

The Majesty of
ELDERHOOD

Simple No Cost Steps to Grace Your Wisdom Years



By Stephanie Mines, Ph.D.

Founder of the TARA Approach for the Resolution of Shock and Trauma
Under the auspices of the Dom Project, a 501.c.3 non-profit organization
www.Tara-Approach.org

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DISCLAIMER

This book is not intended to be a substitute for medical care. The TARA Approach is an integrative therapy designed to be used in conjunction with professional medical assistance. It is essential that anyone using this book who has a physical illness or painful condition seek appropriate medical advice promptly. Neither this book nor any other should be used as a substitute for expert medical assistance.

This handbook focuses on the TARA Approach (Tools for Awakening Resources and Awareness). It does not include specific dietary recommendations or directions regarding exercise or supplements.

A significant component of the TARA Approach is applied touch on specific bioelectrical fields. This is an energy medicine practice called Jin Shin TARA. It evolves from teachings that Dr. Mines received and adapted from Mary lino Burmeister who, in turn, received them from Jiro Murai. Gratitude and respect are due both of them for their contribution to humanity. The sites referenced are on a map called the Sacred Sites of the Body. It is provided for your reference. Jin Shin TARA is a Five Element system. The Five Elements of nature support our evolution through all the cycles of life. A practical Five Element chart is also included in this handbook.

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For information about TARA Approach programs throughout the world go to www.tara-approach.org.

DEDICATION

This book is dedicated to all the men and women who are willing to embrace change in their majestic senior years. Research by end-of-life, palliative and hospice caregivers documents that two of the most often expressed regrets of the dying are: "I wish I had the courage to live a life true to myself rather than the life others expected of me;" and "I wish I had the courage to express my feelings." This handbook guides you to do both of these things now so you will be free of these regrets. It is never too late to be who you really are.

Stephanie Mines, Ph.D.

INTRODUCTION

"The moment you change your perception is the moment you rewrite the chemistry of your body."

– Bruce Lipton, Ph.D –

Your senior years are glorious. You can step into elderhood with grace, vitality, dignity and beauty. You do not need wealth, surgery, expensive products or an extreme make-over. You do need self-love, self-trust, self-responsiveness, personal time, faith, and a determination to focus on and prioritize yourself.

Without air-brushing or false optimism you can step into the authentic wisdom cycle intended for the crowning third of life. Regardless of what occurred earlier for you in your personal history or what your financial resources are now, regardless of your relationship status or your weight, this is the perfect time to harvest the treasures imparted to you from the moment you were conceived and to inhabit your life's deepest purpose with joy.

All you need are:

- ❖ The inner language that will turn your creative neurochemistry ON;
- ❖ Exercises that you undertake in the privacy of your own time and space to build your resilience;
- ❖ Regular practices to enhance creativity, including journaling, art and movement that dynamically awaken your innate personal power;
- ❖ Simple hands-on energy medicine techniques that will stimulate and sustain neurological, psychological, structural and even facial resiliency;
- ❖ Relational cues to avoid and defuse negativity and useless interactional patterns; and
- ❖ Enduring self-love and self-respect that is the treasure of your lifetime.

In order to use the energy medicine practices recommended here, consult the map of these areas that is included. If you would like additional training in these practices go to www.tara-approach.org.

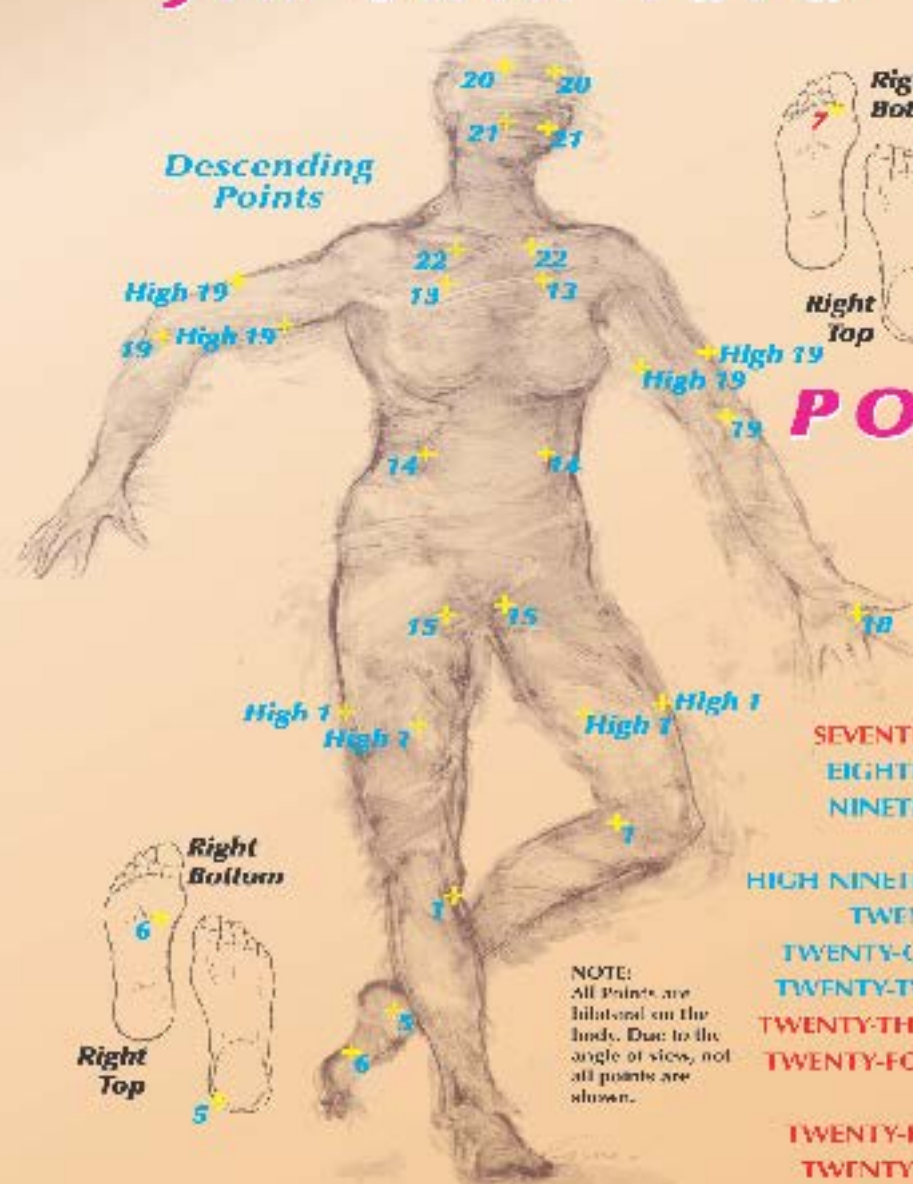
I decided to write this book because I want to shout from the rooftops that we are being misled about our senior years. This is a time of ripening and celebration. I have never felt as alive as I do in my seventies. In this book I will share everything I can name that has given me

the power to be ecstatic in my elderhood. Reap the benefits of your freedom, sensuality and intelligence now. You have earned it. If you are asking, "How?" the answer can be summed up in one word:

Resilience.

- ONE**—Awakening -Walk Your Talk
- HIGH ONE**—The Mover's Support -Confident Legs
- TWO**—Wisdom -Soft Focus Is True Seeing
- THREE**—Release and Receive -Breathing From An Open Back
- FOUR**—Clear Consciousness -Shamanic Gateway
- FIVE**—Fearless -Self Support
- SIX**—Balance -Androgyny -Center of Compassion
- SEVEN**—Peace -Death and Rebirth
- EIGHT**—Alchemy -Clarity
- LOW EIGHT**—The Dispeller -The Purgative
- NINE**—Transition -Anger Makes Space For Itself
- TEN**—Transformation -Your Voice Tells Your Story
- ELEVEN**—Unloading -Coming Out of Co-dependency
- TWELVE**—Surrender -Acceptance of Body Truth
- THIRTEEN**—The Mother -The Calm In The Storm
- FOURTEEN**—The Sustainer -Nourishment and Assimilation
- FIFTEEN**—Wash Your Heart With Laughter -Joy In Everything
- SIXTEEN**—The Foundation -Muscular Joy

Jin Shin Tara



Descending Points



Right Bottom

Right Top

NOTE:
If you cannot reach points 9 and 10, hold HIGH 19.

POINTS/AREAS

TARA

TOOLS FOR AWAKENING
RESOURCES FOR AWARENESS

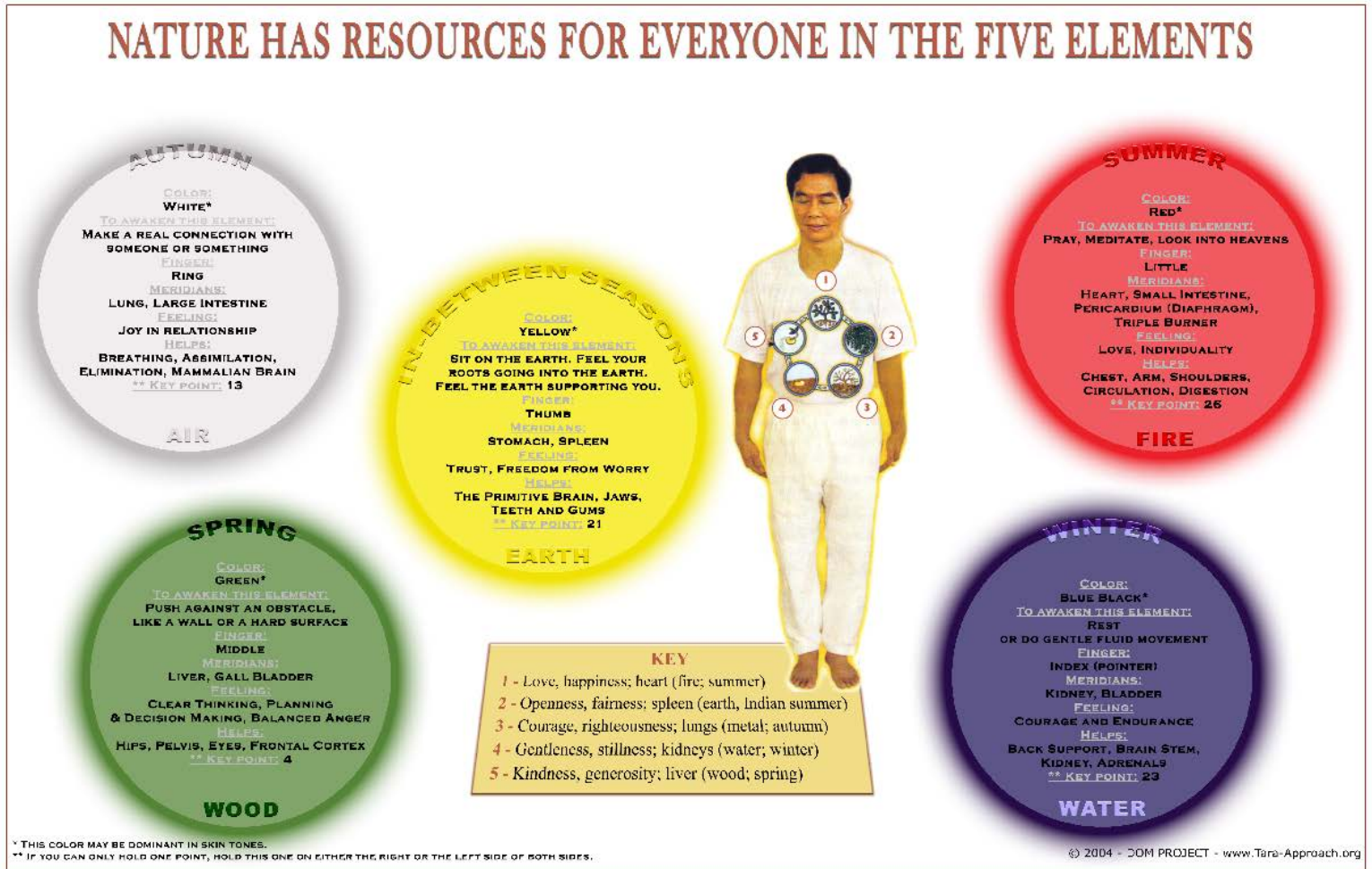
- SEVENTEEN**—The Connector -Nervous System Healer
- EIGHTEEN**—The Pathmaker -Walking on Your Path
- NINETEEN**—Being in the Center of Your Own Life -Good Boundaries
- HIGH NINETEEN**—Selfhood -Really Good Boundaries
- TWENTY**—Conscious Awakening -Allowing Intuition
- TWENTY-ONE**—True Security -Freedom From Worry
- TWENTY-TWO**—Adaptation -Wholeness In The Moment
- TWENTY-THREE**—Destiny -the energy Underneath Anxiety
- TWENTY-FOUR**—Peacemaker, Relationship Counselor -No More Jealousy
- TWENTY-FIVE**—Regeneration -Reserve Energy
- TWENTY-SIX**—Completion -Self Love

NOTE:
All Points are bilateral on the body. Due to the angle of view, not all points are shown.

OF TRANSFORMATION

FIVE ELEMENTS CHART

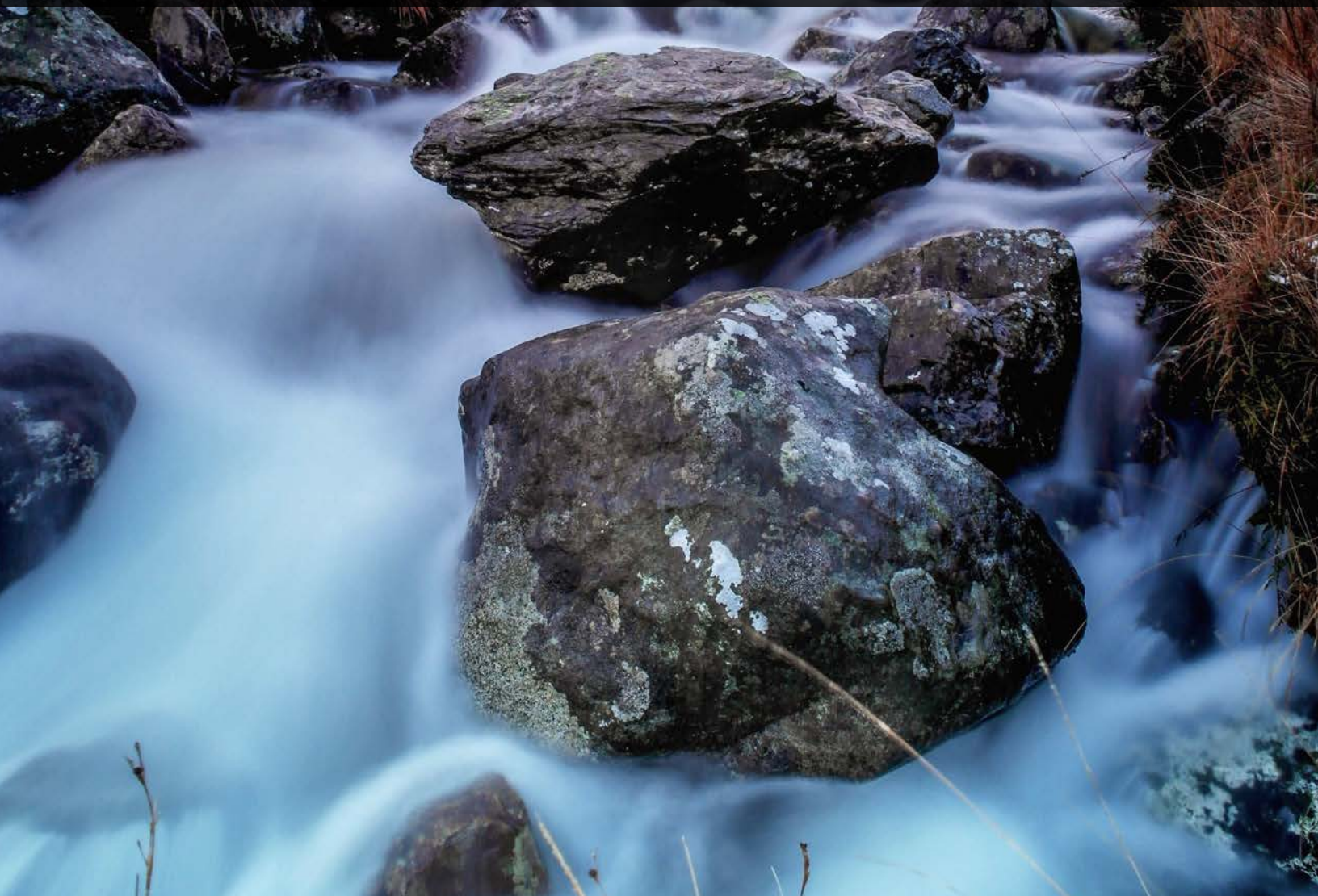
NATURE HAS RESOURCES FOR EVERYONE IN THE FIVE ELEMENTS





CHAPTER I

RESILIENCE



RESILIENCE IS YOURS

The word that spawns exquisite aging is resilience. Resilience, like all the other simple miracles in this book, is completely free. It is nature's gift to you. You can have resilient skin, resilient muscles, resilient emotions, a resilient nervous system and a resilient immune system. Resilience is the birthright that you must claim actively in your elderhood. This book shows you how.



I do not believe that people should pay exorbitant amounts of money for health, beauty, exercise or joy. You can have bountiful creativity, complete wellbeing, satisfying relationships, and regenerating rest at no charge. In fact, none of these can be purchased despite the fact that the media tries to sell the appearance of all of them. This book contains resources to invoke resilience and true beauty. These resources can be used at home or wherever you are in your exciting elderhood and for the rest of your blessed life. We are meant to age into vital, radiant mentors for those who will follow us. I am resurrecting the culture of this transmission here.

Resilience means elasticity, buoyancy, recovery, flexibility and pliancy. Even if your life has been difficult and you work hard every day, feeling burdened by hardships and struggle, you can find the seed of resiliency in you and nourish it. The requirement is that you prioritize yourself daily. You will need to focus time every day on taking care of yourself at every level and fueling your motivation. Committing a minimum of thirty minutes each day to being present to yourself without distraction will enhance your resiliency exponentially.

Many of us entering or living in the Third Act were raised on a philosophy of minimizing personal needs. We were taught to focus on earning money and that implied putting emotional expression and creativity aside. We were trained to be functional, often so that others could succeed. Making essential self a priority and emphasizing what makes us feel expansive, whole and healthy was considered self-indulgent and irresponsible. The truth, however, is that success comes from living from the core of your being with joyous confidence. This is the route to resilience.

In order to open the floodgates of resiliency we may have to identify how we have kept them locked. If you notice, for instance, that you are saying the same thing you always say about anything, stop! Go in another direction, even if that direction is silence. There is enormous resilience in reflective silence.

Everything you can do to lessen and eliminate stubbornness, habituation, repetition, compression and rigidity will promote resilience. Here are some exercises to inject resilience into your interactions with others.

RELATIONAL T'AI CHI

Identify an argument or conversation you have that is repetitive. It can be with a partner, a friend, a family member, a co-worker or an employer, or anyone you know. Isolate your own repetitive statements. For instance, I would always ask my husband, "Why do you leave the cabinet doors open? Why can't you close them?" He would always reply, "Because I am just going to open them again." This was completely predictable but I used to continue to ask my why questions until I made a commitment to resilience. Then I found new options for this very old, boring conversation and we never had to have it again!

This moment of awareness became a touchstone for the simplicity of resilience. First, I stopped seeing this situation as a test of caring. Second, I released my partner from an obligation to please me. Thirdly, I closed the cabinet doors.

FIVE STEPS TO RELATIONAL RESILIENCE

- #1. Create an alternate response for yourself to your repetitive statements in the boring conversations you have identified. Then create yet another alternate response in each case. See how many options there are and reflect on how these other options might shift the trend of the repetitive dialogue. Look only at your contribution. You are not demanding anything of anyone else.
- #2. Review your original repetitive statement as if you were a neutral observer or a compassionate witness. From that standpoint, contemplate what you are really asking for or looking for in your repetitive statement. What need lies under the surface of your comments? Then, be generous and give yourself what you really want by saying it or doing it, without expecting others to answer that need for you. Using my example of asking my husband why he did not close the cabinets, let me demonstrate how I got myself out of the trap of rigidity, I was asking him to respect my need for order. So I decided to respect my need for order. When I saw an open cabinet, I just closed it. I honored my internal need without demanding that someone else do the same. Life became simpler and more enjoyable as a result. I am sure you have heard that the definition of insanity is doing the same thing over and over and expecting a different result. Insanity and rigidity are synonymous.

- #3. Draw a picture, abstract or realistic, of the energetic dynamics in the repetitive situation you have identified. Then draw a picture of the energetic dynamics you would prefer to experience. Soak up the dynamics you prefer. Crumple and discard the dynamics that go nowhere. Give yourself what you are looking for in others and free yourself of habituated insanity. Becoming non-linear and kinesthetic is on the path of resilience.
- #4. Move your body in a way that expresses the repetitive dynamics that anger and frustrate you. Next move in the way that expresses the feeling of having new options. Which feels better? Choose that movement for your life! Make a commitment to yourself to let go of useless, unproductive repetition.
- #5. Post your commitments to resilience somewhere that will repeatedly catch your attention. Find symbols of resilience and wear them, paint them, write them, be them, emanate them, embody them. Each time you revisit your commitment to resilience and share it with others you re-enforce it as fuel to move you in a new direction. An example of a commitment to resilience could be: I give myself permission to discover something new about myself and enjoy it.

EVERYONE IS BORN WITH RESILIENCE

Consider the resilience required of a baby traveling down the birth canal. Even if you were not born vaginally, birth still requires enormous resilience from you. Profound resilience is essential now to manifest your life and purpose just as it was for your birth. You demonstrated that you could do that when you were born. so resilience is innate to you. Even if it seems to you that you might have lost the resilience of your younger years, remember that the muscle memory is still there. It is never lost. You can regenerate your resilience using the tools in this book. If you are mindful and focused on the goal of resilience nothing can stop you from experiencing it.

Visualize yourself as resilient. Once you see yourself as resilient, buoyant, flexible and spontaneously joyful and creative you are already manufacturing the neurohormones that turn on resilience in your mind-body. Resilience is your glucosamine, your elastin, your collagen and your chondroitin. It is available, free of charge, in the pharmacy of your own body.

RESILIENCE IN YOUR FACE #1:

Facial rigidity suggests internal holding, stubbornness, a need to control and a lack of flexibility. What if you looked at your face in the mirror and saw openness, receptivity,

availability and relaxed, present attention? If you look in the mirror and what is reflected back to you is vitality, flexibility and resilience, you inspire yourself!

The facial releases that follow invite resilience into your facial structures. They bring youthful elasticity to your skin, along with a heightened blood flow that enhances facial coloration without make- up. You do not have to pay big bucks for an expensive European facial, even though that feels lovely. You can provide the benefits of facial toning with your own hands in just a few minutes. This will give you enduring results because you continue the treatment whenever and wherever you choose.



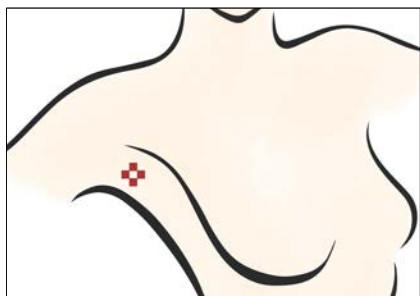
If you would like more specific guidelines for this release, here they are. Whether you do the release with the general orientation or with attention to detail, it still works. Starting from #21, with the fingers pressed in slightly under the cheekbone, wait for a sense of balanced pulsation. Then slowly slide your fingers down until they rest just above your upper gum line. Press in slightly and wait again for a pulsation that is equal on both the right and left sides. Then slide your fingers down until they rest in the area just above your lower gum line.

Follow the same procedure here. This process will stimulate elasticity in your skin and awaken expressiveness in your face.

RESILIENT COMMITMENT/RESILIENT FOCUS – FACIAL RELEASE #2:

Contrary to popular opinion, focus and commitment are relaxed and not controlled. In writing this handbook, for example, I have chosen the path of resilient commitment and focus. The ideas for writing this book arose organically and spontaneously and I flowed with them. My rational mind said it was too big an undertaking and that I did not have the time or space for it. Yet this book had a voice of its own and that voice insisted itself so that I could not turn away unless I shut down my intuition and my guidance. Once I responded to the call resilience was my ally in directing my focus and commitment. My creativity became my anchor as I flowed like a dancer with the choreography of this book. I bent my will to this project, trusting that I was led by good and by God and that, therefore, my fluid creativity would be channeled where it was needed. This is the way of resilience.

Softening your face allows you to soften your mind. Surgical and chemical procedures tighten the skin to improve appearance, but the self-care I recommend here promotes elasticity through decompression. In Facial Release #1, Sacred Site #21 awakens clarity of mind. As we sweep across the lower face we flow with that clarity, letting go. Letting go is a process of expansion, lightening you and allowing you to effortlessly detach from unnecessary distractions. This is the true path of focus and commitment. You can further soften your facial muscles and heighten your clarity of mind by holding a point between your upper lip and your nose, right in the center of the valley above your lips. Just holding this point will give you focus while your face relaxes. You can hold it any time that you feel distracted or confused.



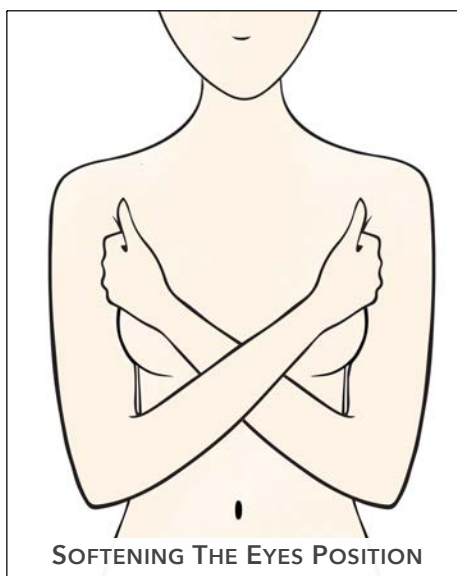
SOFTENING THE EYES – PART ONE:

You can further enhance clarity and focus in a similar way by softening the eyes. This will heighten your vision, allowing you to see your truth more easily. Soft focus is true vision.

Cross your arms in front of your chest and place your thumbs in the center of your opposite arm pits. You can bring some

pressure to this contact. If there is discomfort, breathe into it because you are releasing the tension in your eye muscles. As you feel the “good hurt” gently shut your eyes and let yourself breathe deeply, from the belly, to allow the release to do its magic within the ocular vault that holds your precious orbs of vision. You can remain resting with your hands this way and your eyes closed for as long as you like. Breathe deeply. Focus on the inhalation. Let yourself receive the Breath of Life.

This release can be done in any position. You can be laying down, sitting or standing. The beauty of the resources in this handbook is that they go with you. You do not have to go anywhere to get them. They are already yours.



SOFTENING THE EYES – PART TWO:

If you are comfortable in a cross-legged position, sit that way. If you are more comfortable in a chair you will need to bend over slightly for this exercise. You can also lie down with bent knees, bringing your ankles within easy reach of your hands. Bring your fingertips to the outside of your ankles, close to your heels. Hold both sides. Just allow your fingertips to fall



naturally and touch into the area on the outside of your ankles (Site #16). This area on the outside of your ankles softens your eye muscles. If you feel any discomfort when you touch there that is because there is tension in those muscles. This will fade quickly as you continue to hold. Close your eyes and focus on your breath. . When you are ready, open your eyes. Notice the difference in how they feel.

DAILY PRACTICES TO CULTIVATE RESILIENCE

These practices promote overall resilience. They will fill you with vitality, enthusiasm, curiosity and health. Your face, your eyes and your mind will thank you.

PALM INJU: Place your hands together in front of the center of your chest in the position of prayer. Sit up as straight and tall as you can and feel your midline. You are aligned with the Divine.



PALM INJU



MAKING SPACE FOR YOURSELF:

Begin this movement in standing and raise your arms above your head, turning the palms of your hands outward. Using a pushing motion that emanates from the center of the palms of your hands, move your arms and hands on either side slow down as if pressing away a barrier. You are proactively shaping a space that is inviolable, yours alone. No one can intrude and take away this space.

SELF LOVE:

Wrap your arms around yourself, letting your fingertips fall just outside your armpits (Site #26) and close your eyes and inhale. Receive the Breath of Life. Accept yourself totally in this moment as you are. You are filled with love. You are centered, unpressured. Keep focusing on receiving the Breath of Life by inhaling fully. Feel the power in your cells, your bones, your blood and your brain. You are a powerhouse of intentional wisdom, a unique and exquisite elder guide with a place of value in this world.

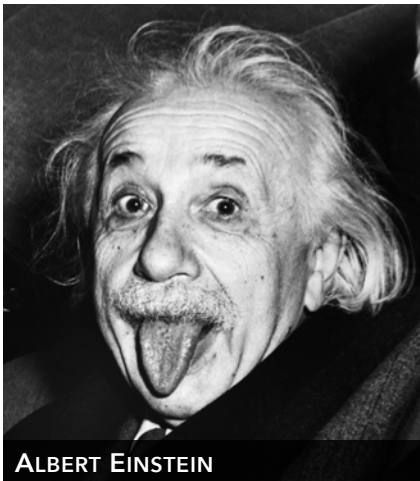


Even though the media is dominated by images of taut, wrinkle-free young people, I do not feel deficient. I have never felt as alive with creativity and intelligence as I do now. I am literally overflowing with energy. Ideas excite me. The world excites me. I am radiant with mature insights and a brilliant comprehension of who I am and my place here. I honor and respect the intelligence I have. My memory is sharp. I attribute this state to the use of the resources I share with you in this book and that I practice daily like Palm Inju and holding Sacred Site #26.



CHAPTER II

INDIVIDUATION AND MOTIVATION



All the years that I have spent exploring who I really am and differentiating myself from the generations of suffering in my lineage have paid off. I have enormous empathy and compassion for others, but it is not what is referred to as "idiot compassion," which is feeling sorry for others. I don't have to rescue or fix. I know that when I am called upon to serve I will do so with all my heart and soul. I also know that I am not alone in my service or in any of my endeavors wherever I am and whoever I am with. I am guided and accompanied spiritually and unconditionally. There is no doubt about this. The evidence is with every breath I take.

How did this happen? What resources did I use in order to find this level of individuation?

In addition to practicing self-care applied touch using Jin Shin TARA and the TARA Approach, I do the following on a daily basis:

- **Journal;**
- **Claim my space; and**
- **Move in my space, wherever it is.**

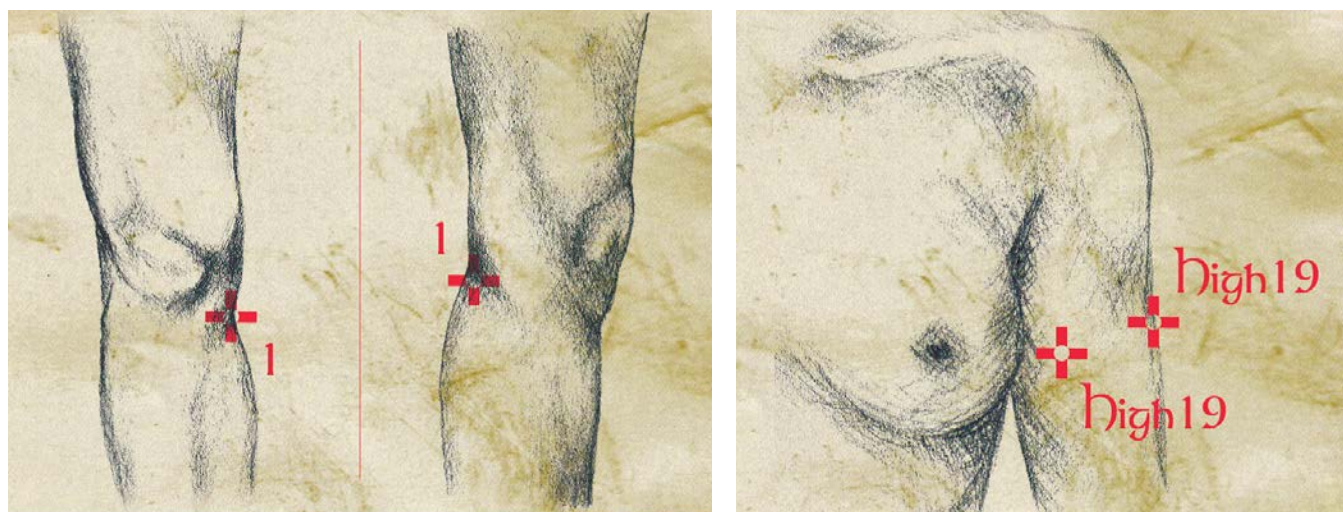
I write in my journal daily to speak without restraint. Journaling allows me to sort out my impressions and to be completely honest about my experiences. For me journaling is also an opportunity to enhance my writing skills. On the pages of my journal I explore all the nuances of my life without restriction. My journal is a generous and forgiving playing field on which I can do no wrong. Writing in it allows me to feel free and accepted. These are the conditions that nourish development at any age. If you did not have them when you were growing up you can claim them right now with your journal.

Claiming my space means that I give myself the right to have a place in the world and to fully occupy it, whether at home, in a group, speaking to an audience, or attending a course. In that space I always have the gift of movement. This means that I can determine where to be, move freely to be comfortable and to express myself, and vitalize my body with, for instance, yoga or dance, wherever and whenever that is possible and appropriate. In my own room, either at home or when traveling, I include movement as a daily sacrament.



Listen to yourself. Re-read your journal entries and you will never complain that you are not heard. Respect your own voice. If you notice that you are repeating yourself in your writing, take heed. What are you telling yourself about what needs to change in your life? Be compassionate. Do not criticize yourself. Find a way to be pro-active on your own behalf. This is the way out of denial and avoidance.

Use the applied touch practices of self-love (holding Sacred Site #26), setting boundaries (holding Sacred Sites High 19 or #19) and moving forward (holding Sacred Site #1) that are contained in this handbook.



MOTIVATION FOR OVERCOMING RESISTANCE

Most, if not all resistance was constituted long ago to address threats that no longer exist in the present. These strategies required innate, brilliant creativity. You can resurrect that wellspring of resilient creativity and distinguish it from the historical circumstances of threat. Consciously differentiating the past from the present is the first step to transforming your resistance into action and claiming your unique creativity.

Stella's story tells it all. She was born into a conservative family and was very closely allied with her mother who struggled to live alongside her moody, withdrawn husband. Stella learned as a small child, even before she could speak, that she had to provide comfort for her distressed and overburdened mother. Indeed her mother valued her for her capacity to do this and frequently told her so, saying that little Stella was her only comfort.

Before she knew it Stella was completely identified with the personality of the one who provides comfort for others. Her wilder, creative instincts had to be contained to sustain this identity. As she grew into womanhood her romantic relationships enforced this persona. She

was always someone else's resource. It wasn't until her children were grown that the feeling of being trapped and unable to spread her wings overcame her. She felt horribly stuck in the very patterns she had established to survive, and now everyone else relied on her to continue to be the same. Or so she thought. Stella was frightened of breaking free but she was suffocating in her entrapment. She needed motivation to dare to remember who she really was, before the burdens of over-responsibility had fallen on her shoulders.

These are some of the exercises I shared with Stella to help her get her groove back.

MOTIVATION IS DERAILED BY RESENTMENT

If you have become someone who puts their impulses, needs, expression and creativity aside in order to support others, like Stella, then you have likely accumulated resentment. If you would like to get out of this trap you will have to clear resentment out of your body, like clearing the clutter from your closet. This was Stella's first task. The second was to not take on further resentment.

Stella was not interested in blaming. She was ready to take personal responsibility and unburden herself of resentment. My energy medicine teacher, Mary lino Burmeister, said that resentment locks the back door to the heart so that love cannot move through the body and be received. This sometimes also causes real distress in the upper back area between the shoulder blades. Stella had that discomfort and it sometimes kept her from sleeping at night. When this portal is shut it prohibits both motivation and inspiration.

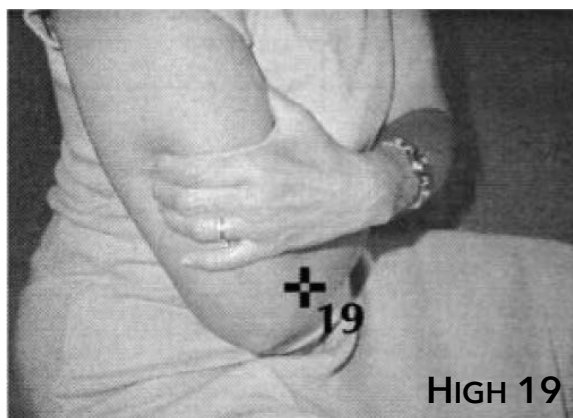
From the standpoint of Five Element Theory, an ancient nature based system that informs the applied touch of the TARA Approach, resentment is associated with the Wood Element that rules the nighttime. When the Wood Element that rules the nighttime and the feelings we push below the surface that arise in dreams. When the Wood Element is disharmonized one cannot move forward. We had to clear the logjam of old, rotten wood to allow the flow of Stella's resiliency.

Sometimes it is necessary to name the historical conditions that created resentment. This can help reveal the origins of patterns that have repeated, as if they had a life of their own. When Stella did this by identifying the dynamics that led to her role in her family, it was liberating. She was able to take responsibility for how she had perpetuated this pattern in her adult life. This empowered her to step into the present. She had nothing but compassion for the little girl who simply wanted to be loved. She was mature enough now to forgive both her mother and her father for their inability to attune to her and take that inappropriate burden off her young shoulders. She took it off herself. She used journaling, art and energy medicine to

free herself and claim the life she wanted to live, here and now.

Her favorite energy medicine self-care treatment was holding the sites on the body that are called "the bodyguard" because they establish the felt sense of boundaries and halt, immediately, the tendency to take on what will later cause resentment. These are Sacred Sites #19 and High 19. They impart the capacity to say "No" definitively.

When you say "No" to putting the needs of others before your own, or to collapsing in the face of authority, you say "Yes" to yourself.



THE MOTIVATIONAL RECIPE

Think of MOTIVATION as A COMPASS.

MOTIVATION is the force that dispels distraction. It keeps you moving in the direction in which you want to go. Motivation does not allow us to be distracted by the needs of others. It arises and is unstoppable when you are aligned with your purpose.

USING SUBTLE ENERGY MEDICINE TO INSTILL MOTIVATION

To find this alignment use the Main Central Vertical Flow, It is the most potent treatment you will find in this handbook. It can be relied upon to enhance your life. Practiced daily it catalyzes radiance, determination and focus.

MAIN CENTRAL VERTICAL FLOW:

Place your right hand on the crown of your head where it will remain until the end of this sequence.

Place your left hand in the center of your forehead. You can palm the entire area.

Pay attention to your sensation. You may feel a pulse in the palms of both hands and you may notice that it is simply easier to breathe deeply. When the pulses in the palms of both hands are beating together at an even pace or when you feel you are breathing more deeply, move your left hand to the tip of your nose.

When these sites are in harmony (the tip of the nose and the crown of your head) you can then move your left hand to a site between your breasts, in the center of your chest.

When these are in harmony then you can move your left hand to the base of your sternum.

When these sites are in harmony you can then move your left hand to a site about two inches above your belly button.

When this site is balanced with the crown of your head then your left hand can move to your pubic bone.

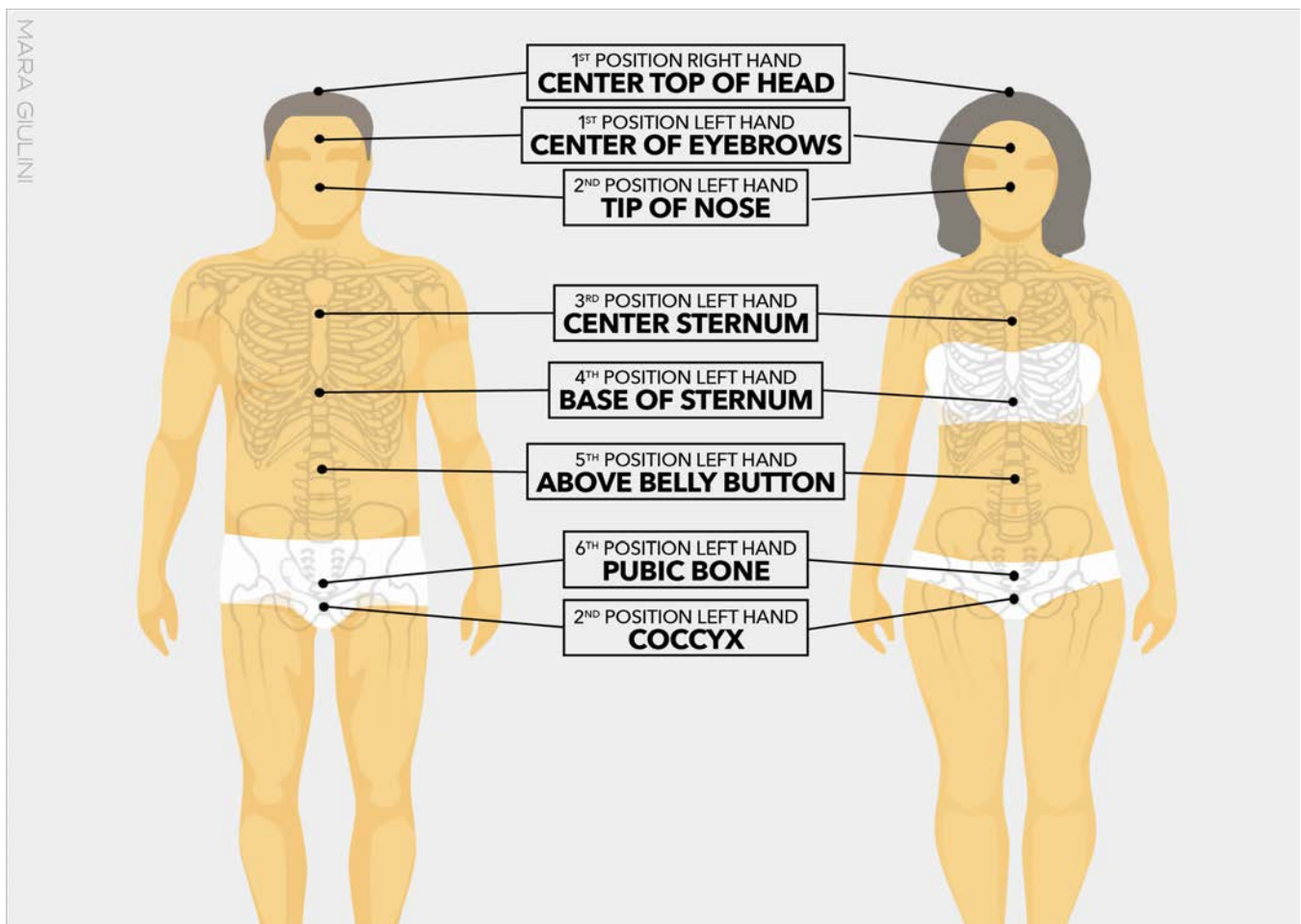
When these sites are balanced you can move your right hand from the crown of your head to your coccyx.

When your pubic bone and your coccyx are balanced you have completed the Main Central Vertical Flow.

The translation from the Japanese of the Main Central Vertical Flow is: ***I AM THE DIVINE PRESENCE IN THE HONORIFIC CENTER OF THE UNIVERSE.***

From this place of centrality there is no doubt that you will find the motivation you need to manifest your essence in the world.

Now ask your original, essential, unburdened self who and what she really wants to do and be. How does she or he want to play in the world? This is your direction. She or he is your compass. Now is a great time to journal what you learn. Dance it. Then, just do it!



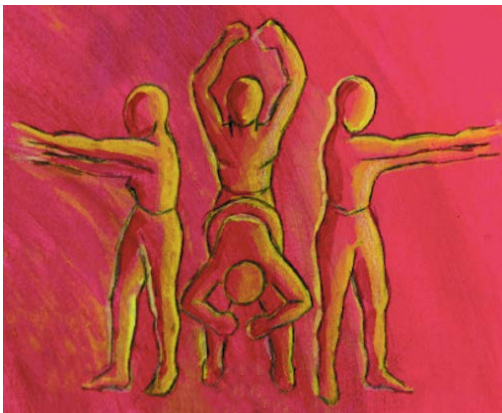
MOVEMENTS FOR MOTIVATION

These movements strengthen your power center and your core. This area of your body, the Third Chakra, is what propels you forward to manifest your purpose in life.



1. LEONARDO DA VINCI

MAKING SPACE FOR YOURSELF.



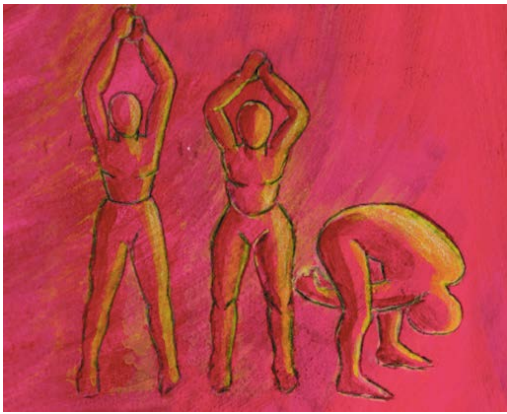
2. THROWING OUT GARBAGE

RAISE YOUR HANDS ABOVE YOUR HEAD AND THEN THRUST THEM DOWNWARD TO COLLECT YOUR GARBAGE. AFTER GATHERING IT UP YOU TOSS IT OUT, FIRST TO THE RIGHT AND THEN, GATHERING IT UP AGAIN, TOSS IT OUT TO THE LEFT. REPEAT AS OFTEN AS NEEDED. FEEL FREE TO MAKE SOUNDS AS YOU THROW OUT YOUR GARBAGE.



3. HEAVEN & EARTH

BEND DOWN TO THE EARTH AND THEN RISE UP SLOWLY. STRETCH ONE ARM UPWARD TO HEAVEN WHILE THE OTHER IS DIRECTED DOWNWARD, PALM FACING THE EARTH. BALANCE ON ONE LEG AND THEN THE OTHER AS YOU CHANGE SIDES, MARCHING AND DANCING TO THE RHYTHM OF YOUR NEW ALIGNMENT.



4. WOOD CHOPPER

RAISE YOUR ARMS ABOVE YOUR HEAD, HANDS JOINED. THRUST DOWNWARD, BETWEEN YOUR LEGS, WITH A SENSE OF CUTTING THROUGH OBSTACLES, LIKE CHOPPING WOOD. YOU CAN MAKE WHATEVER STRONG SOUND YOU LIKE TO SYMBOLIZE THE SENSATION AND POWER OF CUTTING THROUGH.



5. THE VEE

FROM A POSITION OF LYING ON THE EARTH ON YOUR BACK, RAISE YOUR UPPER BODY AND YOUR LEGS, WITH YOUR HANDS MOVING IN THE DIRECTION OF YOUR TOES. LIE DOWN AND REPEAT MULTIPLE TIMES TO STRENGTHEN THE CORE OF YOUR BODY.

MORE WAYS TO AWAKEN MOTIVATION THROUGH CENTRALITY

CENTERED AND ROOTED:

Stand with all four corners of your feet touching the ground. Bend your knees slightly. Close your eyes. Under the mound of the big toes on the sole side of the foot is a bioelectrical field that is called BALANCE. This is Sacred Site #6. This field, which has about a four inch radius, roots you to the earth and simultaneously awakens alignment through your spine.



Visualize this root that is like the root of a tree connecting you from that area in the soles of your feet into the earth beneath the floor you are standing on.

Feel how the back of your head is widening and your spine is lengthening as you find yourself rooted and aligned.

Slowly open your eyes and notice the luscious shifts in your body.

Celebrate your grounded support and let it infuse you with confidence as you move forward.

MOTIVATION LEADS TO PASSIONATE EXPRESSION

AND MANIFESTING YOURSELF IN THE WORLD

I believe that the singular key to my healthy aging and enduring energy is the passionate expression of my essential self in the world. I built my capacity and devotion to this expression out of the compost of the resolution of shock and trauma in my life. The fruits of that investment are paying off now in my seventies. I experience this as a cycle of enlightenment and I only expect it to get better.

The TARA Approach tools I have developed, particularly the Rediscovery™ process which is a template for recovering and repatterning early memory, allowed me to differentiate the past from the present. This process of retrieving implicit memory and seeing how it was shaping my behavior and choices, and then finding new options for problem solving in the present radically shifted my experience. I literally remade myself. My brain bloomed and my body gained in strength, flexibility, resilience and capacity. I felt as if I had found the elixir of life. The Rediscovery and its role in elderhood is discussed later in this handbook.

As a result of this resurgence of energy and intelligence I find myself passionate to bring my message to the world. I have fallen in love with my purpose. This must have been the inspiration that originally led me to incarnate, to overcome the obstacles of my early life, and to persevere in my mission to be here at this time in history. I have no question that everyone can find their own passionate purpose. This is why I am so honored and privileged to bring the tools of the TARA Approach forward, so that others can have a path to self-realization and know the satisfaction of fulfilling their purpose in being. The combined experience of uncovering your reason for embodiment with the use of energy medicine infuses the mind and the body with vital enthusiasm and commitment to life. This is the key to a fully present and engaged longevity, health and preventing illness.

THE ROLE OF FORGIVENESS

If you feel that forgiveness will lighten your burden and thereby increase your motivation by allowing you to move forward with more speed and lightness, the Five Elements of nature can assist you. Here is a simple formula for using the Five Elements to encourage forgiveness to arise naturally.

FORGIVENESS AND THE FIVE ELEMENTS



WITH THANKS TO JIRO MURAL, MARY IINO
BURMEISTER AND HARUKI KATO



OPENING THE HEART: THE FIRE ELEMENT

PALM INJU ~ Bring the palms of the hands together as in prayer, pressing the pads of all the fingers together slightly. Hands can be placed in front of the heart or wherever it is comfortable and appropriate to the circumstances. This inju or mudra puts you in alignment with the Divine Presence in the Honorific Center of the Universe. This is the seat of compassion. HOLDING SITE #26 ON THE LEFT AND



RIGHT SIDES SIMULTANEOUSLY ~ GIVING YOURSELF A HUG ~ Wrap your arms around your chest so that your fingertips reach the outside of your armpits on both sides. This is Sacred Site #26. As you hold in this area allow yourself to receive the breath of life. Focus on the inhale, breathing easily, recognizing that you have to do nothing but receive. This practice allows you to forgive yourself.



MELT YOUR FEAR: THE WATER ELEMENT

When we have resisted forgiveness we fear it as the unknown. Having defended against the softness of forgiveness in order to survive, surrender seems physically impossible. This is the state of "too shocked to forgive." Indeed this is the core of the issue because overwhelming shock hits the kidney-adrenal system first and accumulates there to cause rigidity or the frozen state of fear. In addition, the Water Element rules all the shock absorbers of the body. Compression and contraction that create armoring and a defense against the vulnerability of forgiveness takes its toll on joints, tendons, ligaments and other physiological shock absorbers. To shift energetically in the direction of expansion, use these gentle applied touch interventions.



SHAKE IT OUT ~ The shaking feeling that comes with overload can be sequenced efficiently by holding Sacred Site #26 with the opposite Sacred Site #24. If you hold these sites three times on each side of the body you will return to center.

ADRENAL TONIFICATION ~

To tonify the adrenals and balance years of overload hold the coccyx and the middle Site #13, between the breasts.

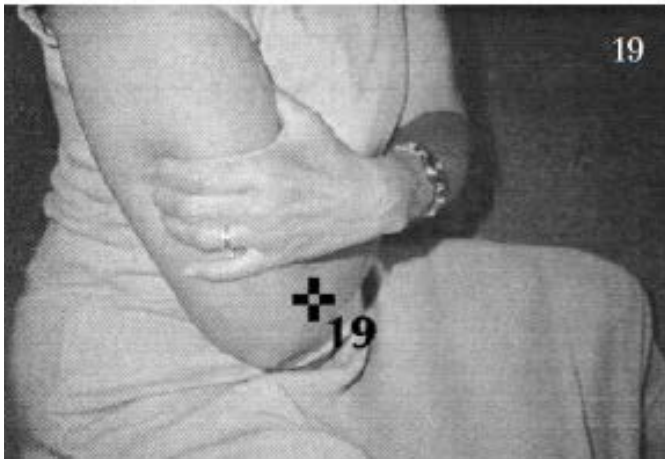


DESTINY ~ If it is comfortable for you, place your hands on Sacred Site #23, which is on the top of the kidneys, where the adrenals sit. Palming these sites will allow them to release the toxicity of overload. Sacred Site #23 is called Destiny. My teacher said that when you relieve the anxiety that overloads Site #23, you are on the path of your destiny. You can use the back of your hands if that is more comfortable.



CHANGING YOUR PERSPECTIVE: THE WOOD ELEMENT

THE DALAI LAMA POSE ~ You will frequently see the Dalai Lama holding these sites: #14 and opposite #19. These are the sites that will allow your mind to come to clarity and focus. Anger is alchemized into awareness, attention, and strategies for moving forward in the interest of humanity. This is also a wonderful detoxifying treatment. Site #14 is at the base of the ribs on the front of the body. Site #19 is in the bend of the elbow. Hold the right #14 with the opposite #19 and then reverse your hands. This is a comfortable and comforting treatment.





JOYOUS RELATIONSHIP TO ALL BEINGS: THE AIR ELEMENT

LETTING GO BY DIFFERENTIATING THE PAST FROM THE PRESENT ~
Relational wounds accumulate and intrude into the present blinding us to compassion. This simple application allows us to be here now and release the way others have hurt us, even excruciatingly, in the past.

Hold Site #22 with Site #14 on the same side. Site #22 is called Contentment; it is also called The Wings of the Heart. It is the site that brings us into the moment so it is a good one to hold for jet lag! It erases time delay of any kind. When you hold this with Site #14 you are assimilating this transformation and releasing the old anger that may intrude upon your generosity. Hold both sides.





FORGIVENESS IS COMMON SENSE: THE EARTH ELEMENT

The Earth Element keeps us simple by connecting us through our feet to Mother Earth. This is where common sense comes from but sadly it has become uncommon. When we are somatically rooted in the Earth then forgiveness arises into us through those roots. To awaken these possibilities stand on the earth and feel Sacred Site #6.



BALANCE ~ Sacred Site #6 is under the mound of the big toe on the sole side of the foot. Stand on the Earth and visualize that place. You can do this even if you are standing on cement, on a platform, on a stage, or are in an airplane. The Earth is the gravity that keeps us rooted. Allow Mother Earth to touch that site which is called **BALANCE**. Feel your spine adjust. Sacred Site #6

is also called The Chiropractor. If you are sitting down or lying down you can touch Sacred Site #6 with one hand and hold the little toe on the same foot with the other hand. This simple routine will strengthen the Earth Element. **FACIAL DECOMPRESSION** ~ Another site for awakening the uncommon common sense of forgiveness through the Earth Element is #21. This site is just under the cheekbone, close to the sinus, on the face. As your facial muscles relax it is easier to connect to the earth.



INTEGRATION ~ RETURN TO CENTER WITH PALM INJU

After treating yourself for any or all of the elements it is a soothing closure to return to Palm Inju to integrate the way in which you have energetically reorganized. Daily practice is cumulative in restoring equilibrium or homeostasis to a nervous system that has been fragmented. The soothing, comforting rhythms and internal attunement of this practice over time makes it your friend and ally on the path of transformative healing.





CHAPTER III

PREVENTING ILLNESS

As wise elders we have the capacity to truly understand and respect the complexity of the human body. It is through this understanding that we teach ourselves how to prevent the debilitating illnesses that so many associate with seniority. These conditions revolve around common labels like cancer, arthritis, heart conditions, senility and immobility. Living in vital selfhood evokes resiliency and it also leads us to make the food and exercise choices that create an internal environment that is disease resistant. This environment could be described as anti-inflammatory.



THE TARA APPROACH TO AN ANTI-INFLAMMATORY ENVIRONMENT

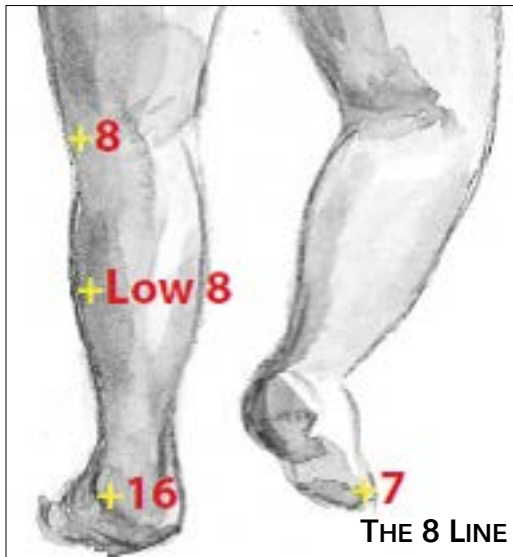
Mary lino Burmeister, who taught me Jin Shin, equated inflammation with what she called "accumulation." She was referring to how we keep adding things to our lives without letting go of anything. If you reflect on how this might impact the joints of the human body (adding stress to them without ever or rarely relieving that stress), you see a recipe for limitation, lack of resiliency and a tendency toward inflammation. Diet contributes enormously to inflammatory conditions. This handbook focuses on the attitudinal and self-care characteristics of an anti-inflammatory environment. These have to be coupled with other lifestyle changes that will become attractive to you as you enjoy your resiliency more and more. I am not going to recommend specific diets or exercise regimes because that is not my area of expertise, but also because I know you will find what suits you best as you continue this rite of passage.

The joints of the body are its shock absorbers. An accumulation of unresolved trauma leads to a burden on the joints that can be dispelled. All the exercises in this book plus the changes that evolve organically for you in what you eat, drink and do will change your shock absorbers and add renewed buoyancy and ease to your movement.

SIMPLE ANTI-INFLAMMATION SELF CARE: NO HOARDING

The key to an anti-inflammatory environment is not holding on to anything and letting go. But what if something, like a habit or a memory, seems to stick to you? We want to let go of it but "it" seems to stick to us! How do we peel off what feels like it is attached to us with crazy glue and keeps us stuck? There are two sites on the Jin Shin TARA map are your allies. One is called **ALCHEMY** (Sacred Site #8) and the other is called **ELIMINATION** (Sacred Site #2).

ALCHEMY



From a comfortable seated posture, whether on the floor or in a chair, find Sacred Site #8. It is located on the outside of your leg, behind your knee. Locate the site on both the left and right sides simultaneously so that both can be released. It is fine, however, if you would like to release one side at a time. That may be more comfortable for you.

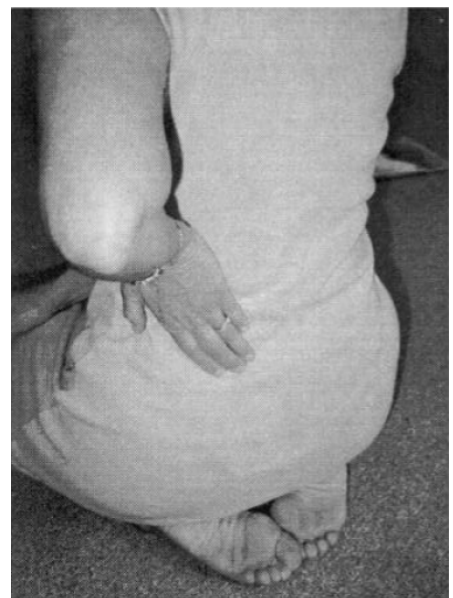
This site may be tender to the touch. Follow the outside or lateral aspect of your lower leg to the ankle joint. Pause whenever you feel resistance such as hardness or tightness in the fascia (connective tissue) or if you experience discomfort. Wait until the resistance lessens

or disappears. This path is called the "8 Line." It is the fascial pathway of letting go. As you contact it, you invigorate the bioelectric mind-body channels that promote transforming whatever is toxic, accumulated and unnecessary into more productive, forward moving energy. When you reach the outside of your ankle (Sacred Site #16) you have completed your alchemical journey.

You can, if you like, visualize what you want to alchemize, as you do this. See the alchemical process in action and write in your journal to describe it.

ELIMINATION

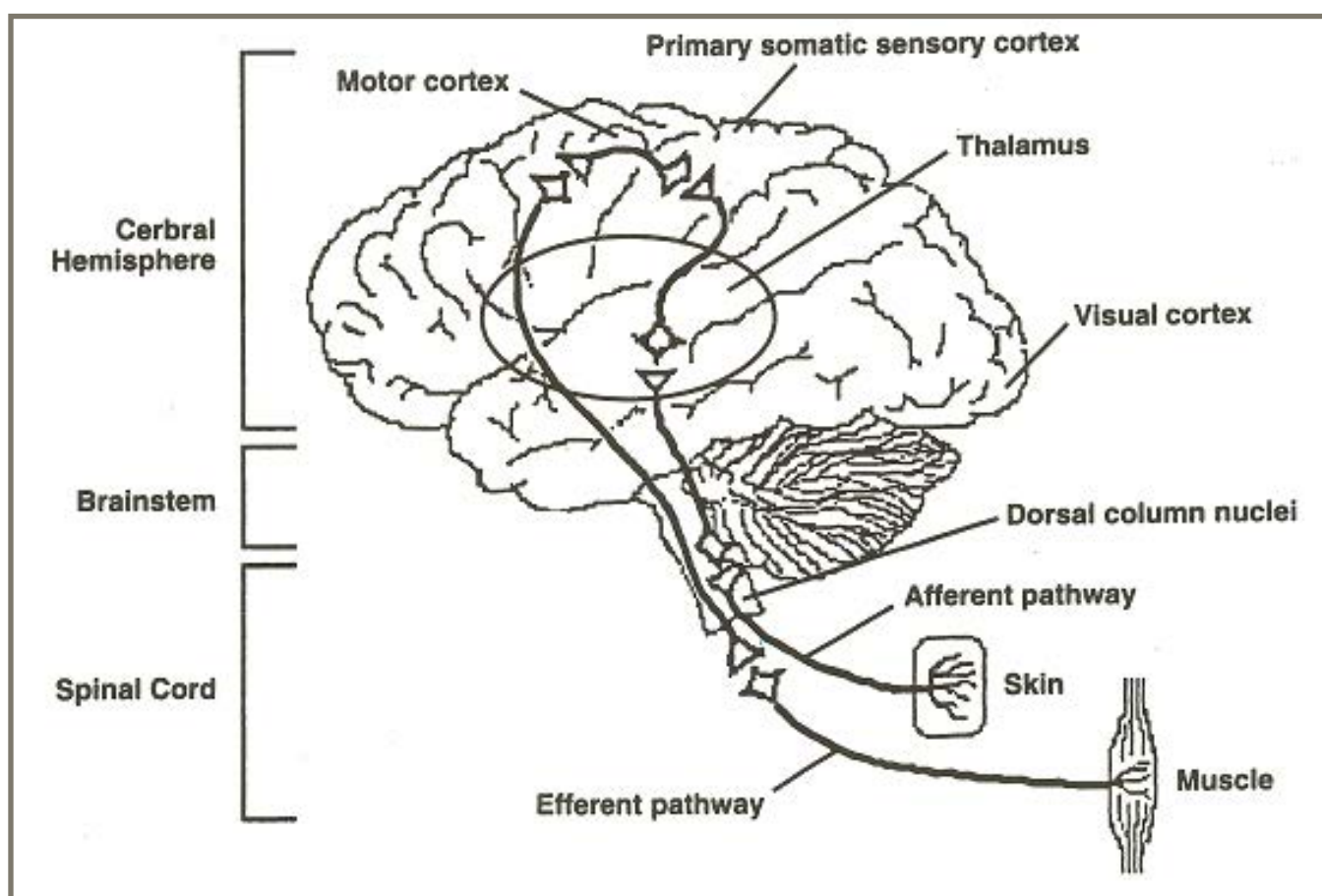
Now rest your hands on your lower back, right on the iliac crest. This is Sacred Site #2. You can allow the palm of your hand to rest generally in that area, or if you are more comfortable using the back of your hand that is fine. You can hold one side at a time or both sides simultaneously. Just let your hands rest on this area and you may feel a pulsing start to rise up into them. Wait until this pulsing is balanced and occurring at a steady, calm rhythm, with both sides in harmony with each other if you are holding the right and left together. If you are holding one side at a time wait for the pulse to be full and resonant. Whatever that mysterious sticky quality was that you felt you could not change, it is now being composted into new energy for you.



Feel the lightness and ease that comes with trusting that your body can take care of itself when you support it to do so. Recognize the new liberated state and acknowledge it as validation that it is OK to let go. This would be a good time to journal or perhaps engage in spontaneous movement, or both, to recognize the shift in your energy and state of being. Become self-validating in these subtle changes that mark the rites of passage that you are designing for this cycle of your existence, the cycle of fruition.

HOW DOES ENERGY MEDICINE WORK?

What is happening as you hold these sites that produce such remarkable changes, even though the experience can be subtle? Your touch is generating a bioelectrical charge that reorganizes your energetic field, stimulating sensations that travel through your spinal column and into your brain. You are the vehicle of change through your touch. Because you are treating yourself you feel completely safe. Safety increases your receptivity to new thoughts, ideas, feelings, choices, behaviors and movements. With every touch you are accepting the invitation to be resilient.



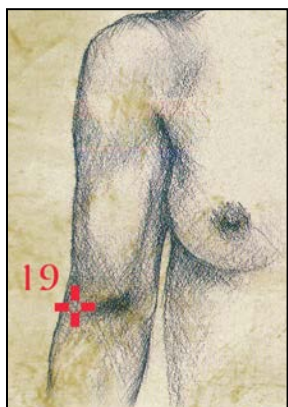
AFFERENT-EFFERENT NERVOUS SYSTEM

Your mind and your body are a complex network of connections. The communications from the different parts of your being long to be fluid and interactive. Every part of you wants to be engaged with the rest of you so that there is no fragmentation or disconnection. No part of you wants to be isolated and lonely, desperate or combative. Treating yourself with energy medicine enhances a hundredfold your integrative experience and the possibilities for dialogue between every aspect of your brain, your body and your experience. You are weaving yourself together. This is a necessity for those of us in the Third Act of our lives, the Ripening Years, when there is so much wisdom to assimilate.

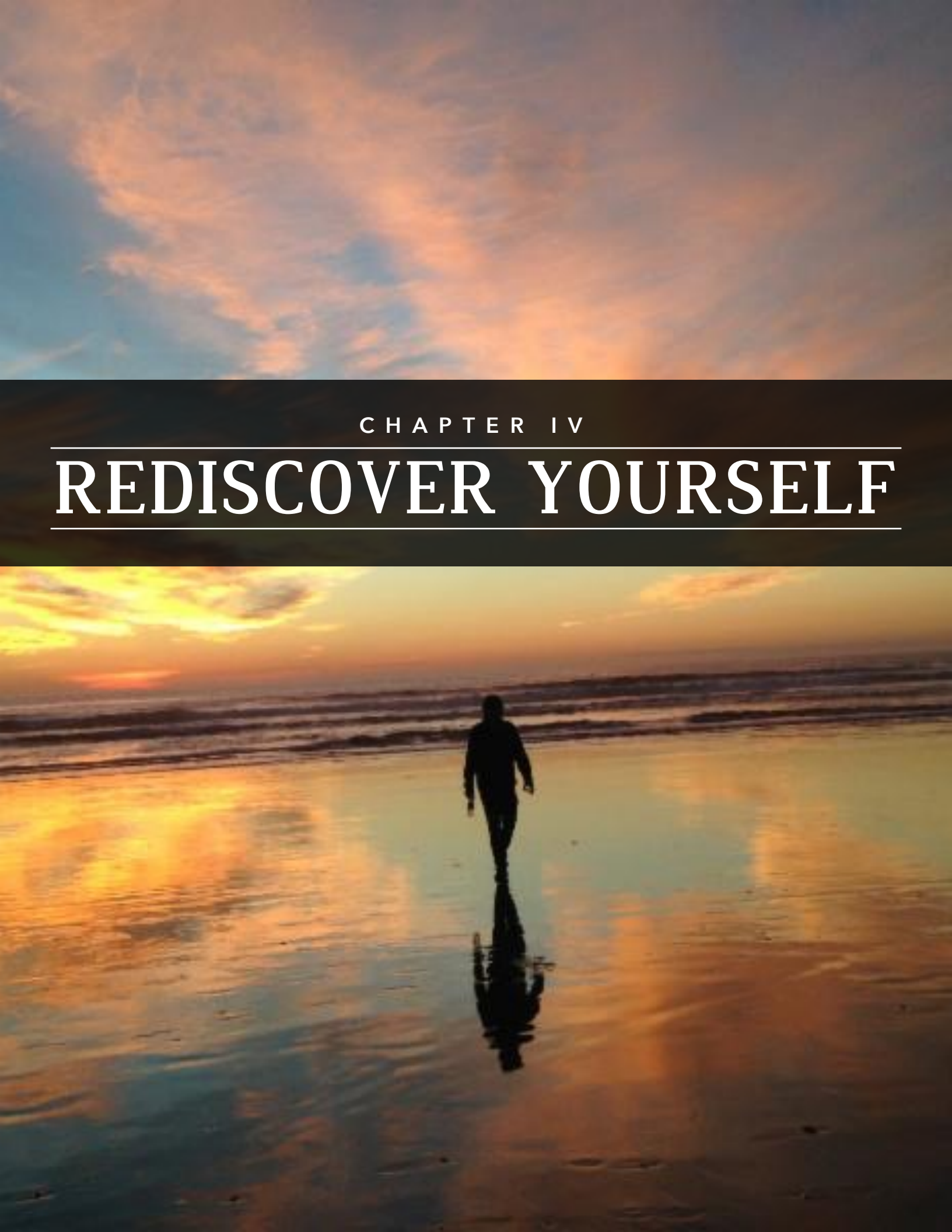
ASSIMILATION IS ANTI-INFLAMMATORY

Assimilation, in fact, is another aspect of the anti-inflammatory environment. Jin Shin TARA, the applied touch component of the TARA Approach offers you these simple assimilative recipes to incorporate the teachings of your years and discard the unnecessary remnants of disappointment, resentment, regret or yearning for what did not happen. Assimilation makes use of what is. Here is how you can generate it.

Sacred Site #14 is called The Sustainer. It is the bioelectric field that stimulates the functions of digestion and assimilation. You can hold these sites on the right and left sides simultaneously. Another option is to hold 14 with one hand and then with the hand on that same side, cross over to the opposite 19. For instance, hold the left 14 with your right hand, and then with your left hand hold the right 19. Then reverse and do the same thing for the opposite side.



HOLD 14 WITH OPPOSITE 19

A full-page background image showing a person walking away from the viewer on a beach at sunset. The person is silhouetted against the bright orange and yellow sky. The wet sand reflects the person and the sky. The sky is filled with soft, wispy clouds.

CHAPTER IV

REDISCOVER YOURSELF

Your senior years do not require retirement. This cycle of life is not necessarily about withdrawal. On the contrary it can be when you return to the world having found your special brand of wisdom. This cycle can signal the chance to refresh your identity; to be reborn.

We are, thankfully, living in a time when science is validating the deep marks made by early experience, including birth. Neuroscientists say that what is wired together fires together, meaning that neuronal consolidation drives behavior. Remembering (bringing back into the members of the body) what happened to us and differentiating the past from the present is liberating. Energy medicine applications support this coming into the present. Then it is much easier to select new options and invite resiliency.

Opening to new behaviors, particularly those that are somatically based like movement or eating habits is certainly easier said than done. I do not want to minimize the degree of mindfulness that this transformation demands. However, I can assure you that if you combine the self-guided Rediscovery template that I provide with the applied touch of Jin Shin TARA, you will find yourself spontaneously dropping atrophied behaviors that have kept you mired in dissatisfaction.



WHAT IS A REDISCOVERY JOURNEY™?

A Rediscovery Journey™ is an opportunity to connect with why you elected to be here, in this time and place. Once you reclaim this choice then everything and everyone will be seen in an entirely new light. The process is somewhat paradoxical. On the one hand it is profound and uncommon. It may open you to aspects of your history that you did not previously consider. On the other hand, once you experience it the Rediscovery will seem quite simple and natural. You will need to be an independent and self-referencing individual to embark on this journey. You will be enormously grateful for your revelations and insights and eager to share them with others. Others may question your experience. This will make you into a leader as you describe to them how they too can have this richness of awareness.

I developed the Rediscovery Journey™ as a template for therapists to use. In creating this handbook I realized that it is appropriate for elders to conduct their own self-guided Rediscovery. I have therefore taken the elements of the therapeutic paradigm and reframed it as a self-directed tour particularly for the men and women reading this book.

In the Rediscovery Journey™ the goal is to reconnect with the original non-linear, implicit and profoundly spiritual impulse that propelled us to undertake the challenges of embodiment. As a result of the Rediscovery we realize that we knew all along what our essential purpose in being was; it was just not available to us in a cognitive format. Like so many of the other suggestions in this handbook, the Rediscovery requires that we isolate time for our inner explorations.

A synonym for "rediscover" in this context is "reignite." When you rediscover the essential spirit of your embodiment you reignite the drive to be all that you can be. This drive is what got you here and this drive is what will steer you through the Third Act of your magnificent life. It is more common for people to think of their lives as mundane and uninteresting than it is for them to realize the warrior spirit that allowed them to survive and transcend the obstacles of prenatal life and birth. The Rediscovery Journey™ awakens the knowledge that we have all gone on a passionate odyssey to be here. That adventurous and committed spirit can be harnessed again at any time to fuel your wellbeing as you navigate the trials and tribulations as well as the ecstasies and celebrations of majestic elderhood.

STEPS OF THE SELF-GUIDED REDISCOVERY

PART ONE: ENERGY MEDICINE SELF-TREATMENT:

Applied touch practices will enhance your capacity to rediscover yourself. The two major components of the Rediscovery experience are Alignment and Embodiment.

For **Alignment** use the Main Central Vertical Flow described earlier, on page 22;

For **Embodiment** support we turn to the Earth Element. In fact, the Earth Element will help you remember your early experiences. It rules the flesh or the connective tissue which is the repository of implicit memory. Use the Earth Element Inju depicted here to stimulate and deepen embodiment.



PART TWO: JOURNALING FOR REDISCOVERY

Write everything that you know about your prenatal life and birth. Write spontaneously. If there are informational gaps, use your imagination. Imagination is a dependable ally in this process. It will reflect the interaction of facts you have been told with what your sensory systems are spurred to recall through your focus on this early period of your development.

In a similar fashion, write everything you know about the first three months of your life.

Let yourself draw from the reservoirs of your somatic memory, photographs you may recall and what others have told you. Be playful. Don't take this too seriously. Have fun.

Review everything you have written.

Reflect on this writing from the perspective of yourself as a little one. What were these experiences like for the small being you were? This too is a playful exploration. Let yourself see what it could have been like in utero, at birth, and as an infant to experience what you have described. Enjoy this process. Follow it with the same depth of concentration you give to a good book or a good film you are viewing.

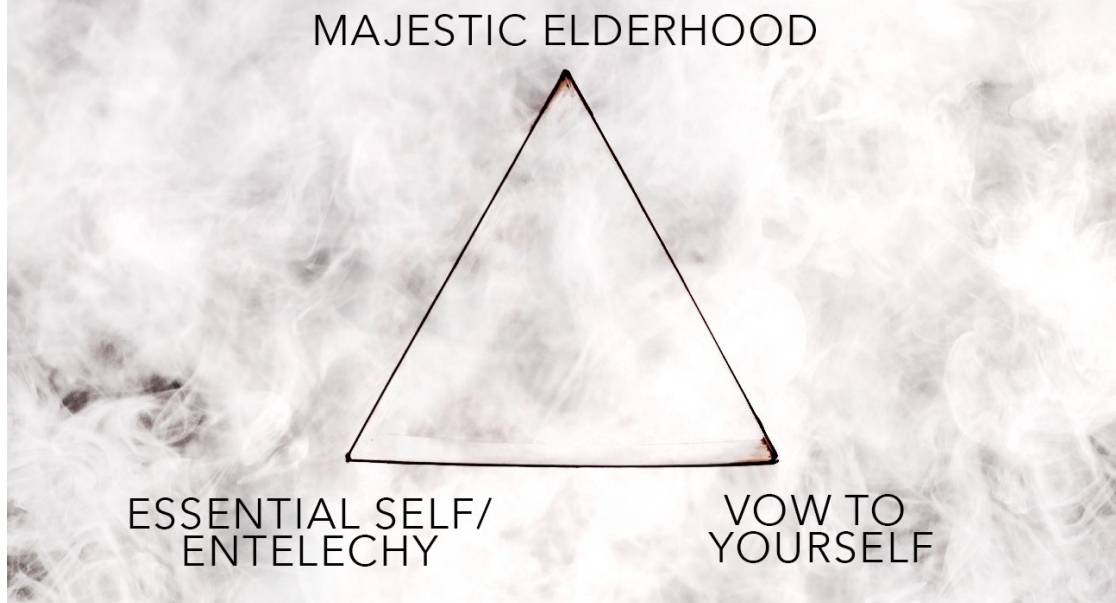
Spontaneously write these reflections and extract from them a sense of intentionality on the part of the young you who experienced these events. The only one reading this is you so you can write whatever you want. Write with your feelings. For instance, when I do this I extract a sense of a small being reaching out with whatever loving and healing resources she can muster to the troubled people around her, my family members. I see my own compassion and caring for the struggles of my immigrant family, strangers in a strange land, beset by disturbances of memory and language. I recognize my sincerity and how I saw and felt beyond my years and I treasure this and value it. I feel support for and loyalty to this kernel or seed of myself.

PART THREE: THE VOW

Close your eyes and invite an image of the essential you that traversed the threshold of embodiment and chose to keep going forward. Look into the core of that aspect of yourself with a neutral but compassionate gaze and ask that essential you what you need now to complete your manifestation. The answer will come of its own accord. Once you hear it, respond from the most mature part of you with a commitment to support the meeting of that need. For instance, that part of you may say, "I need the feeling of non-judgmental acceptance in order to carry on with the unique message I am here to deliver." The wise, elder part of you will respond by saying, "I make a commitment to never judge your message and to accept it and stand behind you as you deliver it, forever."

Record your vow and substantiate it in whatever form is natural to you. You may need to paint it, sculpt it, write it, dance it, or find or make an object that exemplifies it. However you document this connection, make it unforgettable. Treasure it as the most sacred vow you have ever taken.

SELF-GUIDED REDISCOVERY JOURNEY™



THE CROWNING GLORY

The battle against negative thinking is not easily won when there is trauma or shock in your background. I know this all too well. The enormous struggles that my parents, grandparents, and my entire lineage have had to survive and how those difficulties bore down on my development are, to a certain extent, unforgettable. Yet I have chosen to differentiate the past from the present and claim a birthright for a majestic elderhood. I invite you to do the same no matter what your lineage.

At this point in my life, having devoted myself to true healing, I do not want to forget my history and I do not encourage you to forget yours; simply to individuate from it. I have set out from my past into unknown territory to create both an understanding and a practice that evolves humanity. I claim the treasure of my courage and unique intelligence in my Third Act. I suggest that you, like me, can re-invoke the valiant spirit that brought you forth. Each cycle of life is rich with challenges and rewards but none is as rich as the Third Act, the perfect time to embody your *raison d'être*.

Do not be like those who in the face of death regret that they did not live their own lives and did not express themselves. These regrets are unnecessary. It is never too late to embody the life you chose. The celebration of the precious gift that you carried from the formless into form will vitalize your limbs and your brain with resilience the moment you claim it.