

WE can heal as we age. How? Read, take strolls, do daily physical therapy, learn a language. Our curiosity, Ohm meditation, or whatever you are jazzed about communicates a will to live within our being.

The following are thoughts and quotes from **Brain Power: Improve Your Mind as You Age by Michael Gelb and Kelly Howell.**

There is a new term called Neuroplasticity, which was coined by Norman Doige M.D. and it describes the ability of the brain to generate new cells as we age. The process of creating new cells is called Neurogenesis and anyone can do it by reading a good book, learning a language, learning history, etc.

Training for a positive mindset by singing familiar songs contributes to blood flow in the brain, as well as a will to live.

Becoming aware of our own internal dialogues can help us realize whether we are thinking positively or negatively. Thinking positively and having forgiveness (ourselves too), gratitude, and humor communicates a sense of living to our being and anger and frustration communicates a sense of death for being. So lets lighten up and be happy about something.... :-) Let's try to be optimistic.

“Optimism is a skill of emotional intelligence that can be learned” (Gelb, pg 6)

“GFH isn't the latest anti-aging hormone therapy. It's an acronym for three essential practices that improve mental acuity and extend your life: Gratitude, Forgiveness, and Humor” (Gelb, pg 6).

“The practice of forgiveness boosts the immune system” (Gelb, pg 12). (Laughter also boosts the immune system)

“Forgiving others, and yourself, liberates you from emotions that disrupt your peace of mind” (Gelb, pg 12).

Anger and nursing a grudge actually harms us with stress hormones.

“Laughter is like a mini workout” – Richard Wiseman

Aging should be a positive experience. So enough of the negative tones about it. Sages not seniors....Young ones listen up. The hype is dead in the water. More than that, it's annoying. Thanks....

“Retirement without the love of learning is a living burial” – Seneca

“Aging well is the supreme expression of wisdom” (Gleb, pg 20)

“Breaking out of your habitual patterns (internal dialogues) by embracing new learning opportunities is one of the simple secrets of revitalizing your mind” (Gelb, pg 27).

The process is more important than the result...

Dr. Michael Mezrenich explains:

“Learning new skills turns the Neuroplasticity switch on”

Leonardo Da Vinci taught himself Latin when the classics became available with the printing press.

“The brain is like a muscle we need to exercise it” (Gelb, pg 43).

New learning creates new connections.

The brain is 2% of your body weight yet uses 20% of the body's oxygen.

Breathe in slowly, hold for three counts, then exhale to re-oxygenate.

Take strolls, do physical therapy daily.

Sleep well, the body heals when it sleeps.

Moderation.

Say ohmmm...to quiet yourself. This communicates life.... To your being...

Give thanks, smaller food portions, savor your food, take your time.

Not funny how the attempt to cut calories is linked to a stress hormone that accumulates in our belly...

We can try each day, one bit at a time....everything counts..

Lets try to reframe the day, any bit of effort towards learning something broadens the horizon.

“Come forth into the light of things” – Wordsworth

Lots of love.....

