

## THE GIFT OF TIME

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*These are the thoughts on the meaning of being an elder shared by the participants in the "Elderhood Journey" event held at the [Eco-Institute at Pickard's Mountain](#) on July 10, 2018.*

Now is a different time:

Accomplishments diminish in importance,  
Eclipsed by appreciation,  
Awareness, and gratitude.

Now every thought, action, and state of being  
Is incredibly important.

We know now that we are all  
Indispensable parts of a Whole,  
Willing to share about our journeys  
Each one alone,  
Each one apart,  
Moving as one great Heart.

We know our limitations and disabilities  
But we can look forward to becoming an Elder.

We see how our anxieties and misgivings  
About our contributions,  
Are less than our willingness to share,  
And they do not pull at us  
As much as they once did.

We are more grateful about the opportunity to listen,  
And learn the joy of listening.

We feel more peaceful:

Peace comes from the gift of time.

We know the privilege of being an Elder,  
Enjoying the deep questions of life,  
And learning from each other.

We now recognize the importance of our needs,

And when we attend to them  
That is Eldering, not aging.

We can be more patient  
With that which is unresolved,  
And be deeply encouraged and inspired  
By the universality of our experience.

We are not special in what we need.

This is perhaps our first circle of Elders:

We sit in circle  
To enjoy its collective energy.

We are on this journey together  
Embracing our different experiences.

In this circle there is peace,  
There is depth of inquiry.

As we spiral back down  
We grow more into ourselves  
Allowing what has been gathered  
To become a resonant space of knowing  
That can be shared and recognized.

In this circle  
We are grateful for our vulnerability,  
Knowing that the first duty of love is to listen,  
Underline what is complete  
And honor and celebrate our wisdom.

The world has forgotten  
The power of Elders.  
Now we remind ourselves  
Of this power  
And share it across the generations.