

THE SECOND HALF OF LIFE

Opening the Eight Gates of Wisdom

Angeles Arrien,
Ph.D.

Softcover

5 1/4" x 8 1/2"

240 pages

ISBN

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The Second Half of Life The Eight Gates of Initiation

THE SILVER GATE

Facing New Experiences and the Unknown

The Task—Surrender our egos and begin the process of accepting the aging of the body and the mind; move beyond the familiar and strengthen our capacity to develop curiosity, trust, and flexibility—to see ourselves anew.

The Challenge—Reconnect to our regenerative forces and stay connected to them.

The Gift—A sustainable and integrated vitality that arises from the depths of character and wisdom.

THE WHITE PICKET GATE

Changing Identities, Discovering One's True Face

The Task—Uncover or awaken the essence of who we truly are beyond masks, roles, work, history, and associations.

The Challenge—Shift our allegiances from fear to curiosity, from attachment to letting go, from control to trust, and from entitlement to humility, allowing one's true face to emerge.

The Gift—Curiosity, flexibility, and self-acceptance.

THE CLAY GATE

Intimacy, Sensuality, and Sexuality

The Task—Initiation into intimacy, sensuality, and sexuality

The Challenge—Accept our changing physical reality and learning to unconditionally befriend our bodies.

The Gift—Regaining our instinctual body wisdom.

THE BLACK AND WHITE GATE

Relationships—The Crucible of Love, Generosity, Betrayal, and Forgiveness

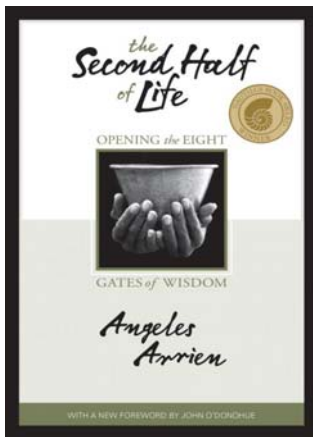
The Task—Review and re-assess our conduct in the art and craft of relationship

The Challenge—Face both our positive and negative shadows, and learn to love differently in relationships, not controlling or possessing others, and not permitting ourselves to be controlled or possessed.

The Gift—Patience, tolerance, and compassion; gratitude, forgiveness—a multitude of gifts that begin to permeate and restore our relationships.

Contact **Beverly Yates**
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THE RUSTIC GATE

Creativity, Service, and Generativity

The Task—Initiate, inspire, and originate something that is meaningful, hopeful, and sustainable for ourselves and others.

The Challenge—Learn to access our natural generative energy—to vigilantly sustain and conserve our vitality as we grow older

The Gift—The capacity to guide the next generation by engaging in meaningful, altruistic acts carried out with integrity.

THE BONE GATE

Authenticity, Character, and Wisdom

The Task—Embody the authentic self and the wisdom found in our character.

The Challenge—To face and break through two illusions that keep narcissistic self-importance and self-deception in place: that other people are responsible for our happiness, and that we can change them.

The Gift—Authenticity, honesty, and integrity.

THE NATURAL GATE

The Presence of Grace—Happiness, Satisfaction, and Peace

The Task—Come home to ourselves and discover where we are truly content, happy, and satisfied.

The Challenge—Slow down; learn the difference between being alone and loneliness; and regain our sense of humor

The Gift—Peace, balance, and equanimity

THE GOLD GATE

Non-Attachment, Surrender, and Letting Go

The Task—Let go, and move into deep acceptance of all that we have experienced.

The Challenge—Release critical judgments and clever coping strategies or impulses to control that remain, and stop the limiting patterns and behaviors that have kept our attachments in place.

The Gift—Freedom and liberation.

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