

Growing Young

The first streak of grey hair at the age of 35 set me wondering if I am not aging? However, the symptoms of aging at physical plane did not undermine my energy, youth and enthusiasm at the mental plane. Frankly, I was concerned about continuing with my vitality and youth. So the quest began....

Is it possible to remain young for long?

In Retrospect

While at school I envied the freedom of adults and the young. I did not like being confined to school and be a slave to studies and of course teachers as well. When I got into college I realised that what I considered as freedom was a mirage. I had grown up physically and naturally I was expected to match my physical growth along with the mental. One who fails to so do is regarded as immature.

Physical growth is quite evident, but how do we measure mental growth?

Mental growth is evident from thoughts wherefrom actions and behaviour stem. A question arises as to whether it is at all possible to attain proper growth without getting old? Here I am reminded of an anonymous saying:

People don't grow old,
when they stop growing, they
become old....

So let us discover the secret of remaining young i.e. growing up without becoming old.

An urge to grow:

The other day, I was preparing to go out with my family. Before I could put on my shoes, my daughter, who is just six years old, wore my shoes and started walking up and down. When I asked her to remove them, she said, "Papa I want to grow up like you very fast". Perhaps, we all underwent this urge in childhood, which is quite natural. But, as we grow up and understand the difference between growing up and growing old, we, being both adult and young, do not want to grow old. Like children, we do not imitate elders and want to be like them. Instead, we want to remain young, energetic, enthusiastic and ready to pull the sky down.

Relationship between Body and Mind

Well, It is possible to remain mentally young as long as one wishes. In other words "just start feeling young and you will be young", However, it is easier said than done, How to feel young all time? If you want to remain healthy and young physically, you need physical exercise, isn't it? Similarly, to remain young mentally, you need mental exercises. Physical growth is a natural process, whereas mental growth needs training on the part of human being at the mental plane.

To quote Dr. Deepak Chopra from his book titled 'Ageless Body, Timeless Mind', "if you could effectively trigger the intention not to age, the body would carry it out

automatically. By inserting an intention into your thought processes, such as, “I want to improve in energy and vigor every day,” you can begin to assert control over those brain centers that determine how much energy will be expressed in activity. The decline of vigor in old age is largely the result of people expecting to decline; they have unwittingly implanted a self-defeating intention in the form of a strong belief, and the mind-body connection automatically carries out this intention. Long before you get old, you can prevent such losses by consciously programming your mind to remain youthful, using the power of your intention.”

Growing up without becoming old

By programming our mind we can continue to grow without aging. There are many ways we can programme our mind like, auto suggestions, meditation, prayer, good reading and so on. However, one of the easiest and effective ways could be implementation of three ‘P’ principles in our life, as we are imparted at MILT.

- The first P stands for “ Positive Attitude.”

- The second P stands for “ Proper Perspective “ and

- The third P stands for “ Purpose of life.”

Positive Attitude

Anxiety, worry and tension expedite the aging process. In order to overcome them you must develop a positive personality. The best ways to do so is read your "Human Relations" (HR) cards regularly, religiously and live by them. Look for opportunities in problems and not problems in opportunities. Have an unflinching faith in God – Almighty. God sends us trials not to impair us but to improve us. Surrender unto Him totally and He shall show you the way to overcome. Remember, God has plans for every thing and every being...

To illustrate, Gandhiji failed miserably as a practising lawyer, but then God had a better plan for him. If he had succeeded in his legal practice, perhaps, he would not have led India to freedom. So, don't worry if you are unsuccessful in your business venture, career or any interpersonal relations. Don't fall pray to depression and negative emotions as these too, expedite the ageing process. Always remember to fill your mind with positive thoughts of Peace, Courage, Health, Hope and Prayer in order to feel and remain young.

Millions of cells degenerate as well as regenerate. When degeneration overtakes, aging is manifest and end is drawing near. Hormones are responsible for condition of the body. The "Pituitary Gland" masterminds the level of these hormones. Physiologically it is proved that positive thoughts help overpower this master gland,

in that the hormones secrete in proper measure so as to check or arrest aging process.

Coming back to brass tacks put your life and the present situation in a proper perspective.

Proper Perspective

A friend at 41 feels that his life is all over and thinks that he is too old to change his career, or learn new things. He is diabetic, so he can not do many things and that he has to live the rest of his life carefully despite the fact that he is professionally qualified as a Chartered Accountant, with a loving wife and a teenager son, a spacious residence, etc. He is a typical example of good life seen in a wrong perspective.

Someone has said that, life actually begins at 40. And its true also if you really look at it. The first span of 25 years goes towards educational equipment and career placement. The next 15 years go towards raising family and settling down. Indeed, it is only after 40 that you start your life. People, who feel otherwise, not only suffer themselves but make others suffer, too. Any age is right for education, career or even sex.

In India, sex is taboo, especially after 40, whereas the fact is, sex is a must to keep young. Secretion of hormones during intercourse delays aging process and keeps both male and female young, physically as well as mentally. Recent Medical

Research has proved that a person can reduce the chance of heart attack by recourse to regular sex, say, twice in a week.

As far as education is concerned, life itself is a big university. We all learn day in and day out. Age is no bar for any education. My father, who left studies after Matriculation, did his M. A. with political science at 50 and completed his PhD at 55. So, age is not an impediment to learning new subjects.

Turning to career, Lee Iacocca's life is a shining illustration in that he was eased out as President of the Ford Company in his fifties and joined Chryslers, which was making huge losses. He turned Chryslers around and built up an empire.

In the profession of Chartered Accountants, one Parsee gentleman, namely, Mr. Khambatta started his practice after retiring at the age of 58 years. Mr. Noshir Lam, my co-author of the book on 'Mauritius', is young at 76. The secret of success in career is that you must love the work you do. Let your hobby become your profession and you will surely excel in the chosen field.

Remember, there is no looking back as life is a one-way street. So, there is no point complaining about aging but put your life in proper perspective and march ahead in the direction chosen by you with the right purpose in mind.

Purpose

If you want to see things from a distance, you need to climb up for an overview. Similarly, if you want to plan for long term, then you must transcend your preconceived notions and develop a VISION so as to arrive at the purpose of life so essential, for,

the purpose alone will give you the meaning and zest for life and above all it will keep you busy and energetic.

Most people with little or no purpose in life live like morons. Let me give you a couple of examples, how “ purpose “ can keep you young, energetic and going.

Dr. Sharad Kumar Diksheets, the renowned plastic surgeon, is nominated four times for the Nobel Prize. He was recently awarded Kellogg’s Children Prize amounting to \$ 1,00,000/- for his dedication and service towards Free and Corrective Plastic Surgery to 57,000 poor children in India. He visits India every year to fulfill his mission he began in 1968, “The India Project- Plastic Surgery Camp”, to which he had donated the entire prize money. Dr. Diksheets is 71, having survived a car accident partially paralyzing him, terminal cancer of the larynx and two severe heart attacks, still going strong with only 17% residual heart capacity, a marvel indeed.

Why go anywhere at all? We have amongst us another standing example -dedicated for the betterment of poor children – our mentor Aporesh. Those of you who

attended one of his one-day attitudinal seminars would agree that he pours his heart and soul in it. Imagine a person at the age of 64, surviving two heart attacks, taking a twelve hour long seminar with tremendous enthusiasm and energy, despite doctor's warning. How? Where does he get the energy from? What motivates him to risk his own life? Possibly, it is his mission to rehabilitate destitute children.

He gets energy, enthusiasm and motivation from this " purpose " to make a difference in the world in which he lives. This is the secret of his remaining young in mind.

By implementing these three 'P' principles in our life, we are in effect making ourselves flexible enough to adapt to 'change' - a universally constant phenomena. To quote Aporesh, "that which does not change, does not grow and that which does not grow, dies." "*Sanatana Dharma*" exemplifies this flexibility. Its interpretation is constantly changing with passage of time. For example, a tree if surrounded with unyielding metal band will engulf the band as it grows, whereas if the same is surrounded by flexible elastic band, then both will grow simultaneously. Our lives should be like that elastic band, which will help us to grow constantly. Dynamism checks the aging process just as inertia leads to stagnation and decay. The more we work and help others, the more we grow. Aporesh rightly puts it, " from all these years of training if anybody has grown most, it is me".

Conclusion

Don't ever think that you are aging, do feel young. Develop a good sense of humor. Laugh freely. Be cheerful; enjoy the beautiful sky, birds, songs and nature. Life is a wonderful gift of the Lord. So be happy and keep smiling and if you do so, I guarantee that you shall continue to grow young.

Doctors say they treat and He cures. The body ages. The mind, too, ages. Physical aging is a process of nature and therefore irreversible. Thoughts emanating from the mind would make a qualitative difference to living, which is why the psyche present in the physique needs attention first and foremost. The secret of being young stems from this fundamental truth that we can transform ourselves by our thoughts, positive vibrations, resting and trusting in Him who reigns supreme in this universe of ours. So be it.