

# *Elderhood guidelines*

*Thomas Rüedi, Domat/Ems, 21.04.2024*

... instead of either competing, fighting or giving up  
to balance life–spikes like a pendulum into all dimensions.

... instead of choking on resentments, violations and shame  
to deeply forgive ourselves, others and to ask for forgiveness.

... instead of getting corrupted by fakes and ignorance  
to be a strong, clear and apparent lighthouse of truth.

... instead of suffering from high pride and low shame  
to grow into forceful dignity and powerful humbleness.

... instead of being fixed on needing to enjoy existence always  
to cordially embrace and welcome all – pain, shadow and bliss.

... instead of keeping on climbing upwards peak by peak  
to glory the top's view harvesting our lives by descending slowly.

... instead of staying with the growing–old of our body–houses,  
to focus on fully implementing our subtle (vajra–) bodies.

... instead of getting lost into the diversity of the world  
to find peace centred within our awakened, shining hearts.

... instead of continuing to deal with and balance our exoteric lives,  
to awaken deeply und fully into a personal esoteric spiritual path.

... instead of struggling for appreciation and the urge of being valued  
to express ourselves in unconditional view, meditation and action.

... instead of pretending that a human life is going on for ever  
preparing death as a spiritual being leaving it's body–house.

... instead of being caught into the cycle of growing and dying  
surrendering into the timeless Slow Flow of ONENESS.