

I'm hoping you can let your members know about my newly released hybrid memoir, [Dreaming Myself into Old Age: One Woman's Search for Meaning](#) that Shanti Arts Press has published in both print and Kindle. *Dreaming* invites readers to join my quest for self-discovery. Since my twenties, I've forged a relationship with my nightly dreams by recording them daily in journals and reflecting on them. At times, I've also worked with Jungian analysts who have helped me go deeper into my dreams. As a result, I've found that the dream world often sheds light on daily events and concerns, leading to insights that I otherwise might not have discovered. This daily ritual continues, the basis for my writing [Dreaming Myself into Old Age](#).

In my early eighties, I remain determined to age gracefully and thoughtfully. My memoir not only shows how night dreams have influenced me, but also how all the arts have fed my waking and dreaming self. I've learned that attending to my inner world can help me to meet the changes that aging brings. I also bring readers into the spiritual explorations that answer my hunger for deeper esoteric knowledge.

Russell Lockhart, in the blurb he wrote for the back cover, says, "Old age is an opportunity to experience our own deepest mystery. Life's distractions preclude tending to this mystery before the prospect of death begins to close all the curtains to the outside world. Mystery literally means "seeing with the eyes closed." We do this when we sleep, and then we see dreams. Every dream is a story—a mystery—but most people have little or no connection to this reality. This is why it is important for something or someone to point us in the direction of our own unique path—a direction that becomes crucial as death approaches. We don't need instruction. We don't need lectures. We don't need admonitions or dogma. What we need are stories that strike us to the core, stories that can open us up to the most important pathway we will ever experience. What can help is to hear stories of someone who has struggled with the same things we struggle with in old age and as death begins to call our name. An exquisite example is Lily Iona MacKenzie's book, *Dreaming Myself into Old Age: One Woman's Search for Meaning*. What I find most compelling about this work is she speaks not with an impersonal, distant voice, but with full-throated revelations of her personal struggles, an inside view that invites connection, that opens one up to her stories, her dreams, her art, in such a way that it becomes a genuine *companion* to one's own struggles with old age, dying and death. Read this book now. You will be glad you did."

I look forward to hearing from you.

🌸 Lily Iona MacKenzie, author of

Novels: [Curva Peligrosa](#), [Fling!](#),

[Freefall: A Divine Comedy](#),

[The Ripening: A Canadian Girl Grows Up](#),

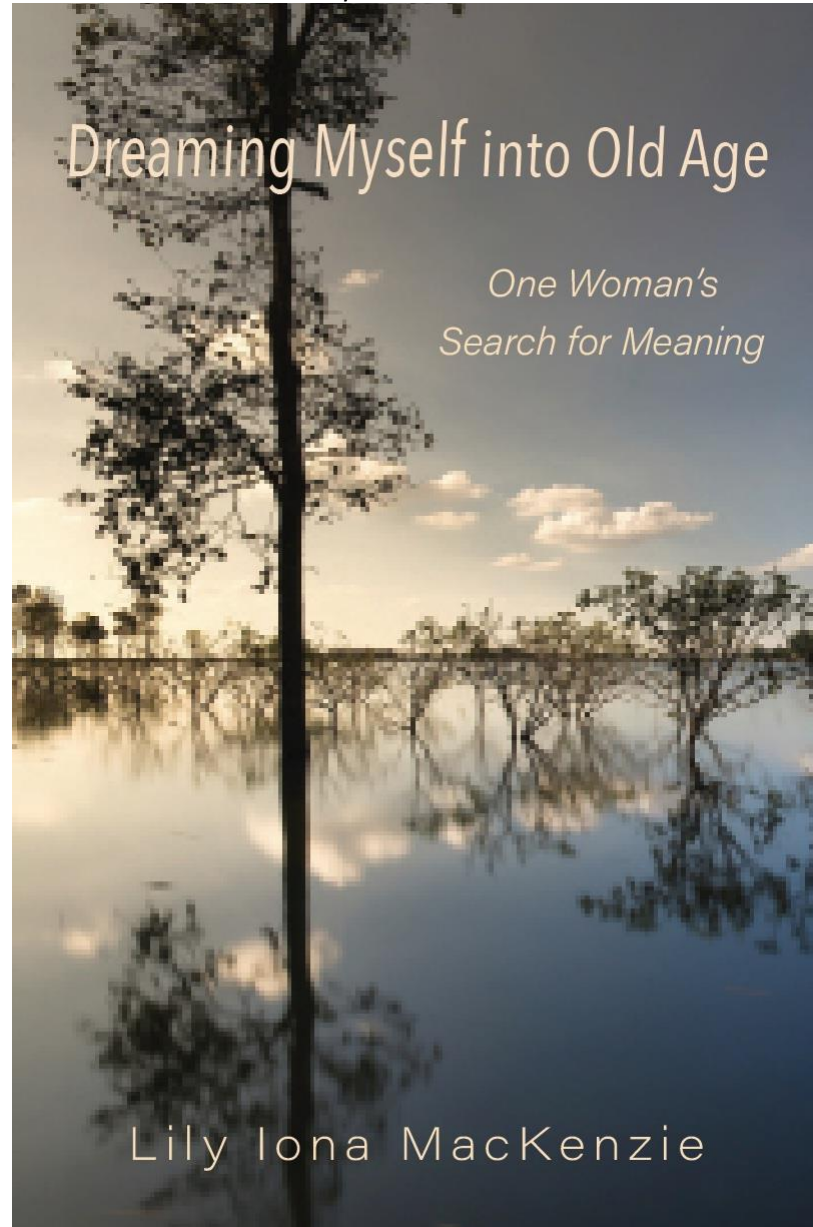
And poetry: [All This](#), [No More Kings](#), [California Dreaming](#)

Plus memoir: [Dreaming Myself into Old Age: One Woman's Search for Meaning](#)

Lily's [blog](#)



"I write to make sense of my life." John Cheever



Dreaming Myself into Old Age

*One Woman's
Search for Meaning*

Lily Iona MacKenzie