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# Introduction

I recently turned 57 and discovered that there's not a lot of decent content available about how to age well.

Of course, there's all the usual information about retirement plans and how to promote your physical health, but where's the inspiration to live a deeply fulfilling life in our later years?

Surely we're missing something.

We have been ignoring the most precious gift that comes with ageing - the increased capacity to discover the spiritual dimension of life by opening to our true nature and embracing the mystery that we are.

By doing so, we learn to live in a completely new way, saved from the mind's constant distractions, in tune with our strong intuition, and blessed with the freedom to be who we truly are.

In other words, now is the time to be happy, wise and free.

Lovely words, but how does one practically do this? I have dedicated this ebook and the rest of my life to answering that question.

- *Aliki*