

# Successful Aging Seminar

Adding Life to Years as well as years to Life











“Mortality is the price  
we pay for entrance  
into this attraction  
we call life.”



# World Health Organization Common Conditions in Aging

**Energy, stamina, and strength decline. Hearing loss, cataracts and refractive errors, back and neck pain and osteoarthritis, chronic obstructive pulmonary disease, diabetes, cancer, cardiac and circulatory disease, stroke, balance issues, depression, dementia, and possible severe consequences to virus and bacterial infections, heightened sensitivity to stress.**

# Sanjay Gupta

- What was most fascinating to me is that the researchers found that we don't age at a constant rate throughout our lives but rather in bursts, with the biggest changes coming around ages 34, 60 and 78, on average.



# Cultural Aging Milestones

60's-----go go

70's-----go

80's-----slow go

90's-----no go



# KEY FACTS—World Health Organization

- In 2050, 80% of older people will be living in low- and middle-income countries.
- The pace of population ageing is much faster than in the past.
- In 2020, the number of people aged 60 years and older outnumbered children younger than 5 years.
- Between 2015 and 2050, the proportion of the world's population over 60 years will nearly double from 12% to 22%.

# From Roles to Souls—Connie Zweig

- In the context of age, most of us learn that being independent, quick, productive, and strong are highly valued and result in rewards of approval and status. On the other hand, we learn that their opposite traits—dependent, slow, unproductive, and weak—are devalued and result in disapproval and shame. Naturally, we dread the loss of these socially acceptable traits as we age, slow down, do less, and need others more. We can learn to slow down, turn within with curiosity, and open to what's calling to us without dismissing it—and without being taken over by it.



# Morning and Afternoon of Life - C.G. Jung

- “The first half of life is devoted to forming a healthy ego, the second half is going inward and letting go of it.” ~ Carl Jung
- “Thoroughly unprepared, we take the step into the afternoon of life. Worse still, we take this step with the false presupposition that our truths and our ideals will serve us as hitherto. But we cannot live the afternoon of life according to the program of life’s morning, for what was great in the morning will be little at evening and what in the morning was true, at evening will have become a lie.” ~ Carl Jung

# Land of the Very Old—Henry Miller

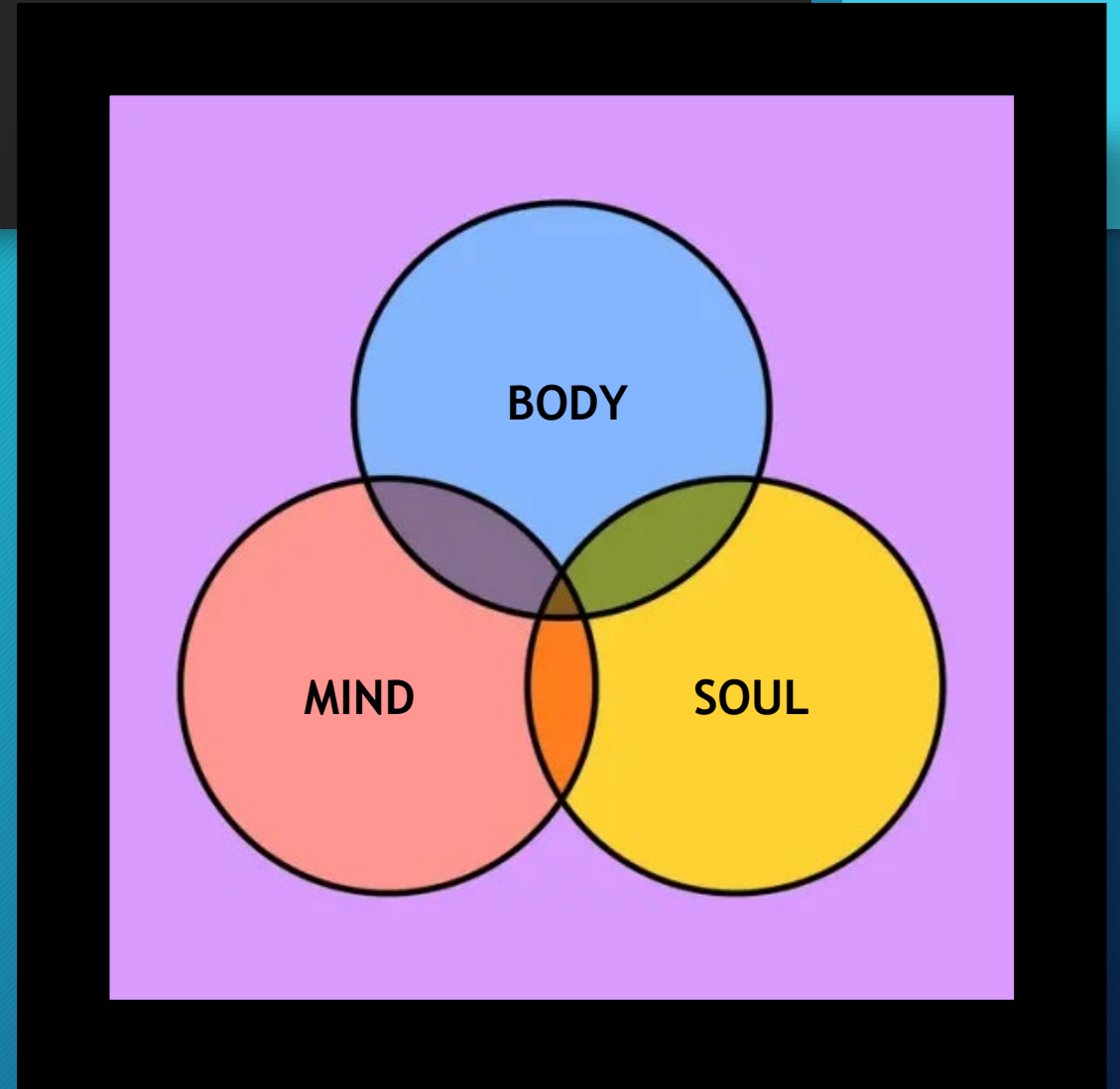
- And fortunately, I like the flawed, very old man I see in the mirror now, so I intend to pursue self-discovery until the very end because it is the source of my present well-being.
- Here is the paradox simply told: Even while I am moving deeper into very old age, recognizing and recording my own diminishing as time passes, my truth is that this last decade has been the happiest of my entire life.
- If that is not a mind-blowing paradox, I don't know what is.



M. Scott Peck, MD    On Grief

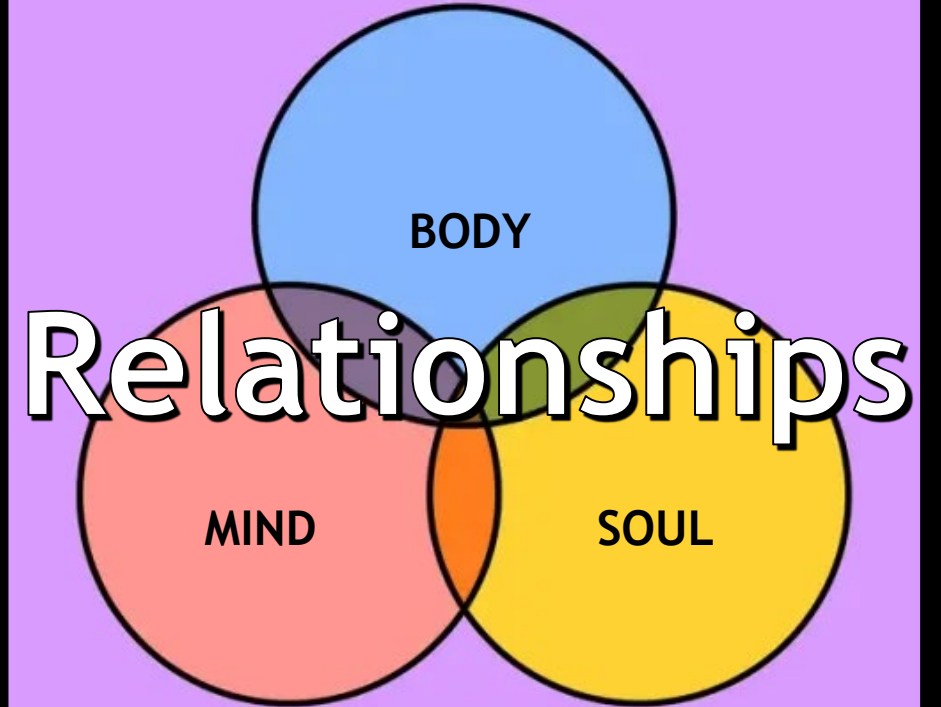
**“You cannot live well, if you cannot grieve well, for life is a series of losses until you lose life as you know it.”**

# Multidimensional Unity





# Multidimensional Unity



# Harvard 85 Year Men's Study

Contrary to what you might think, it's not career achievement, money, exercise, or a healthy diet. The most consistent finding we've learned through 85 years of study is: Positive relationships keep us happier, healthier, and help us live longer. **Period!**



# Scripts We Live

**Winner**

**Loser**

**Non-Winner**

# Six Basic Human Needs

1. **Certainty**—comfort, security, familiarity, routine
2. **Variety**—surprise, variation, change
3. **Significance**—importance, meaning, value



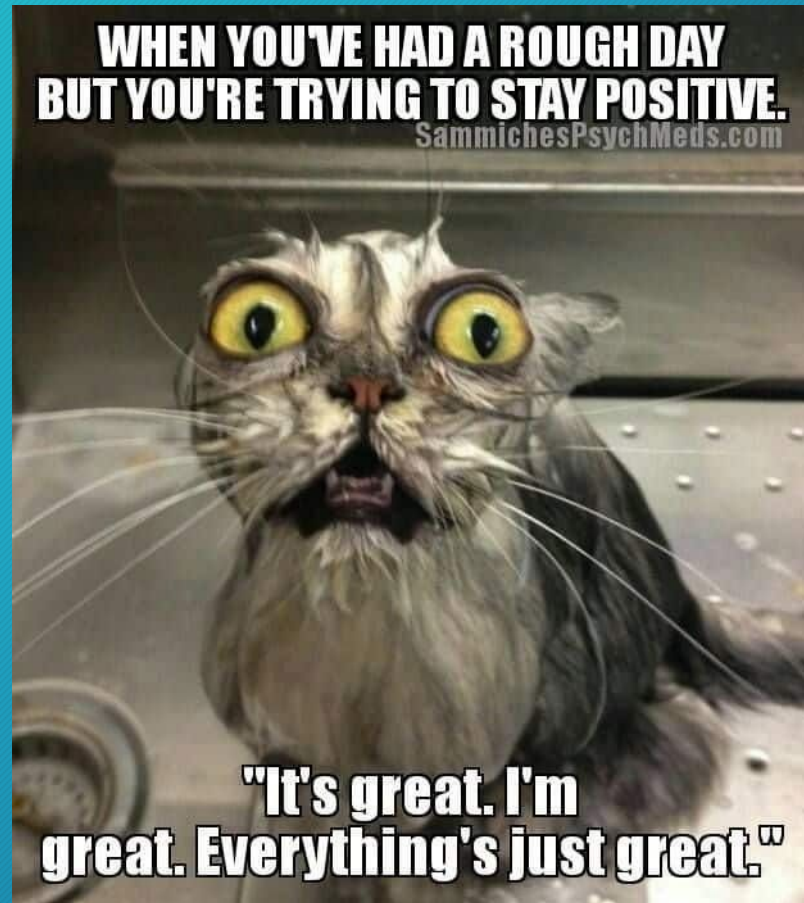
# Six Basic Human Needs

4. **Love and Connection**—to love and be loved and to belong
5. **Growth and Development**—to improve, max your potential
6. **Contribution**—give beyond the self, concentration on “the other”

**HYPOTHALAMUS**  
**PITUITARY**  
**ADRENAL**  
**AXIS**



# Get control of your stress Before It takes control of You!



# Soul Care

**“Wisdom belongs to the aged, and understanding to the old,” Job 12:12**

**“And I will still be carrying you when you are old. Your hair will turn gray, and I will still carry you. I made you, and I will carry you to safety.” Isa. 46:4**

**Even to your old age and gray hairs I am he, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you. Isa. 46:4,5**

**“God Causes all things to work together for good to them that love God....”  
Romans 8:28**



# Pablo Picasso and Jesus the Christ

It *took* me four years to paint like Raphael,  
but a lifetime to paint like a child

**Unless you become as little children, you  
cannot enter the Kingdom of Heaven**

## Caroline Myss On Aging

Free yourself from the burden of wanting things, of needing to accomplish anything, of being driven by the desire to please others. Finally close your eyes and listen to the wild voice of your soul and let go.

As you prepare to leave this life, and your thoughts inevitably turn to what you could have done, may you not wish that you had been more courageous.