

From Hero to Elder: Therapy with Older Adults

Hero: a “person who is admired or idealized for courage”

Elder: “The term refers to agent experience. The elders pass on the wisdom to the young.”

Heros try to be better than anyone else.
Elders help others better themselves.
The story of Odysseus from The Odyssey

Grandfather Everyone is the same.
Father Age 16 to 60
Son Don't know what stage they are in – confused

Heroes Acquire

Mostly outward driven and are seeking validation and appreciation from the world

Looking for ladders to climb and dragons to slay

Productivity
Ambition
Physical and natural objects
Works a lot but don't love well

Elders Let Go

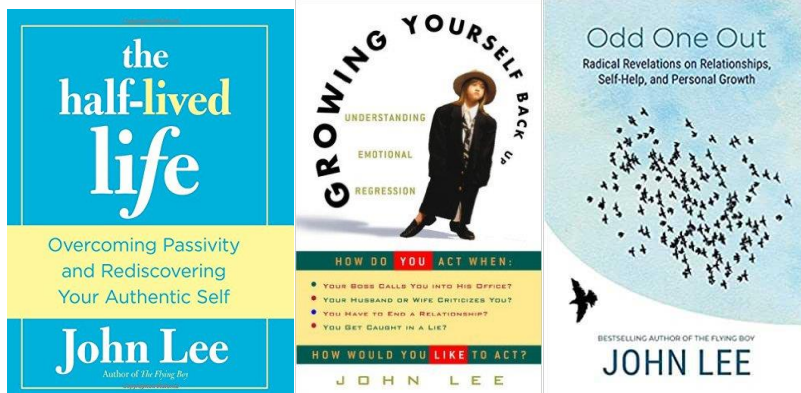
Let go of demands for results from the world and looks inward for answers

Climbing ladder for fortune and fame is no longer appropriate, and most all of the dragons are gone

Generosity
Acceptance
Spiritual seekers
Works without profit motive and loves well

“Be a lamp, a lifeboat, a ladder. Help someone's soul to heal. Walk out of your house like a shepherd.” Rumi

Suggested Reading: “The Heroes Journey” Joseph Campbell and “Eldering: A second maturity” Gerald Heard



After participating in one of John's presentations, some are ready to go deeper. The 2-day Intensive allows for deeper exploration of issues with a lot of time devoted to solutions – something the traditional 50-minute session cannot provide.

To schedule a session, 2-day Intensive, or to bring JOHN LEE to your treatment facility, community group, or place of worship:

Contact johnleebooks.com 678.494.1296 john@johnleebooks.com
assistant@johnleebooks.com