

# **PART 6**



## **HOW TO TAP THE INCREDIBLE SECRET Powers of Your Own Mind**

**“We are more than the sum of our parts.”**

## **Longevity**

This month's release is closely connected to last months. Obviously to live a long life it makes sense that you probably have to be at least aware of your state of health and how you feel. Having said that we have all heard stories of people who drink a bottle of whisky and smoke sixty cigarettes a day living to eighty. This is unusual but not unexplainable. I would suggest that these people have an unusually strong and resilient constitution and might have lived a good deal longer if they have followed a different or more moderate path.

As you might expect I will use some ideas from Taoist practice and philosophy since they are

tried and tested. But perhaps we should consider the following question:-

## **Why try and live to a great age?**

I think most people would agree that living to a great age in itself should not be our prime objective but rather achieving the best quality of life for as long as possible. Nobody wants to end up vegetating in a nursing home suffering from Parkinson disease or some other ghastly illness. Who wants to end up like *Tithonus*. In the Greek Myth who gained the gift, or curse, of immortality without the gift of eternal youth. I personally feel it is futile to prolong life just because high tech intervention makes it possible.

*“Why seek to add more, just to lose it again, wretchedly without joy?”* Lucretius.

When I mentioned that some Qigong masters can live into their 100's I also mentioned that they lived active and useful lives. They still enjoyed life. This is quite different from many people who live into their 100's unable to move about, speak, or think coherently.

The great mystics from India, who practice yoga, and the Taoist masters in china all exude great life and vitality/energy you would normally expect from someone half their chronological age. These people are not trying to cling to life or even fear death. On the contrary they welcome death when it eventually comes because it represents their next stage in life. For them life never ends there is no death and so no fear. (It is unimportant whether you believe this or not I am not pushing any philosophical argument or religious belief here).

The aim of the mystic as he sees it is to develop himself spiritually as far as possible in this life

and attain enlightenment. Once they have achieved this they believe it is their time to move on.

Now for us lesser mortals I would assume we mainly want to enrich the quality of our lives and live a long and active existence.

Do you remember that I said that modern science's view of our universe has very strong similarities with the concepts that Taoists, and nearly all other mystics from the east, have held for over a thousand years. Well I need to develop this a little if you are to get anything from this month's release.

In the early thirties Modern physics went through a disturbing development. Three physicists Albert Einstein, Boris Podolsky, and Nathan Rosen carried out an experiment the conclusion of which became known as the

*“Einstien-Podolsky-Rosen paradox”* or EPR. The experiment was a “thought experiment” in other words it was carried out on paper since there was no money, time, or equipment, to carry out the experiment any other way. *(They did not have access to particle accelerators).*

They had decided to take this step because they had come up against problems in their research which could not be solved using existing conventional methods.

EPR has been described as “The Pandora’s box of Modern Physics” and it would not be an exaggeration to say that it turned the scientific world upside down. There is no doubt that you need to do some serious mental re- adjustment to begin to grasp the implications but in essence their concept is really quite a simple idea.

I don't want to go too deeply into all the amazing aspects of this research in this release. I will have to come back to this subject at a later date but I have to tell you little about it because it has a great deal to do with all of us and the question of ageing and longevity.

I also wanted to mention the names of Einstein, Podoisky, and Rosen to show that what I am about to say is not the work of some crank or lunatic but is partly based on the theories of some of this centuries greatest scientific minds. I don't want you to dismiss what you are about read out of hand. Some of you may well find the contents of this release shocking, and unbelievable. I apologize in advance for this but it cannot be avoided. As always I would ask you to please keep an open mind.

The problem with most people is that they have come to regard their world as a concrete reality. As I write this I am seated on a solid wooden

chair which supports my weight. It looks solid and I believe it to be solid because when I touch it, it feels solid. However any physicist could explain to me that the form of the chair in actual fact is made up of space and is far from solid.

The chair consists of millions upon millions of atoms. Each atom consists of a nucleus containing smaller particles called protons and neutrons. Surrounding the nucleus at some distance revolve electrons. In fact through the study of quantum physics we know that 99.9999 of every atom is in effect empty space. You see if we believed our senses we would still think the earth was flat and the ground you stand on does not move. Albert Einstein deduced that time and space are the results of what our five senses observed. In the quantum world there are no definite qualities, lines or boundaries.

The extent of our senses are in actual fact very limited. We can only sense detect a tiny fraction



of what is out there. Our view of the world is entirely based on only a tiny fraction of the data that our limited sensory allows us to observe. There are many creatures on this planet which perceive the world very differently. Our hearing is extremely poor compared to a dogs whose sense of smell is also a million times more sensitive. Bats use ultra sound to navigate their way around and snakes can see by using infrared.

It had long been known that nothing really has any solidity but is in effect made up of tiny amounts or bundles of energy. Before the EPR paradox most physicist thought the quantum theory propounded that the universe consisted of a mass of separate parts and energies independent of one another. The view that modern science is slowly moving towards is that the universe is in effect fundamentally linked in some way.

To the mystic this idea is nothing new but has been their fundamental thought for centuries. To the mystic the binding link is an all pervading “cosmic intelligence”.

***“The universe looks less and less like a great machine and more and more like a great thought!”***

Each and every one of us and everything else in the universe is made up of atoms of matter which have been in existence since the dawn of time. Whether we like it or not we are all part of the Quantum universe which is in a constant flux of change and transformation. It is estimated that there are six trillion reactions taking place in each of our cells every second! The condition and state of the cells in a person's body are unique to that person. Their condition is dependent upon the unique experiences that a person has had throughout their life and how those experiences have been allowed to effect the metabolism of their bodies.

Our bodies are under constant attack every single day from pollution, radiation, ultraviolet light, among many other things. If a cell from your body was removed and placed on a glass slide and left outside for just a few moments it would die.

On the cosmic scale of things there are great forces at work which are ever ready to destroy life. So why does life exist at all?

## **Entropy:-**

Described as “formal lack of organization” in my dictionary is in reality the nature of things to move from order to disorder. In other words to breakdown. The existence of entropy has been with us since the dawn of time ever since the “big bang” and the beginnings of our universe. It has been described as a one way track and the process cannot be reversed at least not without intervention.

## **Negative Entropy:-**

Whenever energy collects with matter and forms orderly systems then the tendency of entropy is temporarily defied. In physics this is what is known as “Negative Entropy”. Sometimes these

fields of negative entropy last for a very long time, for example galaxies, stars, and planets but eventually they all dissipate. The whole universe is heading in this direction although the final “death” will not be for billions of years.

It is entropy which causes our bodies to age. It is the slow but ever present tendency for order to breakdown into chaos which causes our bodies to deteriorate over time. If you want to stop or slow down this process you have to learn how to stop or slow down entropy.

The mystery of life with its extraordinary complexity is a counter force to entropy. The evolution of life would not be possible without a fundamental intelligence guiding it along. The cosmos has been described as a living entity which is constantly evolving from its early primitive into more and more complex states.

If we could preserve the perfect balance and condition of our bodies as they were when we were first born it is estimated that we could live to two hundred years or more. Although all the substances, chemicals, and elements which go into making a new born baby have been in existence for billions of years they are not new in themselves. However some creative order or power has dictated the shape and form these substances will take, in this case a baby.

# AGEING

The extraordinary thing about the human body is its ability to repair itself against the ravages of entropy. As I have already said our bodies are under constant attack and yet our human DNA contains all the information needed to allow our bodies to renew itself. The great mystery is that this process is ninety nine percent efficient. What baffles scientists is what happened to the remaining one percent? To learn the answer to this one we would need to know the secret of life.

After the age of thirty our bodies undergo this slow and almost imperceptible change as our cells repair themselves slightly less efficiently than before. Eventually each cell suffers more damage and ageing occurs. If this were not the case and our cells repaired themselves perfectly all the time we would never age.

Some people have put forward the theory that growing old and death is a product of conditioning rather than the concrete reality most of us assume.

Most of us think that we have a life span of between seventy and maybe ninety years of life but what is a “natural” life span? Over recent years the average life span of people in the western world has risen as better medical techniques have been developed. So it could be argued that people live longer these days because we can keep the ravages of disease and chronic sickness at bay. The World Health Organization has estimated that people live world-wide to an average of 68 and that this figure will increase to 73 during the early part of the next century.



By the first quarter of the next century people in Britain, for example, can expect to live to 80. In the USA it is expected that life spans of 95 or 100 will be the norm by 2050. Some western scientists predict 140 is achievable.

In the ancient Taoist annals are listed many gifted adepts of the “way” who lived to great ages by carefully nurturing and protecting their vital energies. During the Han Dynasty we learn of a *Leng Shou-kang* who lived to over 150 and improbable as it sounds there was another named *Wu Tzu-tu* is reported to have lived to the age of 205. John Blofeld in his book “*The Road to Immortality*” quotes an article published in 1939 in one of China’s main newspapers of the time about a man from Szechuan province.

Born in 1796 having retired as a secretary to the military authorities on the Yangtse River Region he travelled to Tibet in search of rare medicinal plants and herbs. Having gone for so long nobody

expected to see him again and thought him dead. However in 1931 he reappeared and many aged people recognized him as somebody they used to know when very young. It was said that despite his great age he did not look any older than 50 and had hardly changed at all!

When I was very young I remember asking my father why a certain relative, whose picture was being shown to me, was not still around today. I was told that he had died. I was intrigued at this and asked how had he died and I was told he had died of “old age”. I was not totally satisfied with this but it was a kind of answer. Death and dying are intriguing concepts for the young mind. Most people die from a failure of one or more of the body’s mechanisms. It could be the heart, kidneys, whatever. Dying from “old age”, which was described by Professor Raymond Tallis of Hope Hospital Salford as “the gradual but harmonious failure of all organs”, is not that common.

# Is Ageing Inevitable?

What is ageing? Some would say that our perception of ourselves and the world around us are personal and unique to each individual. One person's view of themselves and their world around them could be utterly different to another. Two people could be standing in a beautiful garden on a perfect sunny day but have totally different view of the experience. One might feel bored and fed up staring into space while the other could be transfixed and overawed by nature's beauty.

The assumption that we all have to grow old, decay, and die within an allotted time span ignores the fact that we are more than just biochemical mechanisms. We are not machines that wear out, breakdown, and are then put on the scrap heap, although this is the firmly held view of most people. You might wonder why I should make such a statement since it flies in the face of everything we have ever learnt or have

been told about the so called “real world” or “material world”.

There are three ways to judge the age of someone. The first and most obvious is to ask them when they were born and calculate how many years old they are. This is known as ***“Chronological age”***.

The next way is to give people a battery of tests to see how they respond. Typical tests include stamina, hearing, co-ordination, blood pressure, levels of cholesterol, and many more besides. This gives an indication of someone’s ***“Biological age”*** We have all met people who look very young for their age. Some Qigong masters fall into this category. What has happened is their chronological age differs from their biological age.

Lastly but certainly not least is a person’s ***“Psychological age”***. This is how old you feel

inside. I know people who appear to act as though they were fifteen years older. This is very common if someone has been brought up with elderly parents particularly if they were an only child.

Chronological age is fixed and so cannot be altered, however it is the most misleading yard stick of all because it is largely irrelevant to the subject of ageing. Unless you just want to be able to collect your pension! It does not reflect how old you truly are. After all everyone is unique and we all age in our own way.

I know people in their fifties who appear more alert who are fitter than others in their twenties. An athlete in his forties who continues to work out will have developed the same or better muscle tone as someone in their twenties. This where Biological age come in. The trouble with biological age is that because we all age in such a unique way it is difficult to get an accurate

picture of what is involved. The athlete in his forties might have the strength and stamina of someone in their twenties but his hearing or eyesight might have deteriorated because of the unique factors effecting him in his life.

Scientists are constantly trying to invent new ways of measuring people's age but at the end of the day it is very subjective.

What we do know about Biological age is that it is possible to change it. In other words you can reverse your biological age. Many "elderly" who have been put on regimes of healthier diets and regular exercise have managed to reduce the harmful effects of obesity, high blood pressure, and low muscle mass, etc. These are some of the factors which make up a person's Biological age and on average these people can expect to extend their life by about ten years.

Hereditary factors have surprisingly little effect on a person's life expectancy, only somewhere between 2%-3%.

By far the most important factor in influencing a person's age is their Psychological age. How old and how you feel. This is not only the most important influence but it is the most flexible.

One of the characteristics of "old age" is stiffness in the body but also a stiffness or rigidity in the mind:-

***"When he is born, man is soft and weak"***

***"In death, he becomes stiff and hard" Lao Tze.***

In America in the 1950's a study was made to see if they could find out what personal characteristics centenarians had in common which could explain their ability to reach such a

great age. Listed below are some of the things that were considered important factors:

1. **An ability to react to change in their life with a positive adaptability.**
2. **A sense of being free from anxiety.**
3. **Being able to create.**
4. **An ability to react positively to new things in their life.**
5. **A zest for life, a desire to live.**

Out of all of this research the single most important factor was how they reacted to stress. It was how they managed to cope psychologically with the stresses in life. Everyone suffers from stress from time to time, whether it be from a bereavement, shock, whatever. However it is the ability to release this stress from our system so



that it is not allowed to eat away at us that really counts.

Human beings are capable of altering our physical state, as we have seen in the last release, by the kind of things we think of or situations we react to. Our mental attitude affects our bodies on the smallest level imaginable. Every cell in our body is affected by our thoughts. When we get seriously depressed the effectiveness of our immune system is impaired. When we feel great joy and happiness our immune system is greatly boosted. It is because of this fact, that the mind has such a strong influence on our body that the rate at which we age can be speeded up or slowed down.

**THE RATE AT WHICH YOU AGE IS UNDER YOUR CONTROL!**

There that's shocked some of you. Incidentally this is not a particularly new discovery as you would expect it has been known about in the east for ages. There has been tons of research in the west which confirms this fact.

As soon as you take a bite out of an apple your mouth will start to secrete enzymes which start the digestive process. Perhaps there is nothing mysterious about this however if you were to imagine or simply thought about eating an apple your mind would trigger the exact same response even though there is no food present.

This simple example shows you that it is the thought that is important and not the physical reality of food being present or not. Your thoughts are not things however your thoughts turn them into things.

You read last month about the placebo effect in producing K cells (Killer Cells) in fighting cancer. Similar effects have been achieved by giving patients a sugar pill but telling them that it is in fact a powerful pain killer. Between 30% and 40% will experience pain relief when all they have in fact taken is just a sugar pill. This kind of experiment has been tried with patients suffering from all sorts of ailments with a similar degree of success. Even people suffering with advanced stages of cancer have been known to have significant remissions after receiving injections of a salt solution but being told that it is a new strong anti-cancer drug.

If a simple sugar pill, i.e. placebo, can produce such a wide range of effects within the body it is logical to assume that the mind and body can produce virtually any biochemical reaction it wants. It only needs the right *suggestion* to be made and accepted by the subconscious.

So why not give yourself positive affirmations while under self-hypnosis that you feel young and full of vitality? You know enough about self-hypnosis to be able write out a suitable script. When you done this take a key word and chant it to yourself while in a trance state.

Why is it then that we appear to “grow” old? What is it that makes this happen? This is question which has puzzled most people over many years.

In the animal kingdom many species sole reason for existence would seem to be the recreation of the species. A dragon fly only lives one day and having mated dies. Mice are capable of producing around two hundred off- spring and only live for an average of about two years. Their natural life spans are short but are highly energetic. It would be pointless for a mouse to live for two hundred years because there would not be the resources to support them at this rate.

In most case in nature the relative life span of a creature is dependent upon resources and their chances for survival due to predators.

Sadly for the mouse there is a very good chance of being eaten. Because of this nature has arranged things so that there should be a good numerical chance that at least some of a couple's off-spring will surviving to carry on the dynastic fine.

**We differ from animals in an important way, we can reason. We are conscious of what is happening to us. For some researchers this is thought to be the secret to longevity!**

Humans on the other hand are not destined to die as soon as they have had a family. In most cases we live on many years later. It seems that there is not the same imperative that we should cease to have any useful function after fulfilling the primary role of reproduction. Men can

remain sexually active for many years but women have a relatively short child bearing range however statistics show that women seem to live longer than men. So why should we age at all?

As a new born baby our bodies are free of all the toxic products which affect us as we get older.

Our bodies are undergoing constant change all the time. Outwardly we do not appear to alter at all, however about 98% of our bodies mass will have been changed in any one year. You are undergoing this process of change every second of the day or night. Your whole system is in a constant flux.

After the age of thirty this process of renewal becomes slightly less precise. Imperceptibly at first, at a rate of about 1% per annum, the “average” person starts to become less new than before. This seemingly tiny percentage over time

has a disastrous effect and reaps havoc on our bodies over time.

What some people now thinking is it possible to influence this rate of change in some way.

By becoming aware can we alter our so called reality?

In western society we state that someone has finished their useful working life at sixty five or sixty. Some people miss the routine of going to work and feel depressed in retirement. They get under the feet of their wives and perhaps made to feel useless. Because of this mental state these can age rapidly and become sick. In societies where elders are respected and continue to enjoy an active life the appearance of old age is less marked.

**Conditioning The Mind:-**

Do you remember what I said about your use of language:-

Never EVER say anything to anybody about yourself unless you want it to become true.

Don't say "Oh I feel so old" when you just mean you feel tired. They are not the same things at all. All the first statement does is to enforce a negative image which is not true any way.

Back in the bad old days of the cold war in the 1970's the soviet regime were anxious to score propaganda point against the west. One of their schemes involved claiming that some of their people lived to incredible ages compared with anyone in the west.

One character in particular was singled out for by the soviets for special mention was Khfaf Lazuria, a woman from Abkhazia. It was claimed that she was 140. Visitors found her to be a small frail



woman but very agile with a lively sense of humor. She did not need glasses because her eye sight was good enough to allow her to thread a needle without them.

Unfortunately what the western visitors did not realize was that it is the custom in Abkhazia to exaggerate somewhat and even to tell outright lies to strangers. It was extremely unlikely that anyone in Abkhazia lived to 120 much less 140. The problem was that since the purges under Stalin nearly all the birth and death records had been destroyed. So even the soviet government had no way of telling how old the people were. Most of the population were illiterate and did not know when their birthdays were. But the interesting thing was that as a people they didn't much care about keeping track of time. The situation became even more confusing because some people used the Christian calendar and others the Moslem one (which uses a ten month year).

You may wonder why I am telling you all this. Well there is a point to be made here. The Abkhazians living to a great age is considered a great achievement and virtue. Old people are treated with great respect in their community. Although the claims of people living to 140, 150, could not be verified the soviets did find records of significant numbers of people reaching ages of 115 and beyond. The important point to note here is that Abkhazians were conditioned to and expected to live to great ages.

Their life style was very much one closely connected to their land and they were very much in touch with the rhythms of nature. They worked in the fields breathed fresh clean air and ate good wholesome food.

Most of the food they ate were vegetables. They also consumed a fair amount of dairy produce. However to my mind one of the most significant things was the importance they placed on the

freshness of their food. Vegetables were picked only just before they were cooked. On special occasions when they might eat meat the animal would be slaughtered shortly before the feast. In this way the precious enzymes and nutrients would not be lost in the preparation. In fact most food would be eaten raw but if they did cook they tended to boil it. Nothing appeared to be fried. They are one of the few cultures in the world where they were very aware of the harmful effects of fat in the diet.

This strong attention to diet and their tendency to live very active physical lives obviously had a great influence on their longevity. But I would say it was their mental approach and positive expectation of achieving a long and useful life that played a very crucial role.

In the west old age is considered a curse. Our old people are shut away in nursing homes. To most western minds old age is feared. The west has

developed a “youth culture”. Youth is respected and venerated. Some companies routinely sack and get rid of their work force when they reach forty. This not only short-sighted but it is stupid and reckless. Some firms consider people past it at thirty!

I believe this is one area where we should re-think our attitude.

The Abkhazians are not an isolated example of a people or culture who attach such importance to exercise, wholesome fresh food, and a zest for life.

Anyone who has studied Yoga or Taoism will know that such things are given great importance.

*The Three Treasures:-*

**Protecting The Three Treasures:-**

In Taoist philosophy we are all brought into this world empowered with the three treasures. Those who waste and abuse them will suffer sickness, disease and a short life. Those who learn how to enhance and nurture them will enjoy good health and a long life.

The three treasures are as follows:-

1. **ESSENCE. (*Jing*)**
2. **ENERGY. (*Qi*)**
3. **SPIRIT. (*Shen*)**

Essence relates to our physical bodies, the blood, tissue, particularly our vital fluids like enzymes, hormones, etc.

Energy was touched upon in last month's release and relates to our life force which permeates every single part of our body and allows us to function.

Spirit deals with our thoughts and awareness.

In Taoist philosophy these three treasures should work together in harmony. When we are born we possess a quantity of prenatal energy or “primordial energy” or *yuan-qi*. This is stored in the adrenal cortex and sexual glands and is of limited supply. We also absorb a form of prenatal energy from the sky and cosmos beyond. We do this mainly through a point called (*bahue*) on the top of the head and via our skin and eyes.

Once we are born we get postnatal energy known as “*dee*” which relates to our diet. What food, herbs, other supplements we eat and the water we drink. The body transforms these substances into energy which enables our bodies to function.

When we breathe we absorb energy from the air. This energy can be cultivated to amazing levels

by the practice of Qigong as you learned in last month's release. When these three energies combine and function together it produces what is known as "True Human Energy" It is the control and enhancement of the energy that forms the guiding principal of Qigong training.

Taoist philosophy is a big subject and goes far beyond the scope of this course however if you are interested there is a very informative and entertaining book that I recommend you read. It is called "The Tao of Health Sex and Longevity" by Daniel Reid. It is described as a modern practical approach to the ancient way and is published by Simon & Schuster.

It really is a great book and you will be fascinated by what you learn from it, *not least the section dealing with the ancient sexual techniques!*

There is a large section dealing with the subject of diet with some useful information on what

foods are effective in curing certain ailments. It explains why eating some foods makes you feel sluggish while eating others makes you feel energized.

As with everything else in Taoist philosophy when dealing with your diet they look for a balance of Ying and Yang. They are also very careful about the combination of different foods and their effect on the digestive system:-

***Food and drink are relied upon to nurture life. But if one does not know that the natures of substances may be opposed to each other and one consumes them altogether indiscriminately, the vital organs will be thrown out of harmony and disastrous consequences will soon arise. Therefore, those who wish to nurture their lives must carefully avoid doing such damage to themselves.***



## Chia Ming. (Essential Knowledge for Eating and Drinking) AD 1368.

Originally our digestive systems were evolved to deal with foods like fruit and vegetables. In time our bodies developed the capacity to digest meat when this became a part of our diet some 75000 years ago. However most dieticians these days warn us not to eat too much red meat like beef, or pork and instead urge us to eat poultry or fish.

Taoists have long considered domesticated animals as a poor source of meat. This is due to the fact that such creatures traditionally fed on a diet of left-overs and slops from the kitchen. *Today there is also the question of antibiotics and other artificial additives which our animals are routinely fed.*

Far better for you is wild game particularly wild venison which is readily available these days. The

reason why such meat is better for you is because of what the deer eats, wild nuts, leaves, etc., is natural and full of goodness.

However even this meat won't do you much good if you over cook it. It should be only lightly cooked so as not to destroy all the nutrients, enzymes and vitamins.

Studies show that the incidence of heart disease, strokes, diabetes, in America soared during this century compared with the last century. Then Americans did not eat as much fat and processed food hardly existed. They ate much more fiber and a much greater proportion of vegetables. Consequently chronic disease was lower. Certainly in some primitive cultures where their diet is more natural and consists largely of a vegetarian diet these diseases are almost unknown.

Attention to diet on its own is not the main feature in the character of centenarians but a bad diet is certainly connected to disease and premature ageing.

**So it is not a bad idea to give your diet a little thought!**

There is a bewildering amount of advice around these days about diets and what you should and should not eat. I am certainly not going to add to this advice because it has already been worked out by much better and more experienced people than I. It is a very large subject and to really understand the basics of what is involved you should read Daniel Reid's book I mentioned earlier.

What I will do is list some of the basic pointers:

- 1. Try to eat organic produce if possible.**

**Try to avoid food which has been contaminated with pesticides and other unnatural contaminants.**

**2. You should eat wholesome food as fresh as you can possibly get it. In this way you eat, and absorb, all the precious nutrients before they get destroyed.**

**3. Try to eat food as close to its raw state as possible for similar reasons given above. If you can don't ruin the nutritional value of some meat or fish, by over cooking it.**

**4. Try to eat a greater proportion of vegetables and/or salads and cut down on the amount of red meat and pork in your diet.**

There are a hundred more things I could say but the above points give you the general idea.

I have not mentioned the subject of exercise this is because most people are aware of its importance to your health. Again there are many studies and lots of information which show that regular exercise is very effective in reducing the rate at which our bodies biologically age. It increases muscle mass, strengthens the bones, is good for the heart, blood circulation and blood pressure.

One important point I will make is that you should be careful you don't overdo it. Too much physical activity can wear out the body just as easily as it can rejuvenate it. Running marathons at the age of eighty may be a good thing but not if you only started running at the age of seventy five. You have to be sensible.

This is why I am such a fan of (*Taijiquan* or *Tai Chi*). You learn to be aware of your body and how nature intended you to move your body around naturally. Armed with this knowledge other more strenuous physical activity is much more effective and less damaging to the joints etc. However yoga is good, so too is the western technique called “Alexander Technique”. Your local library will have books on this subject and can probably put you in touch with a teacher.

## **Stress Enemy Number One!**

Without doubt the most important factor affecting our state of health and so in turn our chance to live to a great age is our ability to deal with stress!

This is why this month's cassette tape deals with how to deal with stress. It is well known that chronic stress is the main cause for immune

deficiency in our world today. Unfortunately there is a tendency to treat stress with drugs that appear to give temporary relief but which in fact cause more damage psychologically in the long run.

It is not an exaggeration to say that around 80% or more cancers owe their origins to one kind of stress, mental strain, or similar cause. Scientists have discovered that mental pressures of this kind cause the body to produce neuropeptides which are chemicals which have a powerful suppressive effect on our immune system. They have found a direct pathway from the brain which proves without doubt that these chemicals can stop immune cells in their tracks. Once this happens bacteria, harmful microbes, and cancer cells are able to enter the body!

## **Meditation and Why You Should Practice It:-**

### **Meditation and Your Biological Age:-**

Meditation/ Self Hypnosis is without doubt one of the best ways to reduce the negative effects of stress on the system. The problem with stress is that the body reacts to it extremely quickly so it is hard to counter it consciously before some of the harmful chemicals have been produced in the brain.

Studies have shown that the levels of adrenaline and other substances associated with a stress triggered response are markedly lower in people who habitually practice meditation. Incredibly western medicine did not even suspect that this was the case until around the early 1970's!



Even ignoring the spiritual side of meditation / self-hypnosis for the moment the benefits to your health become obvious to anyone who has practiced it even for a comparatively short time. Transcendental Meditation was specially singled out for use in the west because it is an amazingly simple technique and very effective. It was thought for reason to be better suited to western minds compared to the more advanced and esoteric methods used in the east.

**When some researchers taught transcendental meditation to a group of octogenarians in the Boston area of the USA they discovered that ALL of those who practiced TM each day for twenty minutes were still alive three years later! Of the others who did not practice meditation thirty eight percent (38%) had died.**

Some air forces train their pilots to use TM because they find it increases their efficiency and concentration.

The object of meditation is to quieten the mind and clear it of all thoughts so that you can simply exist and get close to the real you or the creative intelligence within us all. There are different schools and techniques of mediation but the goal is normally the same.

It is very difficult to calm the mind because it likes to have lots of random pieces of information flowing in and out all the time. If you don't believe me just try and think of nothing at all. It is virtually impossible because the very act of thinking "there I have cleared my mind" means you mind is no longer clear. The Chinese have many expressions for this problem "taming the monkey" among others.

The way Transcendental Meditation works is really very simple. Rather than trying to empty the mind you simply relax for about thirty seconds and then silently chant a mantra. A

mantra is just a word or sound. It would traditionally be a word from Sanskrit. Some try and make out that the mantra has a religious significance but I believe the meaning is irrelevant. In fact the more innocuous the word the better because you are trying to calm the mind. If you use a word with some special significance the chances it will start the mind racing away which is the opposite of what you are trying to do.

When I first learned TM we were told never to divulge our mantra to anyone else because it might be used against you. The teacher would take each of us in turn and whisper a sound in our ears. We were led to believe that each mantra was unique to us and very special, which in a way it was, but I never believed it was unique. Now in a moment I am going to tell you what mantra I was given about twenty years ago. Before I do I want to tell you what I believe to be the purpose of the mantra and why they chose the sound they gave to me.

Clearing the mind is an extremely difficult thing to achieve, as we have already seen, which even masters of Zen Buddhism take many years of long patience and practice. The object is to still your thoughts and go into a deeper level of consciousness. So how do you quieten the mind? Well this is where the mantra comes in. You see if you are focusing on the sound of the mantra it is difficult for any other “more distracting” thoughts to enter your mind. Let’s face it you’re not going to find your inner self if you’re constantly thinking about “has anyone fed the cat” or “what should I cook for dinner”.. etc.

The mantra also has to be as gentle and as soft a sound as possible because any abrasive words with too many syllables will only annoy the mind and prevent it from calming down and entering a trance state or altered consciousness. The mantra that was given to me was:-

If you say this to yourself over and over again you will notice that it has a very soft rhythmic sound. The object of the exercise is to occupy the conscious mind with something so that you access your subconscious. This is why I do not make a distinction between hypnosis and meditation.

We were told that from time to time other thoughts would sneak into our conscious thoughts. When we became aware of this we would very gently start to silently chant the mantra once more and the distracting thoughts went away. Now and again the mind would become so still that there would be no extraneous thoughts, not even the mantra being chanted. This is when you reach into your inner self and your mind is perfectly still. This is when your body is most rested and when the most good is achieved from this kind of meditation.

As soon as you are aware of this state you are no longer there of course because the act of being aware is in itself a distraction. After about twenty minutes we would stop chanting the mantra and bring ourselves back to full consciousness.

When we go to sleep, to reach the state of maximum relaxation takes about five hours. In meditative a state your body consumes much less oxygen and your heart beat slows to a murmur and your body achieves a state of rest at least twice as deep as sleep! In meditation this state can be achieved within about five minutes.

Studies have shown that people who practice mediation regularly score significantly better when tested for: blood pressure, short-sightedness, and hearing. These are typical tests used to gauge a person's biological age.

Tests have shown that if you practice meditation regularly for about five years your biological age will be five years below your chronological age.

If you practice meditation for ten or fifteen years this advantage will increase to the extent that you can appear to be fifteen or more years younger than your chronological age!

I hope you have found this month's material useful and that you will try to act on and use some of the information it contains. However if you did nothing else but try a bit of TM now and again you will reap great rewards, you could certainly do a lot worse. Before I go I would like to leave you with a poem from the first century BC written by a Taoist adept called *Wen-Tzu*.

***The body is the temple of life. Energy is the force of life. Spirit is the governor of life. If one of them goes off balance, all three are damaged. When the spirit takes command, the body naturally follows it, and this benefits all Three Treasures. When the body leads the way, the spirit goes along, and this harms all Three Treasures.***

What he is basically saying try and use self-control in your appetites. Don't overdo things and perhaps a little of what you fancy does you good. Longevity is inextricably linked to your health so take a little care. You cannot have one without the other.

Anyway on the next page is a summary of some of the points raised this month:-



- 1. Forget about your chronological age. It's irrelevant. Only think about your psychological age!**
- 2. Improve your diet. Eat as much fresh produce as possible.**
- 3. Take regular exercise. Don't be a couch potato!**
- 4. Use Self-Hypnosis to re-program your mind to be young and full of the zest for life.**
- 5. Practice periods of quiet meditation. Just let the body rest. Completely still.**

**Next I want to return to the subject of Hypnosis in more detail. I want to discuss the different types of induction techniques that are often used and much more besides.**