



**CATHY CARMODY: GROWING OLDER CONSCIOUSLY IS ABOUT-**

*Cathy Carmody was a pioneer in this new paradigm of consciously aging. Along with contemporaries like Connie Goldman, Carol Osborn, Ashton Applewhite, Bob Atchley, Ron Pevny, Tom Pinkson, Harry R Moody and others have changed the narrative of aging in the 21<sup>st</sup> century. Carmody was attending a “Choosing Conscious Elderhood” retreat led by Ron Pevny in 2012 when she wrote the poem “Becoming an Elder.” In 2017 Cathy left this earth, we wish her spirit’ journey well. She also expressed her own experiences and thoughts on growing older consciously, both the poem and her thoughts follow.*

*–Philip Crouch, Tasmania, 2020*

**CATHY CARMODY: “BECOMING AN ELDER”**

Leaving behind my journey of struggling and racing through  
the white water of many rivers, I become the river,  
creating my own unique way.

Leaving behind my self-imposed role as a tree upon  
which others have leaned, I now become the wind,  
with the freedom to blow whenever and wherever I choose.

Leaving behind the boxes I’ve created in my life, crammed with  
roles, responsibilities, rules and fears,  
I become the wild and unpredictable space  
within which flowers sprout and grow.

Leaving behind the years of yearning for others  
to see me as somebody,  
I soften into becoming my future,  
with permission from SELF to  
continually unfold as I choose, without concern  
for how others may see me.

Leaving behind years of telling and teaching,  
I become instead a mirror  
into which others can peer and  
view reflections of themselves to consider.

Leaving behind the urge to provide answers for others,  
I become - in the silence of this forest retreat  
- the question.

Leaving behind the rigor of my intellect,  
I become a single candle in the  
darkness, offering myself as a beacon for others  
to create their own path.  
I become an elder.



**CATHY CARMODY: FROM MY EXPERIENCE GROWING OLDER CONSCIOUSLY IS ABOUT...**

- Being willing to open up and be curious about one’s future possibilities, regardless of age!
- Being willing to set aside old limiting beliefs, and ask myself ‘who do I have the potential to become’, as I leave my mid life work behind me and invite myself to grow and evolve over the coming years.
- Being willing to acknowledge that living my life with an identity that remains tied to the work I used to do, would keep me stuck, looking backwards, and would not serve me.
- Being willing to begin a regular process of reflection, of looking inward for answers, rather than always focusing on what’s going on or being said outside of me.
- Being willing to discover and continually grow my inner awareness so that my outward thoughts and behaviours become reflections of my inner intentions.
- Becoming aware of the coma of habituated beliefs, behaviors and responses I have been living in, and being willing to ask myself is this what I want, and if not, what do I want instead?
- Being willing to search for and discover what holds meaning and purpose for me in my life.
- Focusing on what I want, rather than what I don’t want and learning how to focus on MY needs, particularly if I’ve spent a lifetime of focusing on the needs of others.
- Fully acknowledging that I cannot live the afternoon of my life the same way as I did the morning of my life, and willingly letting go of old beliefs and behaviors that no longer serve me at the same time as I move toward new possibilities that I have yet to discover.
- Choosing my own path, rather than following a path based on what others think is right for me.
- Listening to my body - paying attention to the aches, pains and discomforts, and allowing myself to be curious about what my body is attempting to tell me - always being aware that my body never lies!



**Suggested resources:**

Cathy Carmody-Wordpress: <https://cathycarmody.wordpress.com/fear-of-aging-dying/>  
Becoming an Elder: <https://janebooth.wordpress.com/2017/04/06/becoming-an-elder/>

