



EMOTIONS

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tips
TO AGING
gracefully

Q MY 50TH BIRTHDAY IS FAST APPROACHING, AND I'M NOT TAKING IT WELL. THE IDEA OF FACING MIDDLE AGE AND OF GROWING OLDER SCARES ME. I DON'T FEEL AS IF I HAVE LIVED MY LIFE TO THE FULL YET. THE PROSPECT OF HAVING TO SLOW DOWN, AND FACE THE FACT THAT, NO MATTER HOW HARD I TRY, I CAN'T STOP MY BODY FROM AGING, REALLY FRIGHTENS ME. I EAT HEALTHILY, I TRY TO EXERCISE AT LEAST THREE TIMES A WEEK, YET I KNOW THAT, IN A FEW YEARS, GRAVITY WILL TAKE ITS TOLL. I DON'T FEEL READY FOR ANY OF THIS!

A **Dr John Demartini:** It is possible to slow down the accelerating signs of aging, both mentally and physically. It's your choice whether you are a master of destiny or a victim of history, so aging is partly in your hands, because you alone are responsible for how you perceive, decide and act in life, more than what happens to you.
Here are some potential ways in which you can slow down the signs of aging:

1

Eat to live; don't live to eat:
Hedonistic gluttons stuff themselves to fill a void. In the West, there are too many people who are overfed but undernourished. Don't put junk in your body. Stimulants such as sugary drinks make you crash and burn. And drink the universal solvent: water.

2

Decide what's meaningful in your life and focus on it:
It could be family, work or a social cause, but it should be something you love, which makes you want to spring out of bed every morning.

3

Get adequate rest:
This varies from person to person. Some people need longer breaks than others.

4

Do a service for somebody:
Feeling that you're useful boosts the brainpower.

5

Practise yogic-style balanced breathing:
Breathe in for seven counts, hold for seven, exhale for seven, hold for seven, and then repeat. It centres you and keeps you present.



6

Don't get highly stressed: Less day-to-day volatility equals more resilience in the long run. Meditate for 15 minutes a day.

7

Have goals that you are constantly working towards: Inspiring challenges keep people and their brains more youthful.

8

Move your body: Walk (particularly uphill), swim, dance, do yoga and make love, even if you are 100 years old.

9

Have somebody to love, as well as loving yourself: Hugs will prolong life. They add life to years and years to life.

10

Embrace new ideas: Study. Read inspiring stories about people who have done extraordinary things.

11

Count your blessings: The more regrets, the shorter the life. Gratitude relaxes the wrinkles. ■