



Dissolving the Myths of Aging

**Dr. Pat Carrington's
Philosophy and
Personal Experience**

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By

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If you use both written and spoken versions of this program, rather than either the e-books or the audios exclusively, you will find it natural to adopt a new and inspiring attitude toward the experience of growing older. We suggest you absorb this information in both these ways to get the most out of this program.

What we will be doing in this e-Book is looking at the way you view the passage of time in your later years and how it affects your entire life, your health, your state of mind, and the so-called “aging process” itself.

Our society’s way of looking at aging...

Actually, aging is pretty much *denied* in our society as an acceptable process. It is seen more or less as a *mistake* or an unfortunate occurrence at best. At worst it is dreaded by those who envision illness, physical incapacitation, mental decline, loneliness, financial difficulties, and above all loss of much that gives meaning to life.

What is interesting is that this grim view of aging and basically this degrading of the process of growing older, is not the case in certain other cultures. There are primitive societies where some types of decline are not even expected and do not happen as the years accumulate. In some places in the world age is not a definite “sentence” with regard to loss of ability to function as a team member.

Often these societies are located geographically in very high altitudes where the inhabitants have become used to breathing air which has less than the normal amount of oxygen. Their systems have become adapted to this so that the people living there are said to remain very active at very old ages by comparison to our standards in the so-called civilized world.

One of the most notable examples of this sort of unabated activity into old age is the Hunza people of Northern Pakistan. These people live in an exquisite setting very high in the Himalayas, and some reports from Westerners visiting there before the region became more civilized the way it is now with resorts and other modern accommodations beginning to crowd its landscape, is that these people were still working out in the fields and climbing steep slopes during the day even after they were in their 90's or over 100 years old.

While the accuracy of these accounts in terms of actual age span of the inhabitants is disputed by some modern day observers of this area which now is no longer isolated from the world as it once was but is subject to many outside influences, it is interesting that traditionally the Hunzas had no formal calendars but calculated their ages by personal estimations of a person's *wisdom*.

This may sometimes have led to accounts of typical healthy life spans of 120 years when that would not be accurate if measured by our calendar, but it also tells us something else – that the Hunzas were not a time-conscious people, as we are. They weren't concerned with accurate estimations of the historical passage of years but rather with the growth of what they called "wisdom".

How different this is from our viewpoint and how different would be the value assigned to various people in our world if wisdom and creativity were our criteria as we moved through life instead of chronological age.

The Hunza experience and others like it tell us much about the importance of *attitudes* towards growing old and the central role that they play in the outward manifestations of so-called “age”.

But -- what is the influence of diet and genetics?

Many people today think that it is a person’s diet or the influence of genetics which makes for a long and healthy life and of course these do make an important difference. But what is given much less attention is the role that *expectations* and our general *attitude toward life* play in what actually happens to us as we age. It is a far bigger role than we have generally realized.

Clinical observations suggest that expectations and attitude are just as important factors in how the passage of time affects us as are the physical changes that time brings about. It may even be that expectations, attitude and belief systems about aging are the most important influences of all.

There are certain highly developed cultures such as ancient China and various tribes where elders were looked up to as the leaders and wise ones. The older the person got the *more* they were respected and even revered.

You will notice that this is almost the exact opposite of what is happening in the Western world today where people find themselves moving toward, or may already be in, an unfortunate category known as “old age”.

I live in the United States where we certainly don't anticipate a positive role for those in their advancing years. However, these prevalent attitudes are not true for everyone even in my country. Some people in our society grow enormously in self esteem as they age, but individual differences in how people grow older are often not noticed, so that really successful aging doesn't get much publicity. Because it is generally not noticed, it therefore cannot be emulated very well. In fact, I would say that we have an almost condemnatory attitude toward aging.

And it is quite true that age is often feared by those who find themselves growing older in our world today.

Some people would argue that the fear people live with as they age comes largely from the fear of dying. I do not find this to be so, however, in most cases. It is of course true of *some* older people, but death is by no means the most important occurrence that most people fear as they grow older. Many people can accept dying gracefully and with a sense of peace, especially if they have beliefs and support systems of a spiritual or religious nature.

What these people fear is *old age itself*.

I think the most prevalent fear as people get older is the supposedly *inevitable* infirmities that *can*, but need not necessarily occur - the enforced dependency, and a return to the more helpless state of infancy. This can be terrifying even to those who are not at that age in their lives where they can statistically expect such things. Many people do, however, have parents in that age group, so that even people who are not yet

in their so-called “declining” years with respect to their own chronological age, are often anxious when they think about growing older because they believe they will inevitably face the same problems they see in their parents or grandparents or others when they reach those ages.

What increases the probability that a person will fear growing older?

It is not generally realized that this is a problem which is actually being greatly *increased* and *made almost inevitable* by holding negative attitudes about the process of aging. In the opposite direction, it is not generally realized that this situation can often be reversed in many respects by a fundamental change of emotional attitude concerning the aging process itself.

Can EFT Tapping play a role in reversing these negative attitudes?

You may wonder how a simple technique such as tapping or some other form of energy psychology, can have an effect on attitudes about aging that are so deep-seated in our society.

The fact is that it can, and in this program I teach you some tapping exercises that will allow you to experience the way that tapping can change some fundamental attitudes about growing older. At times it can do so in a dramatic manner.

Would you like to know about my own (Pat Carrington's) age, and my personal attitude toward getting older?

Many people have asked me to share that and I will do so now.

I suspect that I have a different attitude about aging than most people in our society. It clearly diverges from that which is adopted by the majority of people who reach my chronological age, which is 89 years old at this writing. That indisputable objective fact seems almost unbelievable to me because I don't feel that I *am* that age, or any other age for that matter.

I am told, however that it is fairly unusual the way in which I handle being 89 years old, although I certainly didn't set out to live my life any differently than anyone else. It's just that my attitudes about many things and the way I live my life have resulted in a very different perspective on all of this.

Just how *do* I live my life?

It is hard to describe because I do so largely automatically and without thinking. I do know though that I am minimally conscious of age in *anyone*. I don't remember to inquire about someone's age when I first meet them or even when I first hear about them or when I am about to be introduced to them.

I have very little curiosity in this direction because it doesn't mean much to me. In that sense, I am probably more like the ancient Hunzas who didn't know how to calculate passing years

because they basically didn't care about this, it seemed irrelevant to them.

I know I "am" a certain chronological age according to medical records and birth records and my own memories of childhood. But I certainly don't *feel* it as a subjective truth because my chronological age simply doesn't describe who I am.

How do I *not* fit the stereotype of my age?

Well, for one thing I have a great deal more energy today than I had 15 or 20 years ago. To the point that I hardly recognize myself at times as the same person I was then. I also seem to have more ability to get things done faster and more productively as each year passes, and this is very gratifying.

When I say 'energy' I don't mean that I'm training for the Olympics or putting up the sheetrock on a new room in our house or doing some other unimaginable physical feat. I do exercise quite regularly, but it's a nice mild useful way of exercising that's compatible with my personality.

However, and I think this is important, I *do* engage in *creative projects* and in innovations in all areas of my life that are very demanding and exciting to me, and I find that I can accomplish them with an agility and speed that is greater now than it was even a year ago, and that speed seems to be ramping up.

Of course, the whole world is going at a faster and faster pace all the time and the only thing that may be unusual about my life

is that I am going at a continually increasing pace that is typical of people who are chronologically much younger than myself. But it feels just right to me.

One example is my attitude toward the computer. My computer is a great companion to me and I work with it a great deal of the time – to me it somehow seems like magic. I'm not an expert at computer technology, but to me it is an exciting frontier, one that I feel is sweeping us forward and is certainly sweeping me forward in my professional work.

Today I run a full-time business of creating and selling self-help methods that I consider remarkable. It's the most gratifying thing that I could possibly be doing. I love to share good things and I'm excited about many things, but only those that I am able to tell people about from my heart, those that I really believe in. They have to be top-notch in quality for me to deal with them.

I spend many hours every day working, and "creativity" is my work. I work with my own clients and with thousands of people through my recorded methods and my teleseminars. I watch people blossom with these new techniques and it is immensely fulfilling.

So, what do I consider my lifestyle?

Well.... first and foremost, I've never been an exercise fanatic. I walk every day but it's moderate walking and I also do truly enjoyable stretch exercises but not to the point of having them be very strenuous, they are not aerobic.

I've never been on any special diet until this past year when I went onto a gluten free diet at the advice of my integrative physician and find it wonderful. I eat nice healthy food, to be sure, but I have never been a vegetarian for example, and I'm not obsessive about what I eat. I break some of the eating rules some of the time without worrying.

What many people also tell me is unusual is that I'm not on any prescription medications at all, just on some incredible supplements that are recommended by a special doctor I work with, Dr. Thelma Jones, who is an Integrative Physician in Scarsdale, New York.

I should also mention something else. I have been meditating daily for about 40 years - since the early 1970s. I use a form of meditation which I called Clinically Standardized Meditation, a method that I devised for New York Telephone Company employees at the request of its medical department. It is so simple and natural that literally anyone can learn it, and those who have used it have had marvelous success with it - the research has been published in many leading journals. I have been meditating using this method for years, and there's no doubt that doing so has affected me personally in a very positive manner – probably in many more ways than I can actually identify.

But isn't having "good genes" a necessary ingredient for successful aging?

I am aware that many people believe that an ability to age successfully is determined by our genes, that we inherit certain patterns of aging so to speak and are stuck with them. I don't know the ultimate answer to this, but I can certainly tell you that my own experience does not support this point of view.

I don't come from a long-lived family myself so that doesn't explain my health and vitality. My dad passed away at age 56 of what seemed to be a heart attack during his sleep although he didn't have heart problems as far as we knew - and my mother lived only until age 66 when she contracted diabetes, a family-related disease which I don't have.

Something is clearly different about my life than theirs, and I can't for certain say what that is. As I pointed out, I do know that I don't have the awareness of age that many people have - it is not part of my life. I do have to think of my age of course when I go for a medical checkup or renew my driver's license and when I find limitations on some of the physical activities that I can't do that I could do when I was younger like dancing which I loved so, but I don't dwell on thoughts about age because I'm fully occupied doing the things that I love, and when I am doing them I feel totally ageless.

I am deeply involved in my interests which are constantly *growing*. I think I don't really feel a difference between myself and people of *any* age because I'm so continually aware of growing and changing.

This makes me question the familiar saying that "An old dog can't learn new tricks". Many people accept this as a fact, but I

consider it untrue to think that an old dog can't learn new tricks. Some old dogs don't want to or can't learn well for physical or mental reasons, but an old dog sometimes learns new tricks *more quickly* because former conditions are not holding them back anymore and making them resist change.

The whole concept of not being able to learn wonderfully well as you reach old age needs to change radically if you are going to keep growing right through your lifespan.

Unfortunately this is quite a different attitude than the one I hear so often from people in their later years.

The truth is that growing older can mean a *flowering* of certain parts of ourselves. These are different to be sure than the parts that would have been flowering at an earlier age because there's more *internal* growth as we get older, but they are no less important.

You find yourself turning inward for inspirations from within much more often as the years go by. You can tap into an inner sense of wonder and peace and expansion as you go on in life that it is clearly of a more spiritual nature for many of us than it was earlier in our lives. It doesn't have to involve any religion in a formal sense, although of course it can, but it is more transcendent, more beyond the narrow field of vision that many of us have been used to experiencing.

How can we enhance the word “growing” when we speak of someone “*growing* older”?

I think that this is exactly what I'm doing in my life,. And this reminds me of how trees grow older. If you walk in the woods as I frequently do, or you walk elsewhere where trees are maturing, you will see many trees that have died and others, even though they have many dead limbs, that are showing a remarkable phenomenon.

When spring comes around, you will see that certain branches on these trees will be sending out vigorous new sprouts that will grow into fresh, new branches. These sprouts are as bright a green and as fresh and vital as the new sprouts sent out by saplings. They are just fewer in number and are only found in strategic places on the tree.

In fact, new cells are multiplying and putting forth life continuously until the tree itself stops and moves on to its destiny. *Growth* seems to be the law of living beings, and I think the fact that I actually relish the new and growing portions of my life so much may actually account for a lot of my health and creativity at my present age.

I often say that that the natural state of the living being is to grow older not by *decaying* but by constantly creating new branches, so to speak... We need to see ourselves as *growing* beings.

I see the continuance of life as a wonderful opportunity to grow in new areas that we *had* to neglect when we were younger because we had families, we had commitments, we had

different kinds of work perhaps. Other things occupied us so much then.

Now is the time that you can move away from some of the concerns and conventional activities that occupied you in former years. The aging process can be a time when you are being let out of jail so to speak, when you can become *more and more* yourself. I hope you enjoy the many good aspects of this time that you will discover...

Additional information

To Learn *Clinically Standardized Meditation* at Home

The original recorded course in Clinically Standardized Meditation used successfully by New York Telephone Company (it is the method I have practiced myself for many years) can be purchased online from my website. Go to:

<https://patcarrington.com/all-products/meditation-relaxation-training/>

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