



**Aging** with *Spirit*

# **LIFE EXPECTANCY**

**1890 – 2.4 million Americans were over age 65**

**2019 – 54 million were over age 65**

**2060 – Average life expectancy:**

**MEN 86**

**WOMAN 92**

**Don't lose heart...even though our outer nature is wasting away, our inner nature is being renewed day by day.**

2 Cor. 4.16

**The eye is the lamp of the body. If your eye is sound, your whole body will be full of light.**

Matt. 6.22

**The body that you can see and touch is only a thin illusory veil. Underneath it lies the invisible inner body, the doorway into Being, into Life Unmanifested. Through the inner body, you are inseparably connected to this unmanifested One Life – birthless, deathless, eternally present. Through the inner body, you are forever one with God.**

Eckhart Tolle – *The Power of Now*

**Life is not a journey to the grave  
with the intention of arriving safely  
in a pretty, well-preserved body,  
but rather to skid in broadside  
thoroughly used up,  
totally worn out,  
and loudly proclaiming,  
“Wow! What a ride!”**

Unknown