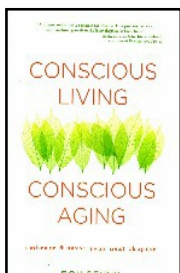


Conscious spirituality in search of truth...



RON PEVNY: CONSCIOUS LIVING-CONSCIOUS AGING THE NEUTRAL ZONE

Ron Pevny is a director for the 'Centre for Conscious Eldering' in America. The Centre offers Eldering workshops, consciousness meditation-spirituality retreats, aging resources and more. Purposefully, the Centre's activities focus on creating ritual pathways for older Americans wanting to transition in this new paradigm of aging. Pevny shares this evolving new paradigm of aging today with other luminaries including Ashton Applewhite, Carol Osborn, Tom Pinkson, Harry R Moody, Bob Atchley, Dr Bill Thomas-others.

In Pevny's book "Conscious Living - Conscious Aging" published in 2014 he outlines clear, practical pathways towards meeting the many benefits to approaching an older age. Pevny's book outlines common experiences faced by many of us over the age of sixty-five, one area in particular that impressed me was the encounter with a "Neutral Zone." As Pevny suggests this neutral zone is a point in our respective lives where we experience a mental "space" between doing and waiting for something else to arise.' In my earlier home-based meditation discussion group[2015-18] we openly discussed at length, aspects of this neutral zone. I highly recommend the above book to all older [55+] persons, who are seekers of Truth. Conscious Eldering Centre also offers a free digital e-newsletter. An extract from Conscious Living-Conscious Aging's neutral zone follows.

—Philip Crouch, Tasmania, 2020

RON PEVNY: BACKGROUND BRIEF

"We financially plan for our retirement, but do we plan for our wellbeing? Here is an empowering guide with practical tools to help you live a passionate, fulfilling second half of life. If you're part of the Baby Boomer generation, then you belong to 26 percent of the US population that is retiring healthier than any generation before. And that means retirement is starting to look a whole lot different.

No longer satisfied with a quiet life of sitting on the porch or puttering around the house, retirees (or soon to be) are looking to create a passionate, active, fulfilled, and engaging later life.

Here's where Ron Pevny work shines, as an inspiring guide, that helps you do what he calls "conscious aging"--or making a reality the life of growth, purpose, service, and spiritual exploration you've always imagined for yourself. In addition to wisdom for navigating loss and grief, Pevny offers advice that helps you identify your goals, contribute to society, remain engaged and relevant, and spend your later years in profound personal development.



Today's seniors are reshaping what retirement is all about. It is a whole new opportunity to engage with family, community, and the world with vigor. Don't just grow older--age consciously.”

[Cited: *Book Depository, introduction to Conscious Living-Conscious Aging.*]

RON PEVNY: PRACTICES FOR LIVING IN THE NEUTRAL ZONE”

‘This is an article about Wintertime. Not the season of the year, but rather that season in our **life transitions that lies between the shedding of an old chapter in our inner Autumn and the emergence of a new stage in our Springtime.** It is about what I and others call the Neutral Zone. Most of you reading this are in at least one significant transition process. There is the transition between inner identification as a mid-life adult and that stage in the development of our inner lives called elderhood.

And there are also the other life changes that thrust us into **transitions directly related to those endings, such as health challenges, the loss of loved ones, the ending of a career, moving out of a long-time home, etc. etc.** Our lives are not merely a series of unrelated events to which we respond as best we can. The more conscious we become of the outer events and our inner experiences that constitute our lives, the more we can see the truth of the mythic image of human life as a **hero’s journey.**

On this archetypal journey each significant change and the inner transition it calls forth requires us to once again leave home -- that state where our lives are relatively stable, predictable and secure -- to enter the unknown, a neutral zone, an inner wintertime, to embark on a journey across a foreign land that we know little about. We are called to a journey whose duration cannot be predicted, in search of a new home that offers what we need to thrive.

What distinguishes this hero’s journey from other types of journeys is that, whether we know it or not, whether we intend it or not, the process is more about who we become as a result of this sojourn in a strange land than about the particulars of what we find at journey’s end.

This journey is not primarily about us undergoing some trials and toughing it out until we see what’s next. Rather, it’s purpose is to change us in some essential way; to help shape a new self; to broaden our vision of what is possible for us; to help us shed limiting beliefs, attitudes, and ways of living so that we can live larger lives that reflect a new stage of growth; and to help us access qualities and inner resources that we will need in our new life stage.



In the culture we live in, which tends to define us by what we do, how active we are, and how certain we are of our goals, there is little if any understanding of the value of the neutral zone. Most of us have a strong resistance to this part of the transition process. So, we try in vain to hold onto a past that is no longer alive or possible for us, and in the process we stagnate.

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RON PEVNY: SILENCE AND SOLITUDE

Or we rush to jump forward into some version of a new chapter when we are not yet in touch with the energies and vision for a truly new beginning, and our "new chapter" becomes merely a pale, lifeless imitation of the old one. **The neutral zone is a difficult place to be in. Not everyone is willing to embark on this hero's journey.** ¹

Many people spend their lives growing in age but never maturing and ripening inwardly. Or we rush to jump forward into some version of a new chapter when we are not yet in touch with the energies and vision for a truly new beginning, and our "new chapter" becomes merely a pale, lifeless imitation of the old one.

The neutral zone is a difficult place to be in. Not everyone is willing to embark on this hero's journey. Many people spend their lives growing in age but never maturing and ripening inwardly. For this reason, our minds -- our rational selves -- cannot play the lead role in moving us through significant transition. Yes, the mind is an important aspect of who we are.

But our mind primarily reflects what we already know, the paradigm that has been shaping our lives. The thinking mind, or what is often called left brain conceptual thinking, is not capable of creativity. All it can do is re-arrange our inner furniture. As our psyches seek to enter a new life stage, new furniture is needed for our inner home.



That is why it is so important when we are in transition, and especially engaged with the neutral zone, that we find ways of tapping those other aspects of ourselves that are the source of creative inspiration, intuition, vision, gut feelings, inner guidance. This is also why when we are in the neutral zone of transition, taking skills inventories or aptitude tests or the like to find what we might do next is not very helpful in showing us the direction our inner compass is pointing us toward.

There can be a big difference between choosing something we have an aptitude or skills for, and choosing to devote ourselves to something we have passion for -- something that will draw upon our gifts, respond to an inner calling, and give us a true sense of purpose. The neutral zone is the time to bring our whole selves, as best we can, to the process of gestation of a new stage and new self that is seeking to emerge. In this article, I'd like to share with you what I consider the most important practice for accessing the full potential of neutral zone time as seeds of vision for your future germinate in you, waiting until the time is right to emerge as new life, new beginnings.

In the next newsletter, I will share several other important ways you can consciously support your journey through inner wintertime. For many, the most important practice is also the most difficult. This is building into our lives plenty of solitude and silence where we can hear and feel that voice within that is so easily drowned out by physical and emotional noise, and by constant activity. Spending time alone, and time in nature, without television or social media or electronic devices, perhaps with our journal or inspirational books or soothing music that take us within, can be such an important gift to ourselves.

Some of our neutral zone time of solitude and quiet can be approached with focus and clear intention, when we know how we want to direct our attention and what we want to accomplish. For example, we may feel the need to do more work to release or heal aspects of our past, or spend time journaling about recent or past experiences, or work on a dream that feels significant or try out in our mind some future possibilities. **However, I encourage you to approach some of this quiet time with no plan whatsoever—just be present and see what arises.**

Important messages come from within through mindless daydreaming. By just waiting and watching, you may become aware of some specific inner work that feels alive and important in that moment. Or seeds of future possibility may enter your awareness. **It is in silence that we hear the subtle voice and feel the prompting of our most authentic inner self, however we name it.**





Suggested resources:

Conscious Living - Conscious Aging, Ron Pevny, 2014, Atria Paperback, New York, USA, ISBN:978-1-58270-438-8.

<https://www.centerforconsciouseldering.com/?s=Newsletter>

<https://www.centerforconsciouseldering.com/conscious-aging-resources/>

<https://www.bookdepository.com/Conscious-Living-Conscious-Aging-Embrace-Savor-Your-Next-Chapter-Ron-Pevny/9781582704388?ref=grid-view&qid=1574830969897&sr=1-1>

Heros Journey - Joseph Campbell, 'House of Ideas' PDF,

http://www.houseofideas.com/mscornelius/assignments/mythology/research_paper/the_hero_packet.pdf

