



TOM PINKSON: “FRUITFUL AGING” FINDING A NEW PARADIGM

In the 21st century, those of us over the age of sixty-five will now have a golden opportunity to experience new paradigms of consciously and progressively aging. From general previous misconceptions and stereotypical understanding of aging these new paradigms of thinking, practice, and greater empowerment for older persons are highlighted by people such as Tom Pinkson.

In “Fruitful Aging” Pinkson an aging pioneer leads the way for newer and more fulfilling ways to live as we age. Pinkson shares this new paradigm with other luminaries including, Ron Pevny, Ashton Applewhite, Harry R Moody, Carol Osborn, Bob Atchley and other progressives.

Pinkson makes this contribution as identified in the above through life experiences and a rich background of academic and hands-on practice including four decades of attitudinal healing, ritual and shamanic experiences, writing poetry and playing the guitar. On Pinkson’s website, an extensive supportive range of literature is featured. He approaches this new paradigm of aging with a clear no-nonsense, and yet completely practical, along with spiritual insight. Most impressively, Tom Pinkson is somebody who actually “walks-the-talk” and doesn’t rely on academic text to inform his readers. This book also impressed my wife with it’s practical spiritual approach to aging. An extract from “Fruitful Aging” follows.

—Philip Crouch, Tasmania, 2020

TOM PINKSON: BACKGROUND BRIEF

“Fruitful Aging: Finding the Gold in the Golden Years leads the reader to creative approaches for harvesting the labor and lessons of a lifetime. Each chapter dives deeper into exploring the universe within and leads the way to re-visioning what it means to be not only mature in years - but Golden!

Dr. Tom Pinkson Ph.D., serves as a bridge builder, translating indigenous wisdom to bring forth the intelligence and creativity of Spiritual Awakening, Emotional Well Being, Healing, and Living In Sustainable Balance with Mother Earth and the Circle of Life. Pinkson is a psychologist, ceremonial retreat and vision-fast leader, sacred storyteller, and shaman.

For 32 years Tom worked with terminally ill children at the **Center for Attitudinal Healing in California**, successfully integrating the wisdom teachings of the Huichol and other medicine teachers into the world of the practicing psychologist. The founder of Wakan, a nonprofit organization committed to restoring the sacred in daily life, he lives in northern California.”



TOM PINKSON: CREATING A FRUITFUL AGING PRACTICE

[PP:154-155] A NEW WAY OF SEEING

‘A new way comes from trusting the presence and creative wisdom of this invisible reality that underlies physical manifestation, call it spirit, God, Goddess, call it sacred mystery or whatever works for you. The name isn’t so important.

What is important is whether you are able to surrender into it peacefully letting go of attachment to how you want people and things to be.

Surrendering to a mysterious invisible higher power is different from giving up. Giving up is quitting, usually with anger, frustration, blame, shame, feelings of failure. Surrender is accepting that you are not able to change this troublesome situation that is upsetting you. Surrendering is releasing your burdens with faith into bigger hands trusting that the sacred mystery wisdom will some how, in some way that can’t be seen or known at this time, deliver an outcome that is for the greatest good for all concerned. The challenge and the opportunity is to make faith an active verb by surrendering.

In the process of writing this book I set various deadlines for myself with specific time lines. By such and such a time I would complete the editing, etc. Yet when unexpected events beyond my control would occur, like the terminal illness of a close friend across the country, who asked me to come be there with him as he died, kept me from meeting my accomplishment goals on time I **was faced with a choice. Get upset or surrender** into what I call *bigger currents* of Divine Timing and Divine Order. For peace of mind I had to let go of my ego’s schedule and open to spirit’s schedule trusting that greatest good was working through it all.’

Surrender by itself however does not guarantee greatest good outcome. Greatest good outcomes require you to show up to do your part, which in turn can open the door for the greatest good to come through. **What might you be able to do in the situation that would *raise the sparks* lifting consciousness to a higher elevation.**



SUGGESTED “FRUITFUL AGING” PRACTICES AND READING EXTRACTS:

Tom Pinkson, Fruitful Aging, *A New Way of Seeing*—[PP:154-155]

Tom Pinkson, Fruitful Aging, *Spiritual Practices*— [P:192], he suggests:

1: Keeping a Gratitude Journal [Daily exercise]

2: Create an Ancestor Altar to Keep the Connection Alive

3: Create a Sacred Sanctuary in Your Home

4: Daily Mantras giving Thanks



Suggested Resources:

Fruitful Aging - Finding the Gold in The Golden Years, 2013,
ISBN 13-9780-615-78541-7. USA.

<http://drtompinkson.com/work-with-dr-tom-pinkson/fruitful-aging-book/>

www.nierica.com

www.spiritualmedicineteachings.com

Centre for Attitudinal Healing, <https://cah-northbay.org/>

