

The Legacy of Wisdom Project

At the onset of the 21st century it is becoming increasingly apparent that we are in need of a new paradigm of aging.

Each year, millions of people are entering the last third of their lives. With this burgeoning population growth comes the realization that most individuals, families and societies are ill equipped to address the myriad social, spiritual, financial and emotional issues related to aging.

Many people lack effective tools to cope with their social circumstances and most societies lack the structures and resources to provide for their aging populations.

People of all generations are now being challenged to re-evaluate the cultural myths, attitudes and models of aging so that our populations can thrive and not just survive in the last third of their lives.

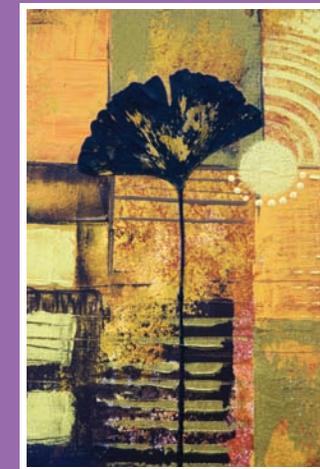
The Legacy of Wisdom Project has been established to respond to this challenge. We believe that answers to many of our individual and societal challenges lie in the timeless principles of personal and cultural wisdom.

We are seeking out, researching, archiving and publishing the experienced knowledge of individuals who are considered by many to be personal and cultural wisdom holders. We are helping to provide for a future where the aging individual can be recognized as a potentially wise and integral part of society - and are developing effective tools to achieve this.



Legacy of Wisdom Project

Making Wisdom an essential theme of life and aging



Wisdom is the embodied expression of inner experience, producing responsible, engaged and empowered lives.

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History, legacy of wisdom project

In 1992, the principals of the Legacy of Wisdom Project team developed the Conscious Aging Conference and Seminar series that successfully produced national conferences and professional seminars focused on issues of aging. Collaborators on those events included the American Society on Aging, Metropolitan Life Insurance Company, National Council on Aging, Brookdale Center at Hunter College, Beth Israel Hospital (NYC), the Robert Wood Johnson Foundation and Elder Hostel.

In 2010 our team reconvened as the Legacy of Wisdom Project and has already produced over 100 films, annual conferences and numerous workshops. A specialized 10-week module on “the prevention of falling in Seniors” is already operating in Europe and a training program for professionals in the industry begins in March, 2013. For current events consult our website at www.legacyofwisdom.org

Project Founders:

James Goldfarb
Ram Dass
Rabbi Zalman Schachter-Shalomi
Tom Valente (honorary)

Legacy of Wisdom Program - advisors and team

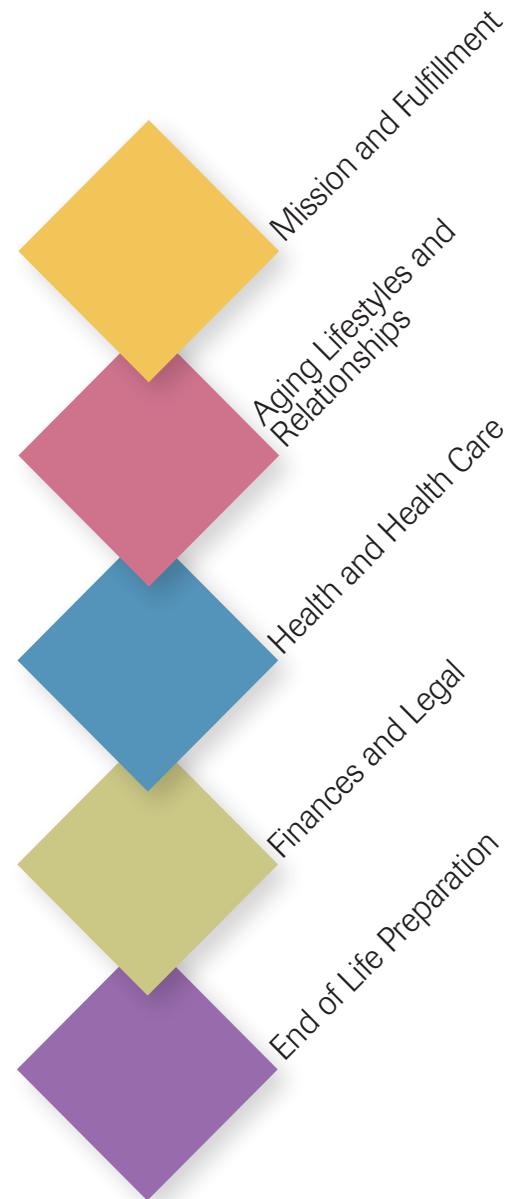
Dr. Bob Atchley (PhD, USA)
Sarita Bhalotra, (MD, PhD, Brandeis University, USA)
Lukas Erb (CFO, UKBB, University Children's Hospital, CH)
Robert Goldfarb (CPA, USA)
Ursula de Almeida Goldfarb (TCM, CH)
Roshi Joan Halifax (Upaya Institute, USA)
Mickey Lemle (Lemle Pictures, USA)
Susanne Lüdi (Novartis, Switzerland)
Harry Moody, (PhD, AARP-VP for Academic Affairs, USA)
Claudia Mumenthaler, (BBV, Hospital Nursing, CH)
Rodolfo Musco, (PhD, Milano-Bicocca University, IT)
Deborah Wolf, (PhD, New York, USA)
Silvia Zuckerman, (PT, MSc., Physiotherapist, CH)

Physician Team „Falling Prevention Module“

Dr. Christoph Boller (FMH, Rheumatologist, CH)
Dr. Mona Hasna (FMH, Anthroposophical Medicine, CH)
Dr. Beat Hornstein (FMH, TCM, CH)
Dr. Andreas Wirz (FMH, TCM, CH)

Project Content and Activities

Five themes of personal wisdom and social engagement provide the basis of a potentially powerful lifestyle:



Project Content and Activities

Documentary Films.

Published on our website are a growing (+100) list of interview answers, from well-known generation leaders examining our wisdom themes.

Wisdom Archive.

A lasting legacy serves to disseminate multi-cultural perspectives and is the basis for future project phases.

Website and social networking site.

The Legacy of Wisdom website is the central repository for our growing archive and will be a place for connecting, exchanging ideas, sharing stories and experiences.

Educational Curriculum & Medical Research.

Interactive conferences, workshops and research in Europe, the Americas and Asia provide the basis for a global solutions perspective. Our preventive 10-week program ("Seniors at risk for falling") is based on both Eastern and Western methodology (Tai Ji/Qi Gong/TCM, Eutony). We are developing a 4-year medical research trial in the USA and collaborate with a Chinese University on multi-cultural approaches to aging.

Strategic Partnerships.

We pursue changes in the current paradigms for aging. Our participation in the new "Alliance of Conscious Aging" is the kind of synergy collaboration that we support proactively.

Learning and Residential Communities.

Envisioned are living laboratories employing the principles of the Legacy of Wisdom Project. Core educational materials can be used by individuals, in academia, health care facilities, retirement communities and other social and cultural institutions.

Social Outreach.

Our charity mid-day lunches with readings, artistic expressions and educational homemade cooking enhance the translation of our research into effective and caring life practices.