

Energy Psychology's Gifts for "Re-Firement"

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While retirement seems to loom large in the minds of many who are advancing in age, later life is actually a time for getting more deeply involved by engaging in meaningful pursuits with the focused intention of elder wisdom. Being a senior in today's world is not a time of withdrawal or slowing down—it is, instead, a time of "re-firement."

In saying this, I acknowledge the many gifts that elders hold while also recognizing that these gifts are often wasted or underutilized. Too many of the more than 40 per cent who are over fifty years of age think they can sit back after by working at a job to just rest and play. Mindless "time fillers" and "time killers" are too often present in the lives of many of today's healthy and capable seniors. Over time, their lives turn out to be unsatisfying, boring, or even unpleasant.

I encourage you to think of the ways you can give of yourself and your talents to others while in turn receiving the gift of a meaningful life. Think of the needs in your community:

Is there a child who needs a friend through a local mentoring program?

Is there a school or after-school program that would enjoy the presence of a volunteer?

Is there an animal shelter that needs caring helpers?

Are there older peers who could benefit from a caring, healing person?

Is there something you've always wanted to do but did not quite know how or where to start?

While there are hundreds of ways to be of help, your inner knowing is the best guide to a meaningful activity. For a start, begin with the

following self-care exercises from the new science of energy psychology:

Acknowledge yourself with this affirmation while gently massaging the heart area, “ I deeply and profoundly accept myself with all my gifts, talents and abilities.” Repeat at least three times so all parts hear it and as often as needed to strengthen your resolve for reinventing yourself.

Release limiting patterns or self-talk quickly. If you tell yourself, “I can’t do this,” “I’m limited,” or “I’m incapable” you will actually create that as a reality. Release by brushing it out, as if showering off, from wherever the pattern seems most prominent in your body.

Install an effective thought pattern as quickly as possible. Here are some samples to counteract the limiting thoughts listed above-- “I now attract the resources I need to accomplish what I set out to do.” “An unlimited supply of energy is available to me from the universe.” “I am loveable and capable.”

Anchor the new pattern to the body by gently rubbing the heart area or any part of the body that may feel weak or hold doubts. Do the cross crawl or other exercises that energizes you.

Use the breath to support the courage you have to try something new. Make sure you breathe deeply and exhale fully at least three times in a row.

Re-firement begins from within. It holds intention to be more fully ourselves than we thought, to fulfill the purpose in our lives. Re-firement leads to choices on behalf of self and others. Longevity is empty unless we actively stoke the fires and strengths within ourselves!

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