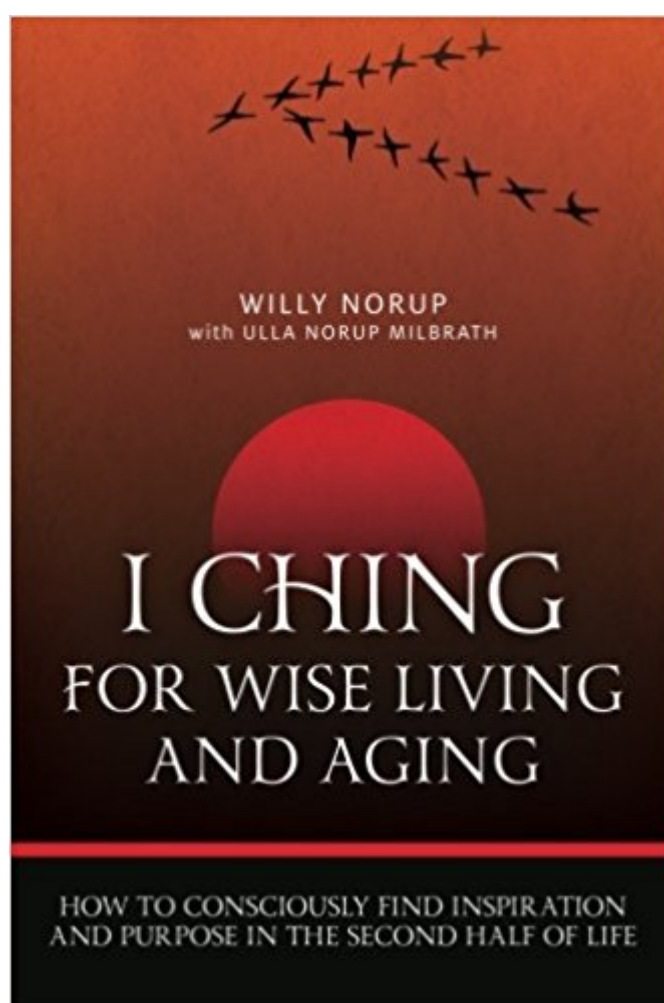


The book was found

I Ching For Wise Living And Aging: How To Consciously Find Inspiration And Purpose In The Second Half Of Life



Synopsis

This powerful, proactive, and helpful personal guide to conscious living and aging will inspire you to find new purpose and meaning in the second half of your life. The wisdom in the ancient Chinese oracle I Ching is reinterpreted from the vantage point of a modern elder. You will find relevant and meaningful advice to help meet current situations and challenges with enthusiasm and purpose, as well as guidance for how to best deal with what is likely to happen. When seeking answers to deep felt questions this inspiring new version of the I Chingâ "using the principle of synchronicityâ "will guide and motivate you to spiritual growth, service to others, and personal fulfillment. Discover a life changing philosophy for a vibrant way of living and aging.

Book Information

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Customer Reviews

Â "Willy Norup's unique contribution to the rapidly-emerging conscious aging field, I Ching for Wise Living and Aging has made an age-old practice for tapping our inner guidance, traditionally expressed in arcane language and imagery, accessible to people in the modern world, using language that is engaging and inspirational... This book taps the power of synchronicity to help mindful and sincere individuals grow along the path of conscious aging. Thanks to Willy, I now appreciate and understand the I Ching in a whole new way." Ron Pevny, author of Conscious Living, Conscious AgingÂ Â "The I Ching is an ancient Chinese book of divination that has long captivated Western thinkers, including pioneering psychologist Carl Jung. Norup has written this modern version specifically with older readers in mind, people who may have trouble finding direction and meaning as they enter the second halves of their lives... The sections are long and thoughtful and

encourage a deliberative, inward-looking analysis of one's own situation. Consulting the I Ching has a meditative effect--Norup writes that he does it first thing in the morning--and there are certainly worse ways to spend a few minutes than thinking about how one might overcome one's problems. A well-written, modern version of an ancient Chinese work." --Kirkus Reviews

WILLY NORUP, M.Sc., MBA, retired time and life management consultant and publisher, lives in the wine country of Northern California. A strong believer in the power of synchronicity--the basis of the I Ching--he is a Conscious Aging Facilitator with the Institute of Noetic Sciences. He enjoys sailing, watercolor painting, and writing about conscious living and aging, caregiving, and synchronicity. He is assisted in publishing by his daughter, ULLA NORUP MILBRATH, B.A., B.S. in art history, economics, and textile design. Artist and teacher, she enjoys sewing, embroidering, drawing, and writing. Web site and blog: ichingforyou.com.

I've been working with this book for about a week now, throwing the coins every morning. It is a very refreshing update, geared for modern times. It is written in plain language and addresses the dilemmas of aging and life changes in a positive, uplifting way. If you are looking for a thoughtful, encouraging bit of wisdom to help you through life's everyday challenges, you should check this version out.

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