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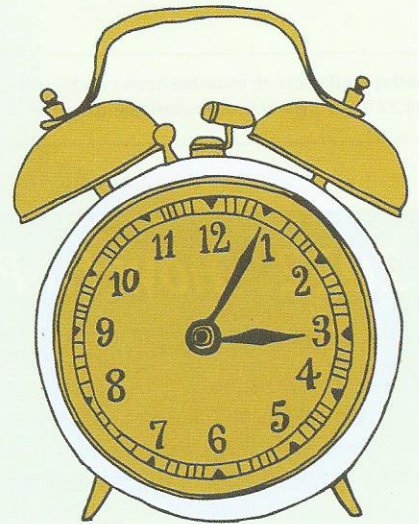
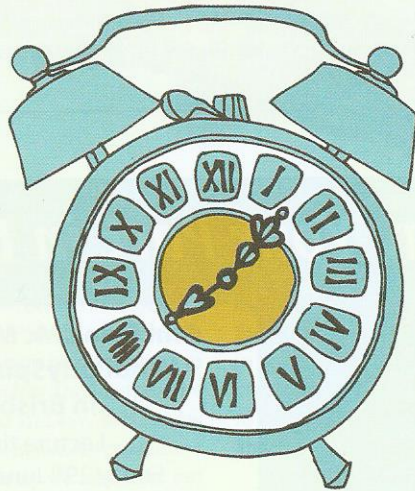
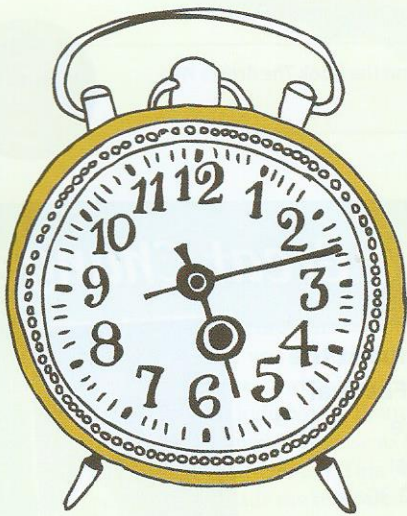
beautiful

AGE IS

Nothing

BUT A NUMBER

By Chutisa Bowman



Beautiful is where we will share with you the creative, the expansive, the inspirational, the joyful, and the beautiful: mind, body, spirit and soul. We hope the stories and ideas we offer will encourage you to reflect on your own perceptions and open you to new possibilities and paradigms of seeing, understanding and experiencing beauty in all aspects of your life.

Most of us think of aging in vague terms, believing that aging is inevitable and that to stay youthful and vitalised is impossible. It is something that causes tension and is often seen as a threat to our sense of self-worth and quality of life - it is what happens to all of us and there is nothing we can do about it; the clock is going to tick away. These points of view lead us to believe that we do not have power over the aging process and we cannot exercise influence over the way our body looks and feels. For many people in western society today, aging is a source of anguish and concern. Modern women and men pour billions of dollars into highly touted solutions to the anti-aging process - botox, face-lift surgery, creams, lotions, potions and pills. There is always a scientific breakthrough around the corner complete with new technical provisos, and complex illustrations that show exactly how the new magical inventions will combat the aging process and make you young again. More often than not, aging is viewed as something to be fought off for as long as possible.

Getting older is rife with emotional landmines, including worry of losing our independence or diminishing our sexual appeal. In this reality, 45 seems to be a turning point in many people's life and the approaching forty-fifth birthday usually makes people either feel panic-stricken or consumed with trepidation. It is pretty much expected that being over that age will bring crisis and hardship. Many people often get into a gloomy outlook because they have a point of view that it is a downhill slide from there and nothing more can happen in their life. The fear of this number is the terror of getting older. How many people reject the idea that being sensual and sexual is a possibility? I have spoken to many people who have almost forgotten what it is like to feel sexy, and they reject that a life of sensual bliss can exist for them. For some people aging means nothing but a humiliating process of sexual disqualification and these points of view are all too common unfortunately.

From my own personal adventures, the view that we begin a long slide downhill into senility once we turn 45 is hilarious and totally twisted. As a society we are obsessed with the negative rather than the affirmative aspects of aging. When I turned 50 I had almost bought the prevailing view of aging as something to be feared and saw the aged as worthless. Common reality confirmed my fear, since many elderly people I had seen were often senile, frail and unhappy, and as a result, I began to dread the idea of becoming old.

Fortunately, I was privileged to explore the notion of aging from another perspective that allowed me to see different possibilities. What if aging does not have to be that way? What if your point of view has an enormous role in how you age? What if you can get off the slippery slope by changing your point of view about aging? What if you can choose to live the way you desire until you are 90 and beyond? This gave me great awareness about how it relates to people's lives and that the problems of aging were not due to the process of aging itself, but rather due to the effects of our viewpoints as well as a lifetime of judgement and conclusion. Most people create their limitations from their own point of view and from the points of view they have bought from everybody else. Some people see aging as dying and assume that once they are over 45 their life is essentially over or soon will be. They live a lie of culture that is based on collective unconsciousness, hence they half live their lives.

Much of the decline that people experience with aging comes about due to the belief that a decline in function and quality of life is part and parcel of aging. Another way of saying this is that our point of view creates our reality. For example, if you have the point of view that getting older is wrong, you do not have a choice and you are a victim of aging. Once you make not getting old a necessity, you make it significant, then anything you make significant owns you! It becomes very important and you resist and judge it, otherwise you think your life will fall apart. When you do things like judgement, you cut yourself off from your own infinite nature and from the infinite possibilities that are available to you. You will always have a struggle in your universe regarding the way you look and the way your body feels. Judgement of aging speeds the very decline you dread most and there is no generation of your life. People who buy this viewpoint continue to struggle unless they undo their stuck viewpoints about aging. When you define aging based on somebody else's point of view, you stop being generative.

What if aging was not what you thought it was? If you live from a place of no judgement you have freedom and you can receive the entirety of the world. There is a completely different way of viewing things, and a completely different way of operating and it starts by recognising that age is nothing but a number. The people who do the

best with aging learn to see growing old as an interesting point of view. In fact, they are not thinking much about getting older and are certainly not focussing on what is not working anymore. They do not sit around mulling over the meaning of existence and how time is running out. Aging is just an interesting point of view for them and they start to create choice in their life. You do not have choice otherwise. Please recognise that every single point of view you have limits your ability to be generative in your life. When you have no point of view about the wrongness or the rightness of aging, that is the place from which you can start generation and because you do not have a point of view you can ask; 'Hey, what would I like to generate as my life?' You could play and live from the sense of adventure.

It is never too late to change your point of view about aging and generate magic in your life at whatever age. Once you are totally willing to have no point of view about growing old, no point of view about your life or what it is or is not, then you are actually free to generate any possibility you might choose. Sound like more fun? What if you created your life for you? What if you could play again and have the joy of being alive? What if you could live from a sense of adventure? The joy of being alive at any age is not inevitability. Not an obligation. But it is a CHOICE! Have a good look at your own situation. What are you choosing? Are you choosing to play in your life instead of living from somebody else's point of view? Or are you one of these people who are dreading the idea of growing old? Have you been looking for signs of wrinkles and crow's feet or checking your head for the first signs of grey hair? Are you collecting a shelf full of potions and lotions that have all promised to keep you looking youthful, attractive and gorgeous forever? Are you aware that when you have a resistance to growing old, you physically actualise into your life both dis-ease and decline? To whatever degree you have judgement and resistance of growing old, until you address that by asking a question about it, you are making sure that it physically occurs in your reality.

What have you become too old to be?
What has your body become because of your point of view?
What have you made your body too old to be and do?
What have you invented about being too old that actually
is not true?'

Why you are choosing to create it is irrelevant. First step is to acknowledge you are creating it and then ask, 'How do I change this?' The joy of being alive is your intrinsic faculty and inner resource. Like any other intrinsic faculty it can be strengthened through choice, practice, sincerity and fortitude. However, the majority of people are so disconnected from their own states of joy-of-being that they are not aware that it is possible to actually experience this state. What if you could unlock whatever it is that keeps you from having the joy of being alive? What if you could have a communion with your body and actually love your body and enjoy it? What if you could have the full exuberance of your body and be willing to feel every part of it? What if you could live your life as the orgasmic quality that life can be? Maybe a different possibility could show up in your reality?

If you stop playing, your life stops becoming an adventure. If you create your life from the play and the joy of it, it is a whole different universe. You have to play with it without being vested in the outcome, without being vested in how it is going to turn out. If you choose to have some fun with it you will be younger, more vibrant, you will have more fun and your body will be a place of joy for you, instead of suffering. ❶

Chutisa Bowman has had an extraordinarily diverse life, from her beginnings in a traditional Thai aristocratic family, to her remarkable rise through the ranks of international business to become a well-respected corporate leader, advisor and author. www.nomorebusinessasusual.com
