

Rick Moody (San Mateo, CA): On the zoom. Call right now

Rick Moody (San Mateo, CA): 2 50 period.

Rick Moody (San Mateo, CA): Sincerely Harry Moody, San Mateo, California.

Rick Moody (San Mateo, CA): Sincerely Harry Moody, San Mateo, California.

Rick Moody (San Mateo, CA): Sincerely Harry moody San Mateo, California.

Rick Moody (San Mateo, CA): Hey? There! It looks like Art Johnson.

Rick Moody (San Mateo, CA): Can you hear me?

Rick Moody (San Mateo, CA): You're muted.

Rick Moody (San Mateo, CA): You're muted. Yes.

Art Johnson: Hold on one second.

Art Johnson: Now it should be okay. Can you hear me?

Rick Moody (San Mateo, CA): I can hear you.

Rick Moody (San Mateo, CA): Well, that means that. But your picture is.

Art Johnson: One second.

Rick Moody (San Mateo, CA): It's not in motion.

Art Johnson: I was in the middle of an emergency repair. Can you hear me now?

Rick Moody (San Mateo, CA): I can hear you now. Fine, but I can't. I can only see a fixed image of you. I can't see you in motion.

Art Johnson: Yeah, let me fix that. I have to fix that. That's my

Art Johnson: my webcam. It's on the blank list. Just try that. Let's see, what am I? Choose, my webcam

Art Johnson: thief!

Art Johnson: Let's try this one.

Art Johnson: Hold on second.

Rick Moody (San Mateo, CA): Okay, I'm not going anywhere, but Valerie's here, and.

Art Johnson: Hi! Valerie!

Rick Moody (San Mateo, CA): Hello, Valerie! Valerie! Can you hear me?

Rick Moody (San Mateo, CA): She's not replying.

Rick Moody (San Mateo, CA): which means that something's not quite working.

Rick Moody (San Mateo, CA): That's the reason why we start earlier.

Art Johnson: Yeah, there's always gotchas.

Art Johnson: It's it.

Art Johnson: Let me just try to shift this.

Art Johnson: Let me have to just go to a different webcam. Hold on a second. I got several of them.

Art Johnson: Yes.

Rick Moody (San Mateo, CA): Valerie.

Rick Moody (San Mateo, CA): I can see your picture, but I can't hear you, and I can't see you in motion.

Rick Moody (San Mateo, CA): I doubt that it's my

Rick Moody (San Mateo, CA): system.

Rick Moody (San Mateo, CA): Valerie.

Rick Moody (San Mateo, CA): can you hear me?

vbentz@fielding.edu: Yes.

Rick Moody (San Mateo, CA): Okay. Very good.

Art Johnson: I'm gonna back out I'll be right back.

Rick Moody (San Mateo, CA): We got a couple of people floating in. Here's Bart

Rick Moody (San Mateo, CA): Bugner.

Barton Buechner: See you, Rick.

Rick Moody (San Mateo, CA): One of our Fielding people.

Rick Moody (San Mateo, CA): and we haven't

Rick Moody (San Mateo, CA): few more minutes before we're starting. So I'm glad some people came early. I always like to come to things early.

Rick Moody (San Mateo, CA): Make sure that things are working properly. Can you try those slides, Valerie, and see if they work.

vbentz@fielding.edu: Sure.

Rick Moody (San Mateo, CA): That looks good. That's not the right slide for me. But maybe that's the right slide for this whole sequence. So.

vbentz@fielding.edu: The beginning of it!

Rick Moody (San Mateo, CA): Good. Let's look at the next one.

vbentz@fielding.edu: And the next one is not for you, not yours either, but I think it's really sweet.

Rick Moody (San Mateo, CA): Okay, that's fine. How about one of the month? One of the ones that I sent you? Can we see one of those.

vbentz@fielding.edu: Oh, wait!

vbentz@fielding.edu: Sure!

Rick Moody (San Mateo, CA): Don't worry if it turns out that we have no slides. I'm perfectly happy.

vbentz@fielding.edu: Oh, no, it's right here on my desktop.

Rick Moody (San Mateo, CA): I know.

vbentz@fielding.edu: Hair.

Rick Moody (San Mateo, CA): It's just it's not on the screen. Okay. Now, it's on the screen.

Rick Moody (San Mateo, CA): And can you

Rick Moody (San Mateo, CA): reduce the left hand margin that shows all the slides.

Rick Moody (San Mateo, CA): Yeah, slideshow.

Rick Moody (San Mateo, CA): that's what we want. And then we want from the beginning.

Barton Buechner: Would be down in the lower lower bar. There's a little screen, icon. You click on that. It'll show just the just the screen. The slide itself.

vbentz@fielding.edu: Which icon is that bar.

Barton Buechner: It's notes, comments. And then over to the right. There's a couple of other things, and there's 1 with the screen, one more over, one more over 2 more over, actually.

Barton Buechner: 2 more over. Okay, another one over.

Rick Moody (San Mateo, CA): Okay. Now, we're seeing.

Barton Buechner: More, over one more, over.

Rick Moody (San Mateo, CA): Now, okay, now, it's this is perfect. And it's okay that it's large, because that just means that the people will be small. And we can. We can live with that.

vbentz@fielding.edu: Okay, I have it right where I can bring it right up.

Rick Moody (San Mateo, CA): Okay.

vbentz@fielding.edu: Oh, I'm wanting to get back to.

Rick Moody (San Mateo, CA): This one.

vbentz@fielding.edu: I had a really cute picture of you on this one.

Rick Moody (San Mateo, CA): Well, obviously I prize that.

vbentz@fielding.edu: Well

vbentz@fielding.edu: have another place to look for it, though.

Rick Moody (San Mateo, CA): I did a an event like this

Rick Moody (San Mateo, CA): for a group in Hawaii a year ago. And they had. It was all they had their technology. People involved in it a a day ahead of time to do elaborate rehearsals.

Rick Moody (San Mateo, CA): which we did with me and several other people on Zoom.

vbentz@fielding.edu: Oh, yeah.

Rick Moody (San Mateo, CA): When we actually did the event itself, everything went wrong

Rick Moody (San Mateo, CA): that could go, not just for me, but for every one of the other speakers.

vbentz@fielding.edu: Yeah.

Rick Moody (San Mateo, CA): So that eventually they had to just rely on spoken words, and they could hear the sound. But they couldn't see any of the images.

Rick Moody (San Mateo, CA): But so the tech people spent the whole hour or 2 just trying to figure out what went wrong. So this is the way things work.

vbentz@fielding.edu: Well, we lost that one, but it's from when you were 1st

vbentz@fielding.edu: you 1st became our.

vbentz@fielding.edu: I think it was our 4th

vbentz@fielding.edu: outstanding scholar in 2,007.

Rick Moody (San Mateo, CA): Right, so one.

vbentz@fielding.edu: Beautiful picture of you getting your award from, I think, Dean, the Dean McClintock.

Rick Moody (San Mateo, CA): Alright! Alright!

vbentz@fielding.edu: I think I'm funny.

Rick Moody (San Mateo, CA): Like so many things, the past has vanished.

vbentz@fielding.edu: It's still there. But right now I just.

Rick Moody (San Mateo, CA): Still there. Yeah, the past is still there. It's just it's not accessible to us.

Rick Moody (San Mateo, CA): And maybe that's something I should be talking about today in terms of

Rick Moody (San Mateo, CA): varieties of positive aging. But I'm not gonna start talking about that until we reach the time. And then you're gonna introduce the whole thing.

Rick Moody (San Mateo, CA): Valerie, and.

vbentz@fielding.edu: Yes, I am.

Rick Moody (San Mateo, CA): Not even sure who's on the screen, it on on my screen. It's a a bar of people at the top, including

vbentz@fielding.edu: Well, we have, Rick. We have Andrea.

vbentz@fielding.edu: who is our

Rick Moody (San Mateo, CA): Yes.

vbentz@fielding.edu: Evening students, alert.

Rick Moody (San Mateo, CA): Warm.

Rick Moody (San Mateo, CA): Bart. I know

Rick Moody (San Mateo, CA): we we.

vbentz@fielding.edu: Very civvy, and Jim Fritz.

Rick Moody (San Mateo, CA): Yeah.

vbentz@fielding.edu: Philip Nails.

vbentz@fielding.edu: Mj. Who's a current student in the creative longevity analyst.

Rick Moody (San Mateo, CA): Means I have to go further. Okay.

vbentz@fielding.edu: We made brave white. She's also a current student in our class.

vbentz@fielding.edu: and there's.

Rick Moody (San Mateo, CA): Nice, good, and Tagmine Point isn't here, Alice.

Kneis, Philipp: Hello! Good to see you.

Rick Moody (San Mateo, CA): Okay.

vbentz@fielding.edu: We have another minute before 3 o'clock with us from Canada.

vbentz@fielding.edu: who's been

vbentz@fielding.edu: our chief

vbentz@fielding.edu: navigator of the

vbentz@fielding.edu: death worlds to life. Worlds project.

Rick Moody (San Mateo, CA): Okay.

vbentz@fielding.edu: Transformative Phenomenology, Handbook.

Rick Moody (San Mateo, CA): Right. This is a major motion picture.

Rick Moody (San Mateo, CA): I can hardly wait to see it. Transformative phenomenology coming to a theater near me. Oh, wait a minute. That's a dream. I'm gonna talk about dreams. But.

vbentz@fielding.edu: Yes, I also have your file of dreams. Right?

Rick Moody (San Mateo, CA): Guy.

vbentz@fielding.edu: On my desktop.

vbentz@fielding.edu: Okay? Well, here we are, where it's right. At 3 o'clock.

Rick Moody (San Mateo, CA): Yup!

vbentz@fielding.edu: I'm so glad you all could come today.

vbentz@fielding.edu: I'm Valerie Bence, and I've been involved with this creative longevity and wisdom project.

vbentz@fielding.edu: Think we started it around 2,000 and

vbentz@fielding.edu: 2,003

vbentz@fielding.edu: and.

Rick Moody (San Mateo, CA): Years.

vbentz@fielding.edu: 20 year, anniversary.

vbentz@fielding.edu: And this this summer we're and this fall we're going to be studying what we've done over those 20 years, and

vbentz@fielding.edu: where we want to go with it next.

vbentz@fielding.edu: and this was a poster designed by a student at the time. Juan Hamachi, who is now a she calls herself a scholar, artist, a scholar artist.

vbentz@fielding.edu: She designed the wonderful poster, great.

Rick Moody (San Mateo, CA): I love it.

vbentz@fielding.edu: Longevity and wisdom that's on our screen now.

vbentz@fielding.edu: And we're going because we're also connecting with

vbentz@fielding.edu: another area of research and practice at Fielding

vbentz@fielding.edu: somatics, phenomenology, and communicative leadership.

vbentz@fielding.edu: Dr. Bart Beaker, our alum, is the navigator of that project.

vbentz@fielding.edu: and we're connecting with them over the for this meeting.

vbentz@fielding.edu: and we always start those with a brief somatic check-in.

vbentz@fielding.edu: because in academia and other places it's so easy to forget

vbentz@fielding.edu: that we're we also are embodied

vbentz@fielding.edu: beings.

vbentz@fielding.edu: And so Andrea

vbentz@fielding.edu: Newcom has

vbentz@fielding.edu: a lot of experience with mind, body, medicine, and other things. She's going to lead us in a very brief somatic check in

vbentz@fielding.edu: Andrea.

vbentz@fielding.edu: Hey? You're listening.

Andrea: Pretty much everyone welcome. I'm gonna lead us today in a somatic anchoring, brief exercise and the purpose of this exercise. It's very valuable in when we are feeling really disconnected and kind of busy in our mind.

Andrea: Distracted lot of rumination or worry, or self talk, or busy planning and doing, doing, doing right. And we want to remind ourselves that opportunity to come back into our body.

Andrea: And this can be practice in 30 seconds. You can take a half an hour right? There's no, there's no rules to the to the to the length, or the when, or the how or the why, but it can be done really briefly, as a way to just do a quick check in and bring yourself kind of grounded back into your body awareness. So just to start out, remember to just find a comfortable position and really kind of pay attention and notice. Feel yourself in your seat.

Janice Slinger: There is only.

Andrea: You can have your feet down flat on the floor, they can be cross

Andrea: crossed, or, however, you feel most comfortable in your body.

Janice Slinger: Never laugh.

Andrea: And then pay attention to your spine.

Janice Slinger: Suppose we were.

Andrea: Dragon is fine, nice, and tall.

Janice Slinger: To say this thing, he said. I didn't.

vbentz@fielding.edu: Happens. Sure.

Art Johnson: Need to need to mute, mute your mute yourself.

Andrea: There we go. Thank you. Alright. So our spine and we're gonna bring our spine up nice and tall, really connecting those vertebrae.

Andrea: And then we're gonna take a big, full breath in

Andrea: one, a big, deep breath out

Andrea: and do that a couple of times for yourself, breathing in fully through your nose

Andrea: breathing out deeply through your mouth.

Andrea: And as you're doing this breathing, just notice the 1st area of your body

Andrea: that you connect to. What are you. What do you notice? First? st It could be

Andrea: your heart beating.

Andrea: It could be

Andrea: a churning in your stomach. Maybe you're hungry and getting anxious for dinner.

Andrea: It could be a little ache. It could be a tingle could be a coldness or a warmth.

Andrea: It doesn't matter. But just notice any sensation that you're feeling the 1st sensation that comes to your mind that is helping you connect to your body.

Andrea: and just sit with that sensation for a moment and breathe into it.

Andrea: And maybe you stay with that connection with that sensation for a few counts, because it has some wisdom to share with you in this moment.

Andrea: Or maybe you move on, and you find a new sensation, but you just allow yourself to breathe and connect to whatever little whispers your body is giving you right now, bringing your awareness

Andrea: out from the ethers and all of the doings, and into the being of you.

Andrea: breathing fully, taking in all of the oxygen

Andrea: we exhale deeply, releasing all that does not serve us.

Andrea: quieting our busy mind

Andrea: and coming present to this moment

Andrea: to the here and now of this time and this space and this body, as it serves you right now.

Andrea: connecting to your heart.

Andrea: and then bringing your awareness to all of the other people, sharing this moment in time together as a collective.

Andrea: and maybe just taking a moment to connect your heart energy, your center to those in this space, sharing this time and place

Andrea: with you this moment of embodiment in a shared collective

Andrea: deeping, in one more time, as you need, and out.

Andrea: and bringing your attention to this time and this space in this body.

Andrea: Thank you.

vbentz@fielding.edu: Thank you so much, Andrea. I really needed that today

vbentz@fielding.edu: and welcome everyone.

vbentz@fielding.edu: I'm so happy to

vbentz@fielding.edu: that. Rick Moody could be with us today.

vbentz@fielding.edu: He was our

vbentz@fielding.edu: our 4th outstanding scholar in our creative longevity and wisdom program that started a Fielding in 2,003, I believe.

vbentz@fielding.edu: and in 2,007 after we had

vbentz@fielding.edu: honored George Valia, the famous researcher.

vbentz@fielding.edu: and we had Gene Cullen, neurological brain study Guy, who wrote Aging and

vbentz@fielding.edu: Gisela le Bouvier Viev.

vbentz@fielding.edu: as our 1st 3, and our 4th outstanding scholar in 2,007,

vbentz@fielding.edu: was none other than Rick Moody. Since then we've had

vbentz@fielding.edu: about

vbentz@fielding.edu: at least 12 more outstanding scholars honored in this program. Thanks in part to one of our founders, Dr. Frank Jankovic, who helped us get this, all started with a wonderful donation.

vbentz@fielding.edu: and I wanted to say just a few words about about Rick Moody. He's retired as vice President for academic affairs with Aarp. He's been visiting with us in creative longevity and wisdom. At Fielding.

vbentz@fielding.edu: visiting Professor at Tohoku University in Japan.

vbentz@fielding.edu: He previously served as executive director at the Brookdale Center, on aging at Hunter College, chairman of the Board of Elder Hostel, now called Rhodes Scholar. He's the author of many articles and books, including aging con steps and controversies. The 10th edition of the Textbook Ethics, and an Aging Society.

vbentz@fielding.edu: His most famous book, I think, is the 5 Stages of the Soul.

vbentz@fielding.edu: published by Doubleday translated into 7 languages.

vbentz@fielding.edu: He's the editor of Human Values. On Aging.

vbentz@fielding.edu: a very pertinent newsletter. He shares with us once a month.

vbentz@fielding.edu: He also received a lifetime, achievement award from the American Society on Aging.

vbentz@fielding.edu: and was named by Othnie Reader

vbentz@fielding.edu: as one of 50 visionaries who are changing our world.

vbentz@fielding.edu: His new book, climate change in an aging society will be published this year by Routledge.

vbentz@fielding.edu: and many of us are privileged to get these chapter by chapter, as he's writing them in our email.

vbentz@fielding.edu: He served as chief academic officer

vbentz@fielding.edu: for A. A. RP. In Washington. Now he lives in San Mateo, California.

vbentz@fielding.edu: So with no further ado.

vbentz@fielding.edu: I'll turn this over to Rick Moody.

Rick Moody (San Mateo, CA): Great. Thank you, Valerie. Why don't you put up the 1st slide? Most of what I have to say has nothing to do with slides, but some people come late or leave early, so I like to take what you might call the the the 30 second or 10 second approach to summarizing what I

have to say. So here it is.

Rick Moody (San Mateo, CA): It's titled varieties of positive aging, and here they are successful, aging, productive, aging.

Rick Moody (San Mateo, CA): conscious aging. I have very little words to put on the screen, but these are the key words inspired by William James, the varieties of religious experience. But why am I talking about this? The answer is very simple. I'm 79 years old.

Rick Moody (San Mateo, CA): My next birthday. I'll be 80 years old. I've been working in the field of aging. Let's call it for well, over 50 years since I was a graduate student. Do the math 1972, 27 years old.

Rick Moody (San Mateo, CA): And now I'm 79 years old. What's going on here? That's the question I ask myself. I'm a little bit like a scholar of Japanese, a professor who retires and then finally goes to visit Japan.

Rick Moody (San Mateo, CA): That's my situation. I've been teaching and thinking and writing and pondering positive aging for many years. Here I am in Japan, and what's it like?

Rick Moody (San Mateo, CA): Well, guess what? It's not what the academics talk about. How do I know that? Because I spent many decades trying to convince the Gerontological Society of America to have people speak from personal experience, but they never did. They don't like doing that. It would be as if you had the American Women's Association, only speaking with men speaking, or the the blacks.

Rick Moody (San Mateo, CA): Only the white people speaking imagine that kind of situation impossible, not impossible for gerontology. We talk about it endlessly. We never hear about it. So you're gonna hear a little bit from me about myself. And the most important thing that I want. Let's look at the next slide, too. If we could cause I've covered this that I want people to see.

Rick Moody (San Mateo, CA): and I'm going to be telling Valerie, who's my controller here, as well as the boss of the whole creative longevity and wisdom thing to move the slides forward.

Rick Moody (San Mateo, CA): we haven't got a lot of them, but we got some, so let's see what we got here.

vbentz@fielding.edu: Hmm.

Rick Moody (San Mateo, CA): Well, I'm not gonna wait.

Rick Moody (San Mateo, CA): I'm just gonna keep going. Keep keep working on it, Valerie, and we may get some slides, as I told her, even if all the slides vanish completely, and that's happened to me on other presentations. I still have whatever I want to say. And you I've already said the most important thing. What you see on the screen right in front of you.

Rick Moody (San Mateo, CA): So what I really wanna talk about today. And I do. I would like to see

some of the slides because they they are visual almost entirely. Oh, yes, this is a good one. I got this as a birthday present couple of years ago, when I turned 77. My my wife gave this to me. It's very appropriate.

Rick Moody (San Mateo, CA): very appropriate. I thought growing old would take longer. Yeah, I worked in the business, but I didn't think that I was actually old. So when we talk about, let's look at the next slide, too, if we could please. Yes, denial not just a river in Egypt. I ended up working for some years for Robert Butler, who, a great man now no longer with us. Deceased.

Rick Moody (San Mateo, CA): He invented the term ageism a bias against people who are old.

Rick Moody (San Mateo, CA): Who has that kind of bias? Answer. Look in the mirror.

Rick Moody (San Mateo, CA): look in the mirror. And what I wanna talk about today in terms of the varieties of positive aging is why we talk about positive aging. Why, we care about positive aging. And what is the opposite from positive aging?

Rick Moody (San Mateo, CA): That's something we wanna think about. What I'm really talking about are what some would call like my my good friend Connie's wag, and we're gonna come to her later on to the shadow.

Rick Moody (San Mateo, CA): the part in us that we don't know, and since I've already spoken about that, and I've spoken about dreams a little bit, I'll I'll recite one of my dreams 1st of all a dream that I had. Just this morning last night, when I woke up, I found myself that I had dreamed of meeting Judy Dench, who was sitting in my living room.

Rick Moody (San Mateo, CA): So I went up to her and her. Her face looked pretty old. I'll say that all the details are important in dreams, by the way. So I said, Are you the real Judy Dench? And she answered, Yes.

Rick Moody (San Mateo, CA): but her face looked very old, and then I said, I used to work for Arp. I would try to put her on the cover of the Arp magazine

Rick Moody (San Mateo, CA): in many ways. This is a dream about aging. It's also a dream about somebody who doesn't understand aging. Here's another dream I had recently I dreamed I was meeting with the editor of the Journal of Bioethics, who was retired.

Rick Moody (San Mateo, CA): I kept asking him how he felt about being retired, but I could never get him to say anything. The feeling was very frustrating.

Rick Moody (San Mateo, CA): very frustrating, and, by the way, if you want to clue to the interpretation of dreams, it's always in the feeling, in the dream. Don't read the Dream deck dictionaries or other things like that. Look into your own self to find out what the dream means. A dream is its own interpretation, as you put it. Okay, let's look at the next slide, please.

Rick Moody (San Mateo, CA): Why do I talk about Shadow so much? Because Butler invented the term ageism, and others have been struggling against it against this shadow by shadow. Think Dr.

Jekyll and Mr. Hyde because they don't like negative aging. They don't like prejudice. They don't like depreciating old people dismissing them making fun of them.

Rick Moody (San Mateo, CA): Notice, I said them, but I really mean us, because if you live long enough, you join this minority. It's not like

Rick Moody (San Mateo, CA): blacks, men and women.

Rick Moody (San Mateo, CA): Jews and Goiam, or something like that. This is a a strange minority that we all become the thing that we aspire to if we live so long, and Bob Butler lived, as you can see, until age of 83, which now looks younger than I ever imagined, because I'm 79, almost 80,

Rick Moody (San Mateo, CA): and just a month or so ago, my very best friend in gerontology, Andy Ackenbow, died unexpectedly at the age of 77. Let's look at the next one, please.

Rick Moody (San Mateo, CA): Well, my experience.

Rick Moody (San Mateo, CA): my experience of being in a in an aging world is not limited to me. Quite the country. We're living in a society in which people and advanced industrial countries, Europe, Japan, America, Canada, are all witnessing population aging. We could look at the next slide. You can see it right in front of you.

Rick Moody (San Mateo, CA): We're moving from 1,91972,02030. We're rapidly getting there as that. You can see that band of aging boomers moves up the triangle to the top.

Rick Moody (San Mateo, CA): So that's our situation. Let's look at the next one, please.

Rick Moody (San Mateo, CA): We spoke about the fact that

Rick Moody (San Mateo, CA): I used to work for aarp, and I want to say something about aarp and that's what I'm going to show in the next slide if I could. Yes.

Rick Moody (San Mateo, CA): a. RP.

Rick Moody (San Mateo, CA): He's an old dog. Humor is very important when it comes to aging. Why is it important? Because it is such a profound source of anxiety.

Rick Moody (San Mateo, CA): and what we need to do with anxiety is to make it into a work of art or a work of humor. Think about the film. Some of us on this call have seen it on Golden Pond, 1981. Do you remember, on Golden Pond, which stars Henry Fonda and Catherine Hepburn, and at 1 point Henry Fonda says to her, he says, Well, we're just middle aged.

Rick Moody (San Mateo, CA): and Catherine Hepburn says, Yeah, if we live to be 150. We're middle aged.

Rick Moody (San Mateo, CA): He's right. He's engaged in shadow work. He's engaged in evading the shadow. Let's look at the next one, please.

Rick Moody (San Mateo, CA): The

Rick Moody (San Mateo, CA): denial

Rick Moody (San Mateo, CA): is sometimes outright.

Rick Moody (San Mateo, CA): I'm not old. I don't look old when I saw my good friend Matt Glazer, recently on a trip to Boston. Soon as he saw me he goes up to me and he says, Ricky said, you look the same as always. You don't look any different

Rick Moody (San Mateo, CA): at that point. If you can see me on the screen you can see what I'm doing. This is, what I'm doing is a kind of narcissism. Okay? The narcissist

Rick Moody (San Mateo, CA): says to somebody, enough about me, let's talk about you. What do you think of me?

Rick Moody (San Mateo, CA): Well, narcissism is deeply related to the denial of aging

Rick Moody (San Mateo, CA): and the denial of Adrian is sometimes direct.

Rick Moody (San Mateo, CA): I don't have to get old, and sometimes it's a belief that whatever happens, I'll overcome it.

Rick Moody (San Mateo, CA): And sometimes it's an altogether belief that it's irrelevant. In any case, it doesn't make any difference how old I am. I'll just keep doing it, or even, and this is the last one age affirmative. The best is yet to be. Gee! That sounds suspiciously like

Rick Moody (San Mateo, CA): positive aging, doesn't it? Well, of course it sounds that way, because Rick Moody produced these slides, and Rick Moody put on 9 different national conferences on positive aging

Rick Moody (San Mateo, CA): most done with when I was working for Aarp, some cosponsored by field and graduate university. Wonderful events they were, and I tried very hard to make sure that we didn't just talk about upbeat subjects. I tried to make very sure that we had people talking about hospice and end of life, choices and threats to our wellbeing.

Rick Moody (San Mateo, CA): So what is positive age.

Raye Haskell: Right now. Can't can you?

Rick Moody (San Mateo, CA): Somebody has their speaker on, and they need to be, or their microphone, they need to be on mute. Everybody should be on mute. Okay, good. Here's another great example of what I'm talking about. Anti-aging medicine. How many people on this call know what that is? Don't raise your hand. You don't need to. You'll find out eventually why? Because there are more Mds.

Rick Moody (San Mateo, CA): More M. D's. That is real doctors

Rick Moody (San Mateo, CA): who are members of the American Academy of anti-aging medicine

Rick Moody (San Mateo, CA): than there are geriatric physicians, many more, and growing rapidly. Why follow the money?

Rick Moody (San Mateo, CA): Follow the money? Because the Mds. Can prescribe all sorts of anti-aging remedies, supplements.

Rick Moody (San Mateo, CA): drugs, etc. I had 3 personal friends

Rick Moody (San Mateo, CA): say their names, Charles Campbell, Vivian Campbell

Rick Moody (San Mateo, CA): people who died after taking human growth. Hormone. Despite my best advice. Mark Endleman, the 3rd one of my closest friends.

Rick Moody (San Mateo, CA): Don't take it, I said.

Rick Moody (San Mateo, CA): If you take it.

Rick Moody (San Mateo, CA): it's good for

Rick Moody (San Mateo, CA): carpal, trunk, carpal, tunnel, syndrome and cancer and lots of other things. So they all 3 of them died of cancer very shortly thereafter. It's completely legal. Let's look at the next one. It's legal. There are many things that are legal.

Rick Moody (San Mateo, CA): There are many things that are legal and finding things that are illegal. Think about the recent trump fiasco is very hard to prove that things are illegal and stop it.

Rick Moody (San Mateo, CA): It requires changing people's minds. And once we talk of talk about changing people's minds.

Rick Moody (San Mateo, CA): we're talking about

Rick Moody (San Mateo, CA): dealing with the shadow

Rick Moody (San Mateo, CA): dealing with the shadow.

Rick Moody (San Mateo, CA): Peggy Lee, remember her song. Is this all there is?

Rick Moody (San Mateo, CA): That's a question about disillusionment.

Rick Moody (San Mateo, CA): Now, when I talked about the Gerontological Society of America, which I was a member of. In fact, I was the. Let's go back one before we got to protect me from what I want, which is a good message to now we're going forward. We're not going backward. Let's try to go backward.

Rick Moody (San Mateo, CA): All these are important messages. By the way, this is an important

message, too. But let's go backward if we can.

Rick Moody (San Mateo, CA): Okay, you're.

vbentz@fielding.edu: I mean people.

Rick Moody (San Mateo, CA): Okay, try to go backward.

Rick Moody (San Mateo, CA): That, by the way, try to go backward is itself

Rick Moody (San Mateo, CA): a great metaphor for anti-aging. In fact, there's a whole movie that's been done on it, in which the lead character gets younger in every episode. Stop right there! Stop right there! Stop! In the name of love.

Rick Moody (San Mateo, CA): Is this all there is? That's the question. Well, the Gerontological Society, composed of scientists, they call themselves a scientific organization.

Rick Moody (San Mateo, CA): So the root, the humanities that includes people like me and Andy Akinbaum philosophy, history, literature. There's really no place for them for us in that group. But I was active for 40 years.

Rick Moody (San Mateo, CA): Is this all? There is

Rick Moody (San Mateo, CA): one time I put together a session

Rick Moody (San Mateo, CA): on the subject of disillusionment.

Rick Moody (San Mateo, CA): a a 1 of the sessions in which you put your poster a poster board session, you put it up on on a, on a signs on a table there on it, and you you let people come by, and it my subject for that session was on disillusionment. I sat there for 2 h, and not a single person came by to talk to me.

Rick Moody (San Mateo, CA): not a single person, not one. This, despite the fact that I was one of the most popular presenters in the Gerontological Society. What's going on here. What's going on is the disillusionment

Rick Moody (San Mateo, CA): is not a good subject. We don't like disillusionment, and yet the paradox is without disillusionment. There can be no wisdom.

Rick Moody (San Mateo, CA): Disillusionment is the gateway, the requirement for wisdom. We have to lose our illusions. We have to see through the things that we care about. And, by the way. That's why it's important that Robert Butler, who was the man who brought geriatric medicine to the United States, Md. A remarkable man. My office was right across the hall from his at the International Longevity Center New York City, just before I left to go to work for Aarp

Rick Moody (San Mateo, CA): and Bob represented all that is good about medicine, just as Hospice

Rick Moody (San Mateo, CA): represents all that is good. It's integral, it's comprehensive, it's empathic.

Rick Moody (San Mateo, CA): What is the place of all of that in the scientific study of aging? The answer is, it can become a mechanism of denial. That's what anti-aging medicine is all about. And there are going to be customers for that. They're going to be people who think that they know about aging. But do they really know about aging? Here's another one of Rick Moody's dreams. I dreamed I was teaching a class.

Rick Moody (San Mateo, CA): I asked people in the class about their age.

Rick Moody (San Mateo, CA): Let's go. But let's say with this one for a second

Rick Moody (San Mateo, CA): I asked people in the class about their age. No one in the class was under age 20 or over age 65.

Rick Moody (San Mateo, CA): This is one version of aging if I don't fit into the category of active adulthood.

Rick Moody (San Mateo, CA): then what am I? Who am I?

Rick Moody (San Mateo, CA): As Connie Goldman, one of my dear friends now deceased said, if I'm not who I am, then who am I?

Rick Moody (San Mateo, CA): This was a question she asked herself toward the end of her life, when she was 90, and starting to experience dementia and her solution whenever we got on the phone together, was joking.

Rick Moody (San Mateo, CA): She would joke about her memory issues, and I would joke about it, too.

Rick Moody (San Mateo, CA): Here's another one of my dreams.

Rick Moody (San Mateo, CA): pilot of the plane. I dreamed I was supposed to fly to a certain city, but I would be the pilot of the plane.

Rick Moody (San Mateo, CA): I was planning to fly at night, but then I realized it would be too dangerous.

Rick Moody (San Mateo, CA): I'd never flown before. In complete darkness. I would fly by night.

Rick Moody (San Mateo, CA): but then, at the last minute, I realized I'd never flown a plane at all before. Too risky.

Rick Moody (San Mateo, CA): I figured. I would have to take flying lessons.

Rick Moody (San Mateo, CA): Only then, I asked myself.

Rick Moody (San Mateo, CA): why am I getting trained to be a pilot?

Rick Moody (San Mateo, CA): This is the phenomenon of disillusionment.

Rick Moody (San Mateo, CA): This is when the shadow breaks through.

Rick Moody (San Mateo, CA): This is what we see ourselves in our dreams, because dreams show us what we already know.

Rick Moody (San Mateo, CA): but do not yet see.

Rick Moody (San Mateo, CA): Let me say it again. Dreams show us what we already know, but do not yet see. But what we celebrate is rationality. What we celebrate is methods

Rick Moody (San Mateo, CA): to improve ourselves

Rick Moody (San Mateo, CA): think about successful aging. What does it mean?

Rick Moody (San Mateo, CA): Well, if you read the book by row and con, both

Rick Moody (San Mateo, CA): people I know very well, and a great book. By the way.

Rick Moody (San Mateo, CA): it tells us that we need to focus on health promotion. That's a good thing it needs. It tells us we need to connect with other people.

Rick Moody (San Mateo, CA): That's a good thing.

Rick Moody (San Mateo, CA): It tells us we need to prepare for the future.

Rick Moody (San Mateo, CA): That's a good thing, too.

Rick Moody (San Mateo, CA): the self as something to be improved. This is something that appeals to us as Americans, doesn't it?

Rick Moody (San Mateo, CA): Because successful aging is really represented by this idea of success and productivity. Those are the 1st 2 versions of positive aging that I spoke about success and product productivity. These are fundamental American virtues. Let's look at the next one, please.

Rick Moody (San Mateo, CA): Who am I?

Rick Moody (San Mateo, CA): Let's let's go back one.

Rick Moody (San Mateo, CA): because the character here is looking in the mirror

Rick Moody (San Mateo, CA): and seeing what? Seeing himself but distorted. Wait a minute. This can't be me.

Rick Moody (San Mateo, CA): Oh, yes, I'm the same person, because when Matt Glazer saw me.

Rick Moody (San Mateo, CA): Matt said, Oh, Rick, you look the same as you always did, so I treasure. That comment. I treasure that comment because I'm the one who doesn't have gray hair. My wife has gray hair. I don't have gray hair.

Rick Moody (San Mateo, CA): but I have high blood pressure, and I have hearing.

Rick Moody (San Mateo, CA): but no one can see my hearing aids, and no one can hear

Rick Moody (San Mateo, CA): what I'm saying.

Rick Moody (San Mateo, CA): So this is the struggle that we have to face. Let's look at the next one, please.

Rick Moody (San Mateo, CA): about successful aging.

Rick Moody (San Mateo, CA): If we think about this, stop right here for a second. Now let's go to the next one. This is Rick Moody, because this is the proof of the pudding.

Rick Moody (San Mateo, CA): See, I put 2 of these images up there, even though Matt Glazer would not tell me the truth. The fact is that if I look in the mirror honestly, I will see that I have changed. I am not the same as I always was, but I don't want to believe that.

Rick Moody (San Mateo, CA): In fact, the shadow reminds me that it could all be different.

Rick Moody (San Mateo, CA): Let's look at the next one, please.

Rick Moody (San Mateo, CA): Where did I begin on this journey? I can place it very precisely to November, 1962.

Rick Moody (San Mateo, CA): The time that I saw Joseph Campbell in person

Rick Moody (San Mateo, CA): at a conference in Manhattan. I was living in New York City at the time, and Campbell, of course, had written that inspiring book, the hero with a thousand faces.

Rick Moody (San Mateo, CA): And even though I didn't understand much about it because I was only 17 years old at the time

Rick Moody (San Mateo, CA): something in it lodged in me like a seed, and you know the sickadas. We recently had the Sickodes coming to life after 17 years or 15 years, however many years they're underground. That's the way that it is with dreams, too.

Rick Moody (San Mateo, CA): I had dreams. I had a very powerful dream when I was 40 years old. 40 is an important year in the life course.

Rick Moody (San Mateo, CA): It was a a powerful dream. It was a lucid dream. I knew that I was

dreaming.

Rick Moody (San Mateo, CA): and then I woke up. I didn't know what it meant, but I wrote it down, and it wasn't until years and years later that its meaning became clear to me.

Rick Moody (San Mateo, CA): Let's go on to the next one, please.

Rick Moody (San Mateo, CA): What is critical gerontology?

Rick Moody (San Mateo, CA): I've already started talking about critical gerontology, and what I've said is contradictions. And that's what critical thinking and critical gerontology is all about. Because when we talk about things that we want like aging in place

Rick Moody (San Mateo, CA): or saving for retirement

Rick Moody (San Mateo, CA): or personal autonomy and bioethics. These are all powerful things, all attractive things. These are goals.

Rick Moody (San Mateo, CA): But the reality is

Rick Moody (San Mateo, CA): that aging in place can be a death sentence.

Rick Moody (San Mateo, CA): When I was working for the Robert Wood Johnson Foundation, in Rockland County, where I lived, there was an 80 year old man who froze to death

Rick Moody (San Mateo, CA): in his house, because

Rick Moody (San Mateo, CA): arthritis prevented him from closing the windows completely.

Rick Moody (San Mateo, CA): So the cold was so great that he froze to death. He was aging in place, too, saving for retirement. It's a very good idea, but it requires money. It requires the knowledge of how to take advantage

Rick Moody (San Mateo, CA): of tax advantages for saving 401 K. Plans and all the rest of it. Personal autonomy.

Rick Moody (San Mateo, CA): I wrote a whole book on bioethics and Aging, in which I questioned the idea of autonomy, so much so that when I went to see my current physician here in San Mateo at Stanford health.

Rick Moody (San Mateo, CA): He came in late and I said, Don't worry. It's okay. I know you were busy, and he asked me to introduce myself, and I said.

Rick Moody (San Mateo, CA): I'm unusual. I'm a biomedical ethicist who doesn't believe in autonomy.

Rick Moody (San Mateo, CA): Well, that's not quite true, either. I want to hear the truth. I don't want

him to lie to me.

Rick Moody (San Mateo, CA): but I also know I need to trust him. I also know that he has the power, and I do not.

Rick Moody (San Mateo, CA): So that's the sense in which, when we look at these fundamental ideas, like aging in place

Rick Moody (San Mateo, CA): or saving for retirement

Rick Moody (San Mateo, CA): or personal autonomy. We have to look at them with a critical eye.

Rick Moody (San Mateo, CA): We have to be critical and ask the question of Who am I? And what do I want? And will. I want the same thing if I get

Rick Moody (San Mateo, CA): a terminal diagnosis that I want now? And if I want something, am I in a system, a healthcare system that will actually enable me to act on what I want. Will I be listened to?

Rick Moody (San Mateo, CA): Well, that's what critical gerontology is all about. That's what I wrote in the textbook, which has now gone into 10 different editions. It's all built on debates.

Rick Moody (San Mateo, CA): We don't really have debates in this country anymore.

Rick Moody (San Mateo, CA): Some of us are thinking about the debate between Biden and Trump, but we know that it won't be a real debate. We know it'll be a circus.

Rick Moody (San Mateo, CA): We know it'll be different from the debate that Lincoln and Douglas had in 1860, where people came out and would stand stand

Rick Moody (San Mateo, CA): upright for 2 or 3 h listening to Lincoln and Douglas debate with each other.

Rick Moody (San Mateo, CA): The world in which they were living is not the world that we're living in. We're living in the world

Rick Moody (San Mateo, CA): of the attention economy

Rick Moody (San Mateo, CA): in which all the technology, whether Facebook or X or whatever it's called, will be trying to command our attention, but not for very long, because the next item comes along, and when it comes to aging.

Rick Moody (San Mateo, CA): those who are elders like me grew up in a different world. So we're already beginning to be on the edge of not comprehending what's going on.

Rick Moody (San Mateo, CA): Let's look at the next one. Please

Rick Moody (San Mateo, CA): let's go back to this because this is an important slide. This is from Ts. Eliot. The 4 quartets

Rick Moody (San Mateo, CA): in my end is my beginning.

Rick Moody (San Mateo, CA): Well.

Rick Moody (San Mateo, CA): I didn't learn much from studying gerontology, or even writing about gerontology.

Rick Moody (San Mateo, CA): Where did I learn something? I learned it from real life.

Rick Moody (San Mateo, CA): And Larry Morris, who you see here in person. This was a photo made in 1,987,

Rick Moody (San Mateo, CA): when Larry was

Rick Moody (San Mateo, CA): 92 years old.

Rick Moody (San Mateo, CA): Believe it or not.

Rick Moody (San Mateo, CA): and my then recently born son, that's my wife on the left, Elizabeth. I'm we're still married. By the way, she was a student of mine in the history of consciousness program in Santa Cruz in 1967,

Rick Moody (San Mateo, CA): and there's

Rick Moody (San Mateo, CA): our son now, age 36, and our daughter Carolyn.

Rick Moody (San Mateo, CA): now nearly 40.

Rick Moody (San Mateo, CA): And there's me.

Rick Moody (San Mateo, CA): Oh, but I haven't aged a bit, have I?

Rick Moody (San Mateo, CA): Well, I learned something from the

Rick Moody (San Mateo, CA): 7 years that Larry Morris lived in our house because he had outlived 2 wives.

Rick Moody (San Mateo, CA): and we were dear friends. So he built an addition on our house.

Rick Moody (San Mateo, CA): and

Rick Moody (San Mateo, CA): there we were caring for him. Day after day he lived to the age of 97. I was with him the day he died.

Rick Moody (San Mateo, CA): Every day I would read Roomy or St. Augustine. His mental ability was completely intact until the very end, but not his body.

Rick Moody (San Mateo, CA): not his body.

Rick Moody (San Mateo, CA): He required a wheelchair. He required me or Elizabeth to lift him up

Rick Moody (San Mateo, CA): all the issues of toileting

Rick Moody (San Mateo, CA): all the issues, of turning

Rick Moody (San Mateo, CA): all the difficulties.

Rick Moody (San Mateo, CA): So those of you who have to leave early and I'm moving toward the end of my presentation here. By the way, I want you to get the whole story the Gansugee, as we say in Yiddish.

Rick Moody (San Mateo, CA): I'm a Shabbas guy. I'm not Jewish, even

Rick Moody (San Mateo, CA): the whole story. The Gansig is shipped. What is it.

Rick Moody (San Mateo, CA): What is aging, anyway?

Rick Moody (San Mateo, CA): Aging in 3 words

Rick Moody (San Mateo, CA): is diminished reserve capacity.

Rick Moody (San Mateo, CA): and describe those on your license plate. Diminished reserve capacity. Now don't do that because you might get pulled over by the cops who say

Rick Moody (San Mateo, CA): you shouldn't be driving anymore. And Larry was driving by the way, when he moved in at the age of 90

Rick Moody (San Mateo, CA): I had to convince him not to drive.

Rick Moody (San Mateo, CA): and then we would drive him everywhere. So I learned aging from Larry Morris.

Rick Moody (San Mateo, CA): and I watched decrement with compensation. What's the compensation? I just gave the second definition, which is not diminished reserve capacity. But I gave the definition of what successful aging is really all about

Rick Moody (San Mateo, CA): decrement with compensation.

Rick Moody (San Mateo, CA): What is your compensation

Rick Moody (San Mateo, CA): for some?

Rick Moody (San Mateo, CA): It's leaving a legacy.

Rick Moody (San Mateo, CA): For some, it's spiritual transcendence.

Rick Moody (San Mateo, CA): For some it's family connection.

Rick Moody (San Mateo, CA): It takes many different forms. Remember, I started this by saying, there's a variety of positive aging, not just one positive aging. The last one is the one

Rick Moody (San Mateo, CA): that I haven't spoken about much at all, and that is conscious aging. But I've showed it to you because I've showed you dream work, and that's my particular approach to conscious aging. So look carefully at the picture. Go! Let's go back one time

Rick Moody (San Mateo, CA): for this. Look at my son Roger.

Rick Moody (San Mateo, CA): looking up at the old man.

Rick Moody (San Mateo, CA): We didn't pose this picture. In fact, I didn't even notice that that was happening. This is typical of me. I don't notice things

Rick Moody (San Mateo, CA): for years, just as it takes years for me to understand what the dreams are all about. But there he is.

Rick Moody (San Mateo, CA): Roger, looking up at the old man. And now, Rogers, 36 years old he founded a software company in Silicon Valley, made himself some money, doesn't need money from his inheritance. Not that we have much money to give anyway.

Rick Moody (San Mateo, CA): But this is the circle of life. This is the life cycle that we're all involved in

Rick Moody (San Mateo, CA): the anti-aging medicine. People don't want to talk about that because their answer is to freeze the frame.

Rick Moody (San Mateo, CA): to go backward, to give you the human growth hormone, even if it kills you.

Rick Moody (San Mateo, CA): is, it's better to die than to grow old.

Rick Moody (San Mateo, CA): That's the real motto of the culture in which we're living. Let's look at the next one, please.

Rick Moody (San Mateo, CA): I spoke about Elder Hostel. But notice something interesting about Elder Hostel. It's not called Elder Hostel anymore.

Rick Moody (San Mateo, CA): It was when I was the chairman of the Board.

Rick Moody (San Mateo, CA): and, as a matter of fact, in 1984, the year that our daughter Carolyn

was born. In fact, the very week that Carolyn was born in Lennox Hill Hospital in Manhattan. I had to leave my elder hostel program, the 1st elder hostel program that we ever put on in New York City. It's still going on. By the way, those programs in New York City. It's a super site for elder hostel, but it's not called elder hostel anymore. It's called Rhodes Scholar. Look at the bottom of the screen

Rick Moody (San Mateo, CA): road. Scholar. Let's look at the next one, please.

Rick Moody (San Mateo, CA): There used to be something called the Administration on Aging. Some of us are old enough to remember it, even get money from the Administration on aging.

Rick Moody (San Mateo, CA): It's no longer called that. It's called the Administration on Community Development.

Rick Moody (San Mateo, CA): An elder hostel is now called Rhodes Scholar. Why is that?

Rick Moody (San Mateo, CA): Because Elder Hostel is a term that people don't like.

Rick Moody (San Mateo, CA): I knew this when I was board chairman.

Rick Moody (San Mateo, CA): We all knew it on the board, and eventually, after I left the board, they changed the name. I would have been against changing the name. I would have been wrong, because it from a marketing point of view. You can't talk about aging

Rick Moody (San Mateo, CA): because they confuse it. Oh, elder hostel, does that mean elder Hospice.

Rick Moody (San Mateo, CA): or you mean hostile elders.

Rick Moody (San Mateo, CA): I'm not one of those people. I don't want one of those people we used to give out pins in elder hostel

Rick Moody (San Mateo, CA): pens for frequent hostelers. You didn't get a you know, a discount. It's not like American airlines or something like that.

Rick Moody (San Mateo, CA): You just got another PIN

Rick Moody (San Mateo, CA): for your lapel.

Rick Moody (San Mateo, CA): And this is one version of positive aging. Let's accumulate more and more if I can't accumulate more and more money.

Rick Moody (San Mateo, CA): Think Elon Musk

Rick Moody (San Mateo, CA): think, Jeff Bezos those were the most money when they die. Wins.

Rick Moody (San Mateo, CA): Is that really winning? I don't think so.

Rick Moody (San Mateo, CA): but that's the culture in which we're living, and even if we think we're escaping it, those of us who are academics like me, then we prize ourselves on learning more and more.

Rick Moody (San Mateo, CA): even if from a standpoint of spiritual development, existential development, if you like. That's not what aging is about. Aging is something very different. Let's look at the next one, and I'm gonna try and talk about what what makes it different. What makes it different? And I'm so pleased that Gene Cohen was one of the

Rick Moody (San Mateo, CA): practitioners celebrated by the creative longevity and wisdom program because Gene was one of the truly great people I had the privilege of knowing he would come to our positive aging lunch group that I ran in Washington, DC.

Rick Moody (San Mateo, CA): When I worked for Aer PI held it in the cafeteria. He was also the very 1st speaker at the very 1st of the 9 National conferences

Rick Moody (San Mateo, CA): on positive aging, and Gene Cohen prized creativity. He wrote the definitive book.

Rick Moody (San Mateo, CA): Awakening Human Potential. In the second half of life. Gene himself only lived to age 65 or 66,

Rick Moody (San Mateo, CA): like my friend Andy Ackenbaum. He died too young. Maybe every age means dying too. Young Shankar Ashariya.

Rick Moody (San Mateo, CA): the originator of the Vedanta, and around the year 800 he died at the age of 30,

Rick Moody (San Mateo, CA): too young, maybe not maybe old enough to have contributed contributed a masterpiece.

Rick Moody (San Mateo, CA): What did. What did Gene Cohen say about creativity? He said. It's not something just for the great creative people. It's for ordinary people. He gave the example of his in-laws, his mother in law and father-in-law who came to visit him, and in a town that he was at. I think it was Washington, DC. Where he lived, and they went out

Rick Moody (San Mateo, CA): wandering around, and then discovered that they didn't know their way home. They couldn't find their way back.

Raye Haskell: Hey, Maggie? Hey, Maggie.

Raye Haskell: are you hungry?

Rick Moody (San Mateo, CA): We're getting. We're getting voices here, and we don't want them. So put yourself on mute, whoever you are.

Rick Moody (San Mateo, CA): Let's talk about Gene Cullen again.

Rick Moody (San Mateo, CA): These in-laws of his couldn't find their way home, so

Rick Moody (San Mateo, CA): one of them, I think it was the man had an inspiration.

Rick Moody (San Mateo, CA): He went into a local pizza parlor and said, Can we have takeout? And they said, Yes.

Rick Moody (San Mateo, CA): and he said, Can you deliver it? He said. They said, yes, we can do that, he said, well, here's the address.

Rick Moody (San Mateo, CA): they said. Great! And then he said, one more thing.

Rick Moody (San Mateo, CA): Can we ride with you on the delivery?

Rick Moody (San Mateo, CA): And that's how they got home

Rick Moody (San Mateo, CA): they use creativity. They used a very interesting creative resource to find their way home

Rick Moody (San Mateo, CA): to find their way home.

Rick Moody (San Mateo, CA): I had

Rick Moody (San Mateo, CA): the great privilege to know Albert Cole.

Rick Moody (San Mateo, CA): who was one of the truly great ministers of our time, who developed churches as vehicles for conscious aging. That's really what I'm talking about here. I'm not talking about creativity or productivity in a tangible way. I'm talking about a different kind of creativity.

Rick Moody (San Mateo, CA): You can leave that slide up there because that's an important message about positive aging. And it's 1 that I try to tell people when it comes to climate change, because people in old age sometimes fall victim to despair.

Rick Moody (San Mateo, CA): And that's the last thing we need. If we're going to protect our planet. I'm not going to say much more about climate change, but I want to say something about Albert Cole, because Albert and I were roommates

Rick Moody (San Mateo, CA): at the time that he was. I was only 45, or 50. He was in his late seventies, and Albert.

Rick Moody (San Mateo, CA): a minister, would sometimes bring his wife to national aging conferences, but his wife developed Alzheimer's.

Rick Moody (San Mateo, CA): He still kept bringing her to the meetings.

Rick Moody (San Mateo, CA): One time they were in an elevator together, and riding on

Rick Moody (San Mateo, CA): the elevator at the conference, and his wife started reaching into the purse of another woman

Rick Moody (San Mateo, CA): to get some jewels.

Rick Moody (San Mateo, CA): and as soon as the

Rick Moody (San Mateo, CA): elevator stopped, Albert immediately grabbed his wife and got out of the car and said to her go for the gold, not the jewels.

Rick Moody (San Mateo, CA): In other words, he made it into a joke. He sometimes had to go into the ladies room with her.

Rick Moody (San Mateo, CA): and he was in the ladies room with her one time coming out, and he ran into a woman. This was when Albert was wearing a clerical collar, and the woman saw him a man coming out of the ladies room, and she said, And you and you, a clergyman, say something religious. Say something spiritual.

Rick Moody (San Mateo, CA): and Albert immediately said, go to hell!

Rick Moody (San Mateo, CA): And then he left.

Rick Moody (San Mateo, CA): In other words, Albert had a capacity for humor

Rick Moody (San Mateo, CA): that enabled him to cope with a very threatening situation, and he cared for his wife to the very end of her life.

Rick Moody (San Mateo, CA): These are important messages for us to hear from Gene Cohen

Rick Moody (San Mateo, CA): and Albert Cole. They're messages of real people people I actually knew

Rick Moody (San Mateo, CA): in real life, just as I knew Larry Morris.

Rick Moody (San Mateo, CA): And that's a reason why we need more intergenerational connection, not because it's nice.

Rick Moody (San Mateo, CA): but because it's indispensable, and I would say indispensable for the survival of the planet. I would go further. Let's look at the next one, please.

Rick Moody (San Mateo, CA): I spoke about the sir. Let's go back. One. I spoke about the survival of the planet, and I have to say in passing, I did not know her well, but I had the wonderful ability to meet with her and introduce her to the entire Arp National Conference one year tens of thousands of people.

Rick Moody (San Mateo, CA): Now what to say about Jane Goodall? This is what to say. She's 90 years old now, and goes on 300 days per year.

Rick Moody (San Mateo, CA): She's not just talking about chimpanzees. She's talking about preserving of the planet.

Rick Moody (San Mateo, CA): and she's indispensable, and so are the other elders. So yes, there is a place for productive aging. Yes, there is a place for successful aging.

Rick Moody (San Mateo, CA): Do not despise success and productivity just because they're American virtues. Recognize that they're limited, and we must. We must go beyond the limits. Let's look at the next one, please.

Rick Moody (San Mateo, CA): I had the great good fortune I told you to meet and to see Joseph Campbell in 1, 62. But what he lodged in me that seed took a long time to grow. It was not until 1992

Rick Moody (San Mateo, CA): that the Omega Institute put on its conference on conscious aging in New York City. I help them plan it.

Rick Moody (San Mateo, CA): But, alas! I was late coming to the meeting. There were 1,500 people in the room, and I suddenly came into the hotel. It was a hotel in Manhattan, and I didn't know where to sit, until finally I saw a seat, one empty seat next to an old guy who was sitting there frantically scribbling. So I said, that's a good place for me. I had sat down right next to RAM Das.

Rick Moody (San Mateo, CA): right next to RAM Das, and, in fact, ROM Das became a key speaker at that conference. And what he said to us is, he said. Aging is the school of nobodiness.

Rick Moody (San Mateo, CA): You have to go to school to become a nobody. Now it's harder to go to school if you're RAM Das, or if you're Joseph Campbell than if you're Rick Moody or Valerie Vince, for that matter, it's much easier for us to go to school and to become a nobody.

Rick Moody (San Mateo, CA): As Emily Dickinson said, I'm nobody. Who are you? Are you? Nobody too? Well, Emily Dickinson really was a nobody in most of her life, not after she died, so none of us knows what exactly happens at death, but we do know that the world outlives us, and we need to care about the world. We need to care about the world. Let's look at the next one, please.

Rick Moody (San Mateo, CA): because this was the story of conscious aging. Let's go back one to to Zelman Schacter, who again, I had the great privilege to know, because he lived in Boulder, Colorado, and around the time of that conscious aging conference, where whereas Alman was a speaker, he was a rabbi, too, by the way. He was a speaker along with RAM Dust. They knew each other very well sometimes this rivals, by the way.

Rick Moody (San Mateo, CA): but they were both great people and rebel, and we were in a restaurant one time, and he turned to me and he said, You know, this aging business is really very simple. I said. Really, he said. He said, the only question is, Are you saved?

Rick Moody (San Mateo, CA): And I thought to myself, Well, he's a clergy man, he's a rabbi, and he said, No, I don't mean it in a religious sense. I mean it in a computer sense. Are you saved?

Rick Moody (San Mateo, CA): Have you downloaded your life experience for your legacy work? Are you taking care of future generations. Let's look at the next one, please. So you see conscious aging, and this is Connie. Let's go back one, because I don't want to skip Connie's wag for a moment. I want to recommend her book. It's true I wrote the preface or the Forward, whatever it's called, but that's cause. It's a great book.

Rick Moody (San Mateo, CA): and the title says it says all the inner work of age fit shifting from role to soul. Let me give you one quick

Rick Moody (San Mateo, CA): dream of Rick Moody. Here's Rick Moody again on a trip back to New York City.

Rick Moody (San Mateo, CA): Just got back from a trip to New York City to see my son and old friends. I dreamed I was back in the building of the Brookdale Center in aging, looking for my old office. I couldn't find it. I did discover it finally, but it was somehow all different. All my books and personal effects were gone. Just the desk remained.

Rick Moody (San Mateo, CA): I needed to go to a music rehearsal, but I didn't have the address, and I was distressed. I couldn't find my briefcase with my music and all my crucial papers in it.

Rick Moody (San Mateo, CA): I was even more distressed.

Rick Moody (San Mateo, CA): Then I woke up. You can't go home again. You can't go back to the role that you had. I was a professional speaker. I'm not trying to be a professional speaker anymore. It'd be too tiring. I can do it from Zoom, like I'm doing it right now.

Rick Moody (San Mateo, CA): shifting from role to soul. That doesn't mean giving up everything. It means giving up the things that you need to give up.

Rick Moody (San Mateo, CA): The definition. Decreased.

Rick Moody (San Mateo, CA): Reserve capacity is what I said, as a definition of aging. That's all of us. Whether you're a success or a failure. What kind of aging you have? It doesn't make any difference. 3 words diminished reserve capacity. Your kidney doesn't work as well as it did 10 years ago 20 years ago. Your brain doesn't work as well.

Rick Moody (San Mateo, CA): I forget things all the time I have to write them down. Does that mean I have dementia? No, it doesn't.

Rick Moody (San Mateo, CA): But it does call attention to something that I need to pay attention to. Here's another dream of mine. I dreamed I was back at Arp talking about Bill Novelli, who I knew, who was the CEO. While I was there I expressed concern about his cognitive capacities.

Rick Moody (San Mateo, CA): but the man I was talking to assured me that he had no serious problems at all. So I'm worried. Like everybody else. I'm worried because I have diminished reserve capacity. But what I need to remember is successful aging decrement with compensation. Even people with diminished reserve capacity can work around it. Let's look at the next one, please.

Rick Moody (San Mateo, CA): We're nearly at the end in my office in Washington, DC. I live just down the street from the National Gallery of Art, where I would sometimes, if I was a little distressed, leave my office and walk to the National Gallery, because it was completely free, not like the Metropolitan or other museums.

Rick Moody (San Mateo, CA): and I would immediately head for this portrait of Rembrandt.

Rick Moody (San Mateo, CA): which he did. And I've given talks on Rembrandt self portraits because he painted his self portrait more often than any artist in history more often than any artist in history. There's something going on as we move. I'm not going to show you the other self portraits, but they move from attention to posture and costume. The role of early life

Rick Moody (San Mateo, CA): to this, where all the attention is concentrated on the face and the face is identity. This is the mystery of who we are. We don't know who we are, and even our dreams

Rick Moody (San Mateo, CA): convey the mystery, but they don't let us in completely. That's why their dreams. Let's look at the next one, please

Rick Moody (San Mateo, CA): Georgia O'keeffe.

Rick Moody (San Mateo, CA): I had the great good fortune to stay in Georgia O'keeffe's house

Rick Moody (San Mateo, CA): when I was in New Mexico one time, and in Chicago I got to see this portrait that she did when she took her 1st flight when she was over the age of 80. And this is what the world looks like from above the clouds.

Rick Moody (San Mateo, CA): Let's look at the next one, please.

Rick Moody (San Mateo, CA): I want to end my talk today with Hokusai.

Rick Moody (San Mateo, CA): because Hokusai

Rick Moody (San Mateo, CA): was the great artist of Japan, and he said, everything I have done before the age of 70 is not worth bothering with.

Rick Moody (San Mateo, CA): At 70. I've learned a little something about nature, and you went on to describe the details, I to all of you who are gonna live as long as I do. I promised to keep my word. I'm writing this in my old age I used to call myself Hokusai, but today I signed myself the old man, more mad about drawing. Well, that's Hokusai, and he lived to age 89, but he didn't live to age 100. Let's look at the next one, please.

Rick Moody (San Mateo, CA): This is Hokusai again, and here you see

Rick Moody (San Mateo, CA): Mount Fuji in the background, and you see the upper half of the canvas is mostly empty. The lower half is mostly full.

Rick Moody (San Mateo, CA): It's the world. The lower half is the 1st half of life. The lower half is filled with agitation, motion, movement, and there's that figure right in the center, casting his net into the sea. This is the net of conscious aging

Rick Moody (San Mateo, CA): and conscious aging reminds us that the upper part of the canvas, which is empty, which is the void which is the time of our life that's not so busy.

Rick Moody (San Mateo, CA): which is later life. It may be the time of seeing the holy mountain, of seeing Mount Fuji for the 1st time, as I did when I was on my train trip

Rick Moody (San Mateo, CA): down Japan one time and looked out the window.

Rick Moody (San Mateo, CA): I was going from Tokyo to Kyoto. I looked out the window, and what did I see but Mount Fuji? So back to the very beginning of my talk I talked about the Japanese professor. I'm not one.

Rick Moody (San Mateo, CA): I don't know a word of Japanese.

Rick Moody (San Mateo, CA): but I do know

Rick Moody (San Mateo, CA): what the mountain would look like when I see it, and that's my experience. Today, I finally live to the point

Rick Moody (San Mateo, CA): where conscious aging can mean something. And that's the life I'm living now

Rick Moody (San Mateo, CA): right here in San Diego, and I thank all of you for being with us today.

Rick Moody (San Mateo, CA): Valerie, are we on time?

Rick Moody (San Mateo, CA): I regret that we haven't had time for participation and questions? If people have some questions and comments, I'm only.

vbentz@fielding.edu: My, we do have another 1520 min. So.

Rick Moody (San Mateo, CA): Okay.

vbentz@fielding.edu: I don't.

Rick Moody (San Mateo, CA): Jace honestly.

vbentz@fielding.edu: Have us 30.

Rick Moody (San Mateo, CA): Wants to say something. Just jump right in. Valerie will be the the moderator.

vbentz@fielding.edu: Okay, please jump in. I wanted to take 1st just a very deep breath, because.

Rick Moody (San Mateo, CA): Very good.

vbentz@fielding.edu: Because given us so much a whole lifetime of gifts, of consciousness and ways to think about

vbentz@fielding.edu: who we are now, who we will be who we're becoming.

vbentz@fielding.edu: And so I'm so grateful for this time together.

vbentz@fielding.edu: and we have had a number of us had to leave. We had such a.

Rick Moody (San Mateo, CA): I know you. I think you've recorded it. Some people want to see it, and if you've recorded it will find a way to make it. By the way, I've given you all the wrong things. I've given you too much. I had a dream the other night in which I was reaching into my pocket, and I discovered a whole pile of pens. I have all these pens because I put lots of them, because I'm always losing them and putting them someplace. I had so many pens they wouldn't fit in my pocket.

Rick Moody (San Mateo, CA): That's my problem. I have the pens, but I haven't written the message.

Rick Moody (San Mateo, CA): and the message is simple. Does a gift to be simple? Does a gift to be free? Does a gift to come down where you ought to be.

Rick Moody (San Mateo, CA): can we find a way to accept the gift? Not just give the gift.

Rick Moody (San Mateo, CA): We want to do that. That's productive aging.

Rick Moody (San Mateo, CA): But we need to find a way

Rick Moody (San Mateo, CA): to receive the gift, as the great Taoist painters would come to the landscape, and they would just look at it for a whole day. They would do nothing, just stare

Rick Moody (San Mateo, CA): at the void, stare at the mountain, and only at the end of that would they pick up their pen and immediately

Rick Moody (San Mateo, CA): write it out, sketch out what they were drawn. So the thing is in us, and it's also out there. The question is, can we see it? Are we looking.

Rick Moody (San Mateo, CA): That's my problem. That's my question.

vbentz@fielding.edu: And we do have several hands up.

Rick Moody (San Mateo, CA): You, you decide I'm not gonna be.

vbentz@fielding.edu: Philip nails her knees nice.

vbentz@fielding.edu: had his hand up, and Chris Mayor, and I think another person, maybe. Pam. So, Phil, please, Philip.

Kneis, Philipp: Thank you very much for for this.

Rick Moody (San Mateo, CA): Next in droits. My friend the Muslim English, spoken.

Kneis, Philipp: Yeah. Well, thank you very much for this talk. It's

Kneis, Philipp: I must say.

Kneis, Philipp: when I wrote my dissertation many years ago, your insistence on questions of meaning

Kneis, Philipp: was really different from what a lot of these anti-aging.

Kneis, Philipp: this cost us.

Kneis, Philipp: yeah, worked towards.

Kneis, Philipp: I I'm just thinking.

Kneis, Philipp: of course.

Kneis, Philipp: ideally, we all grow old. We all will have that this experience together. Is there something also equalizing in it?

Kneis, Philipp: Because when the young, when we are young, we all insist on our degrees on our functions, on what we do. But

Kneis, Philipp: I've observed that the older people get

Kneis, Philipp: doesn't the value of experience at a certain point outweigh knowledge. I mean, if if you know nothing, you will still know nothing. But there's something about aging that is in

Kneis, Philipp: that seems to be every teleprin.

Rick Moody (San Mateo, CA): The answer. Philip is dialectical. Okay? And you, as a German, educated in the tradition of Habermas and Hegel and the others, understand this very well

Rick Moody (San Mateo, CA): it. The answer is yes and no. Do they become equal or unequal?

Rick Moody (San Mateo, CA): The answer is both.

Rick Moody (San Mateo, CA): If you get to be really old, like Larry Morris. Okay. He had a privileged life, and yet at the end of his life

Rick Moody (San Mateo, CA): he was still incontinent.

Rick Moody (San Mateo, CA): He didn't have dementia, but he had something.

Rick Moody (San Mateo, CA): and we all get something. And this is something we need to remember. We need not to be in denial. Okay, they are not the other, that is me. But at the same time it is equal, because, it, take it is unequal, because those who are poor do not live as long as those who are rich.

Rick Moody (San Mateo, CA): and they are not as healthy, and they develop many disorders, including dementia of different forms.

Rick Moody (San Mateo, CA): So the answer is, yes and no.

Rick Moody (San Mateo, CA): It's complicated. It's not simple. Thank you for that question, though it's a great question.

Rick Moody (San Mateo, CA): Other content. And so.

vbentz@fielding.edu: I also have a question from Dr. Chris, Mayor

vbentz@fielding.edu: Crystal.

Christopher Mare: Yes, thanks, Rick Moody. That was a very engaging and inspiring speech.

Christopher Mare: I I wanted it. Mine is less a question, and just more of a comment. I just finished reading a Chicong book.

Rick Moody (San Mateo, CA): There was a quote.

Christopher Mare: On what beginning one of the chapters from a master, Tt. Lang, he says, life begins at 70.

Rick Moody (San Mateo, CA): Yes.

Christopher Mare: From your background, from your perspective. Would you agree with that?

Rick Moody (San Mateo, CA): I would I would agree with it in many respects.

Rick Moody (San Mateo, CA): because I do have things that I knew. I know now that I did not know before, including the fact that I didn't know it before.

Rick Moody (San Mateo, CA): But I was talking about positive aging and didn't know anything about it.

Rick Moody (San Mateo, CA): That's important. That's disillusionment. Disillusionment can be good.

Rick Moody (San Mateo, CA): not everyone gets disillusioned. We have many people in politics today, for example, I won't name names who insist and repeat repetition, compulsion, whatever you want to call it so

Rick Moody (San Mateo, CA): the Chinese example. Not that the Chinese are exempt from repetition

Rick Moody (San Mateo, CA): or from failure, but they're holding out a message. And that's why I've quoted people like Hokusai or the Daoist painters, because they are pointing us towards something which we in the Western world, and I'll speak. We cause I'm as American as anybody. I'm a believer in productivity and agency and success and all those great American virtues. I believe in them. Okay.

Rick Moody (San Mateo, CA): Even if I tell my doctor I don't believe in autonomy.

Rick Moody (San Mateo, CA): I'm lying okay. And so it is with politicians. They're all lying because they're expressing our aspirations, and that's a good thing. As long as we don't take it too seriously

Rick Moody (San Mateo, CA): as long as we don't completely believe that they're telling the truth.

Rick Moody (San Mateo, CA): That's what I want to say about it.

Rick Moody (San Mateo, CA): Yes.

Rick Moody (San Mateo, CA): yes, to the Asian.

Rick Moody (San Mateo, CA): I live in an Asian world now in San Mateo.

Rick Moody (San Mateo, CA): Alright, it's all around me, and I'm glad for that.

Rick Moody (San Mateo, CA): Oh, okay.

vbentz@fielding.edu: Well, we have several current students who are taking a summer

vbentz@fielding.edu: summer class called creative longevity and wisdom, and doing some of our work together, and Tracy Lefebvre is in the class, and so is several others. Here. Mj. Is here. Unique, is here.

vbentz@fielding.edu: Andrea.

vbentz@fielding.edu: and I wonder if any of you have something to say about how

vbentz@fielding.edu: this

vbentz@fielding.edu: talk that we just heard. The wonderful summary presentation may be helpful to you, or you may have a question.

vbentz@fielding.edu: Okay.

Tracy Lefebvre, PCC, MAPP: That's good, I was gonna say, like, Go ahead.

Jenny Edwards: Jenny have seen me.

vbentz@fielding.edu: Jenny Edwards, our faculty member, now retired from El

vbentz@fielding.edu: speak. Yeah.

Rick Moody (San Mateo, CA): Retirement is good.

Lynn Huber: Mj, you're muted.

Jenny Edwards: Yeah, it was really fascinating. I

Jenny Edwards: out.

Jenny Edwards: I just considered myself that I do what I'm doing a whole lot of things. I studied Spanish for 4 weeks, and Malaga, Spain the month of May. And there was this 20, something girl from China who? What had come to Spain to study Spanish. We got to be friends. And she said, You know, Jenny, you're really a role model for me. I'm like, Oh, well, that's really nice. And she said, Yeah, you you're showing me that you can still keep learning even when you're old.

Jenny Edwards: went old. Me? What are you kidding? It was like, oh, I guess they're they were all in their twenties or teenagers in my Spanish class. But it was like, Wow, you know, it's who we see ourselves. But then

Jenny Edwards: it's how other people see us.

Rick Moody (San Mateo, CA): You've you've made such an important point. It's not just how we see ourselves, but that was my point that Matt Glazer says, oh, you look the same as always.

Rick Moody (San Mateo, CA): Well, maybe he's telling the truth. Maybe not.

Rick Moody (San Mateo, CA): But you've you've you've given a very important point when you say role models.

Rick Moody (San Mateo, CA): because we don't remember often enough that this is one back to climate changes and not my subject. Today I'm writing whole book on that. The young. See the world that the old that is us have created and left for them, and sometimes they feel resentful. They feel anxious.

Rick Moody (San Mateo, CA): they feel worried.

Rick Moody (San Mateo, CA): and we need to recognize that. And we need to work against it. One of the ways to work against it is by listening to them.

Rick Moody (San Mateo, CA): We're putting on a whole conference actually, here in San Mateo. It'll be the 1st one that's ever been done that is multi-generational. We're gonna have young people, a group of them people 20 years old.

Rick Moody (San Mateo, CA): midlifers people 45, and then elders, people 70 plus, and all them will be in dialogue, because each will see the world differently, and we need to accept that

Rick Moody (San Mateo, CA): because our future is different.

Rick Moody (San Mateo, CA): I haven't got many more years left.

Rick Moody (San Mateo, CA): I'm 79.

Rick Moody (San Mateo, CA): Think about that.

Rick Moody (San Mateo, CA): I think about it. I think we all need to think about yes, and legacy work. And that's 1 of the role

Rick Moody (San Mateo, CA): one of the roles that we can exemplify for people at whatever age they are. So thank you for

Rick Moody (San Mateo, CA): mentioning that. And

Rick Moody (San Mateo, CA): Muibian K uster, Abra Espanol and Polkito award.

Jenny Edwards: Maybe Ann gotcha. Yeah.

Rick Moody (San Mateo, CA): England, I reckon

Rick Moody (San Mateo, CA): essential.

vbentz@fielding.edu: Well, are there any other.

Rick Moody (San Mateo, CA): Pam Graham had.

vbentz@fielding.edu: Yeah. I'm Graham. Please.

Pam Graham: Hi! I just wanted to comment that frequently when I attend

Pam Graham: workshops such as this or presentations.

Pam Graham: there doesn't seem to be enough.

Pam Graham: I'm not sure if I'm saying this right credit to the ordinary low key person, you are all accomplished. You have all achieved some level of notoriety or expertise, and then there are

Pam Graham: the vast majority of people who

Pam Graham: who don't have that

Pam Graham: that advantage, and and are doing

Pam Graham: exactly what you're talking about, and I think we

Pam Graham: need to remember those of us who are not. You guys need to remember that we are aging successfully just by showing up

Pam Graham: and

Pam Graham: we need to keep showing up the capacity that we can which is not professional.

Rick Moody (San Mateo, CA): You are right, and that is why I regret that the Gerontological Society does not invite more, not necessarily ordinary people.

Rick Moody (San Mateo, CA): because we don't have ordinary people become speakers to thousands, but people who have lived enough to have seen

Rick Moody (San Mateo, CA): and been disillusioned by their own beliefs, including the inequality that enables us to do what we do and be what we are, whether it's healthy, wealthy, and wise, or whatever it may be, and

Rick Moody (San Mateo, CA): some people who develop a kind what's called humility. That's not a bad word for it. When they get old enough they recognize they're not. They're nobody special. Dt Suki, the great Zen master used to sign his letters. No special person.

Rick Moody (San Mateo, CA): no special person.

Rick Moody (San Mateo, CA): This is the nature of genuine spiritual progress. If we want to use that word. I don't like that word.

Rick Moody (San Mateo, CA): but it's right, because it means advancing on the path that we want to advance on.

Rick Moody (San Mateo, CA): which is, as Rhonda said, becoming a nobody.

Rick Moody (San Mateo, CA): Thank you.

Pam Graham: So good.

vbentz@fielding.edu: I.

Pam Graham: I like that. I I'm a nobody, and I like that.

Rick Moody (San Mateo, CA): There you go.

Rick Moody (San Mateo, CA): You're like Emily Dickinson.

Rick Moody (San Mateo, CA): Emily Graham. From now on.

vbentz@fielding.edu: Thank you so much for bringing that up, Pam becoming a nobody, has

vbentz@fielding.edu: great merit.

vbentz@fielding.edu: So, with no further ado, I would like to again thank.

Kneis, Philipp: Still have 2 more comments.

vbentz@fielding.edu: Oh, there are!

Rick Moody (San Mateo, CA): Going to say conclusion that

Rick Moody (San Mateo, CA): Meister Eckhart? I did my doctoral dissertation on Meister Eckhart.

Rick Moody (San Mateo, CA): I've never spoken about him here, and hardly ever in Fielding. But Meister Eckhart once said, if the only prayer you ever say in your lifetime is, thank you.

Rick Moody (San Mateo, CA): that's enough.

Rick Moody (San Mateo, CA): So thank you.

Rick Moody (San Mateo, CA): All those who are here with me here today for giving me a pretext for talking about my pictures and dreams and everything else, and I wish I could be there in person, and maybe Fielding will find a way to do more of these events in the future. Thank you, Valerie.

vbentz@fielding.edu: Well, we will be having another 2 of them next month.

Rick Moody (San Mateo, CA): Very good.

vbentz@fielding.edu: Stevens Long, who wrote aging well, Dr. David Willis.

vbentz@fielding.edu: and others. So we will let you know.

Rick Moody (San Mateo, CA): Thank you.

vbentz@fielding.edu: Hope to see you again.

vbentz@fielding.edu: Thank you.

Bonnie Sundance: Thank you, Rick, for letting us come to know you a little more.

Pam Graham: Yes.

Keith Melville: Thanks, Rick.

vbentz@fielding.edu: Have a line.

Rick Moody (San Mateo, CA): I see some friends here who are speaking for the 1st time in this session, and I'm.

vbentz@fielding.edu: The parts are showing up on the screen.

Rick Moody (San Mateo, CA): Wb. Yeats once said, now say where a man's glory most begins and ends, and say my glory was. I had such friends.

Rick Moody (San Mateo, CA): Thank you.

Keith Melville: Bye, bye.

Rick Moody (San Mateo, CA): Bye, bye.

Jenny Edwards: Huge.