

COLLABORATIVE LIFE COACHING
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The Seasoned Life

We reach a state of wellness when life is full, challenging, peaceful, sensual, and creative. When you are well, your mind and body work in harmony and you are connected both to your inner passions and people and issues outside of you.

Gail Sheehy, the famous author of the 70's book *Passages*, has written a new book called *Sex and the Seasoned Woman* (Random House, 2006). In the book she presents results from interviews of women between age 40 and 90.

She says "A seasoned woman is spicy. She has been marinated in life experience. Like a complex wine, she can be alternately sweet, tart, sparkling, and mellow...A seasoned woman knows who she is. She could be any one of us, so long as she is committed to living fully and passionately in the second half of life." She goes on to say that seasoned women are open to love and to revitalizing marriage.

She also found that sexuality is only one part of the revitalization when Second Adulthood is fulfilling. Finding a dream, and exploring spirituality were the other two facets. She found those who "pursued a passionate life" were the happiest and most fulfilled. They had a "what the hell--life is short" *joie de vivre*.

My coaching question for you today is "how passionate are you?"

Passion is defined as "intense emotional excitement" by Webster. Do you let yourself get carried away with love? With outrage at wrong? With aid for those who are defenseless? With laughter? With your sensuality? For those of you wondering, I am not suggesting you develop a internet porn addiction:) I am encouraging you take the risk to reach out to life with both arms. I don't believe we can live a deep and joyful life if we stifle our passions in an attempt to be "right" or "correct."

Seasoned men and women realize that finding life pleasure and meaning takes sweat. Most also agree that living in a way pleasing to the Higher Power of their faith allows for passion. Passion is bigger than following the rules of convention. Passion is messy.

My challenge to you this month would be to have deep and passionate conversations about love and meaning. Act with passion about things and persons important. Find genuine ways to express intimacy, and live with a "spicy attitude". You will have a much better sense of wellness!

To your wellness!

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