- 7 relax w/ family
- 9

GOAL: Vacation deposit!!
DOLLARS: balance budget

DINNER: Chicken Pot Pie
DON'T FORGET!

OTHER TO-DO'S:

- mail card to B
- Finish craft for conference
- frame bathroom mirror
- do social media posts...

Practice Disinterestedness/Non-Attachment



Practice Disinterestedness/Non-Attachment



“Emotions don’t cease to exist as you learn to let go. You just relate to them differently because you understand their ephemeral nature. And that, thank goodness, means there’s a lot less to get riled up about.”

“For example, even great spiritual teachers cry, smile, laugh, play. They may have moments when impatience or frustration arises, too. But they don’t entangle themselves in these emotional states by firing up aversion for the negative or wanting to extend the positive. They allow emotions to rise and dissolve.”



<http://alwayswellwithin.com/2013/11/24/non-attachment/>

Opposite of Disinterestedness— Overcare



“Overcare” Signals...

When the care we give to a sick relative, a friend going through a rough patch or a cause dear to the heart causes anxiety, guilt, anger or a feeling of being drained, these are warning signs of overcare. The draining cycle begins as we over-identify with a situation, an issue, or a person we care about. In other words, we identify too much. We get over-attached to how we want things to turn out. As a result, we’re less able to let go and we become obsessive.



— HeartMath Institute founder Doc Childre

<https://www.heartmath.org/articles-of-the-heart/heartmath-tools-techniques/overcare-make-sure-your-care-is-helping-not-hurting/>

The Not-So-Obvious Continues.... Put Your Spouse 2nd to God



The Parent/Child Relationship— a Special Karma



Resolve the Issues...

From a discourse inspired by the Divine Director and Jesus, July 12, 2014,
“The Sacred Circle of Family”

- You were sent into your family to do work and to fulfill a specific purpose for that family, one that was, or is, essential for you to fulfill for the circle of that family to be whole and complete.



- Unless you resolve the issues that you have with your siblings, with your parents, with others in the greater family circle, in a loving and harmonious way, a part of you is still lacking fulfillment.

I Chose My Family... Are You Sure?



Saint Germain Responds...

In 2005, in a darshan with Saint Germain, Mother Mary and Jesus for the children, beloved Saint Germain answers a question, “Who chose our parents for us?”

“Before you came into this life, your soul met with your parents’ souls and you chose each other. I think it’s a mutual thing that you agreed upon. And if you want to know more about this, there are books called *Life Between Life* and *Life Before Life* and *Life After Life*. Maybe someday there’ll be one called *Life Inside Life!* And a lot of these books talk about what happens before you’re born and the choices you make and why you make those choices to pick certain parents.”

As Saint Germain discussed the reasons for the choices with the children, it came down to a matter of balancing karma with these parents .



And it was also that the parents had gifts to share with their offspring that would assist them to fulfill their divine plan.



Know You Are Facing Your Own Physical Aging— Up Front and Personal



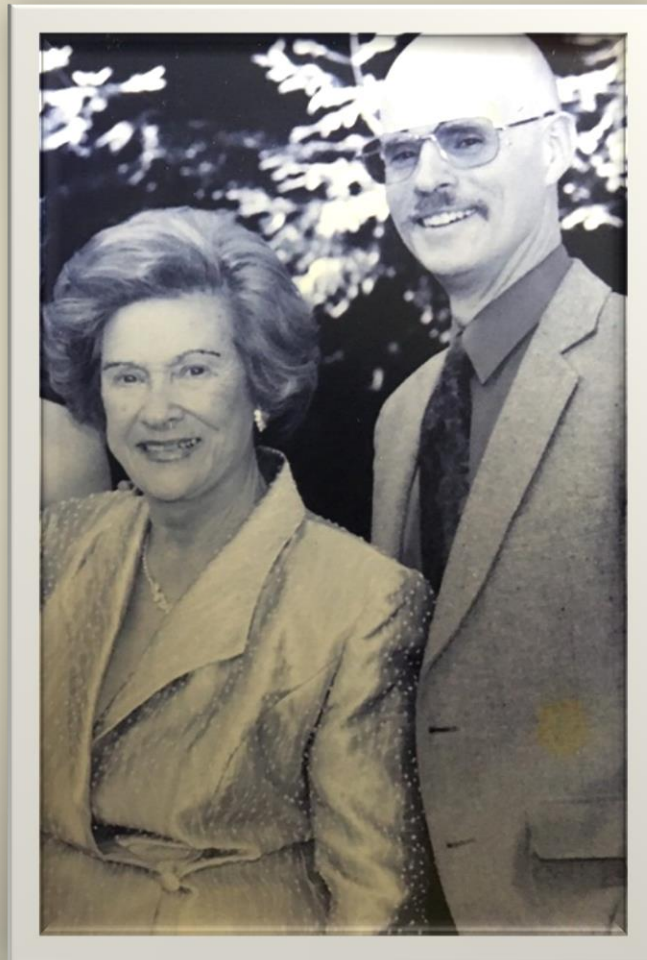
Sharing

What has caregiving your parent taught you about *you*?



Sharing

What has caregiving your parent taught you about *you*? Douglas's response...



Sharing

What has caregiving your parents taught you about *you*?

Thoughts from Lin...



Sharing

What has caregiving your parents taught you about *you*?

Marion's comments...



In Review...

The obvious when it comes to spiritual nurturing

- Provide opportunities for continuing, regular community/family worship.
- Encourage reflection.
- Redirect negative conversations.
- Take time off.
- Keep your sense of humor, sense of delight and joy.
- Realize when caregiving may be more than you can handle alone.
- Intercede in prayer for your loved one daily.



The not-so-obvious

- Put your relationship with God first.
- Focus on your psychology.
- Trust God. Don't worry about anything.
- Practice disinterestedness.
- Put your spouse 2nd to God; keep other family relationships strong.
- Understand the uniqueness of the parent/child relationship.



A Meditation

Send love, gratitude, forgiveness to your parents in this life.

Send love and thanks to all parents you have had in all past lives.



Essene Community Culture



“The aged were held in the highest esteem, and it was remembered that they had worked faithfully and lovingly as long as their strength had permitted. They were given devoted care and protected from want to the end of their lives.” –Manly P. Hall

http://www.essene.org/Ancient_Essenes.htm

A Visualization

We see spiritual communities caring for their elder servitors beautifully, graciously, and on through to their transition to heaven.

The Golden-Crystal Age of loving, honoring, and nurturing our aging brothers and sisters of light is now.

“Forever Young” Album

Mary Topero with Mom Ann Haas, and Grandson Thomas



♪ Although the days do pass and change these outer forms,
This matters not to God, for your heart to him belongs.

“Forever Young” Album

Marlene Prescott and Dad, Frank Herman

♪ He sees you only as a
daughter bathed in sun.
To the Lord you are as He is, by
his love forever young!

Forever young! Forever young!
Because your life to God alone
belongs.

The resurrection in you has
begun.
Through Christ, you are forever
young!



“Forever Young” Album

Dee Stewart and Mom, Hazel



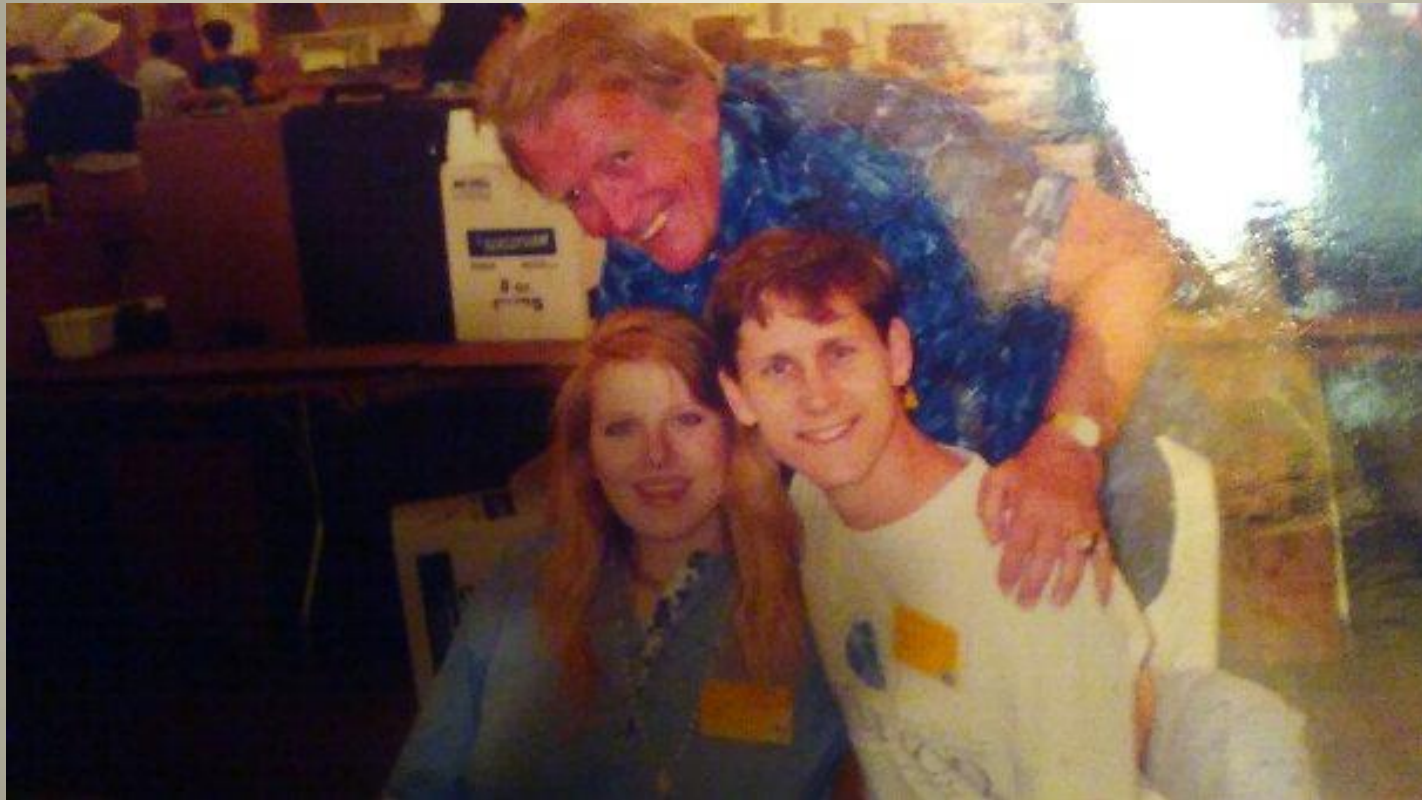
♪ So as the years
unfold, if God would
have his way,
You are transformed
within, strengthening
senses day by day.

You see more perfectly
the source of every
need.

Now you clearly hear
His Word and in sweet
surrender heed.

“Forever Young” Album

“Uncle” Kenneth and Friends



♪ The spring within each step of your own reborn soul
Does strengthen with each day; walking with the Lord, your goal.

“Forever Young” Album

Herbert Beigel



His beauty shining through, his victory your song.
And by recreative Love, yes, you are forever young!

“Forever Young” Album

Addie Brown

♪ Forever
young! Forever
young!
Because your life
to God alone
belongs.
The resurrection
in you has begun.
Through Christ,
you are forever
young!



“Forever Young” Album

Eunice Parks



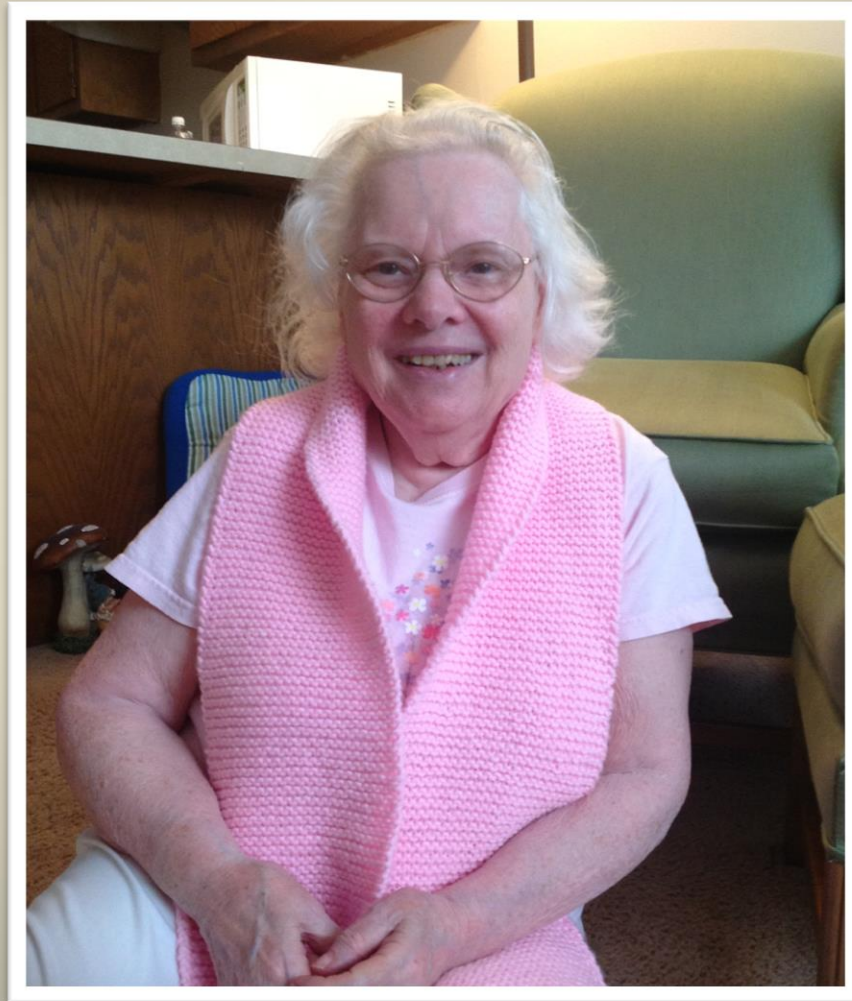
“Forever Young” Album

Stanley Soszynski



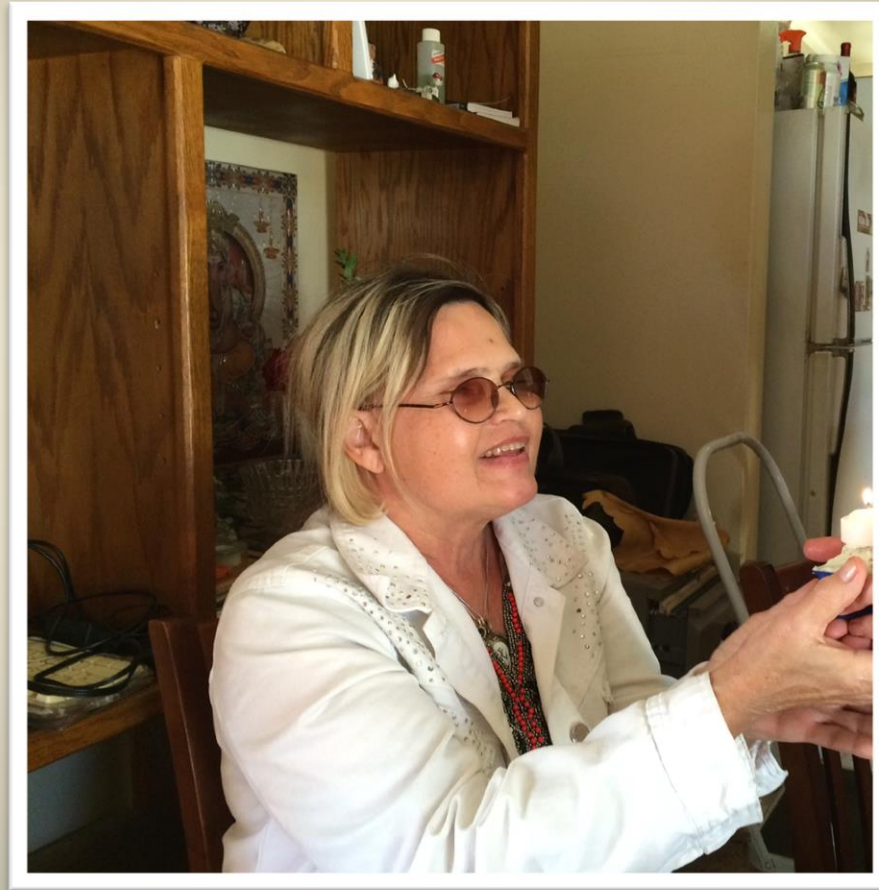
“Forever Young” Album

Treva Bell



“Forever Young” Album

Theresa LaTour



“Forever Young” Album

Rosaria “Rose” Silva



God bless you all and keep you forever young!



Complete a Survey

Thank You

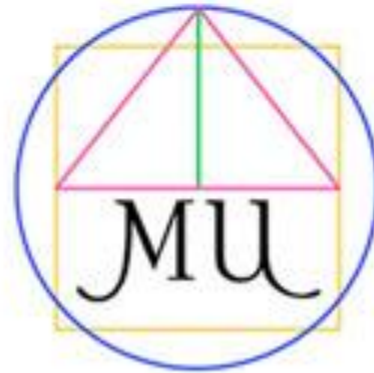
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