

We help you break through your limiting beliefs so you can live the life you want

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Breaking through ... your beliefs about ageing

Sure, we get older, but that doesn't mean we have to "age" and therefore "deteriorate". How we grow older is influenced by our mindset about ageing, and this mindset usually starts in our childhood when we hear expressions like "old bat", "doddering old fool" or "poor little old lady". We can choose a mindset contrary to the negative or cultural stereotypes often associated with ageing.

As we accumulate birthdays, our outlook on ageing is really important to our quality of life. People who hold more positive beliefs about ageing behave differently as they get older from those who hold negative beliefs. Having a positive mindset can counter some of the potentially negative health effects of ageing.

Younger and healthier in just five days!

Harvard professor Ellen Langer showed how a positive mindset could positively impact wellbeing after just five days. About 35 years ago she conducted her famous Counterclockwise study. She wanted to test the impact of individuals' mindsets about ageing on their wellbeing. To do so, she turned back the clock –literally!

In Langer's study in 1981, two groups of eight men in their 70s and 80s took part in a 5-day retreat at a monastery in New Hampshire, USA. The men were randomly allocated to one of two groups and before participating in the retreat a variety of measurements were taken: height and weight, gait, eyesight, hearing, grip strength and memory. How would just five days living as a younger person affect these health and wellbeing indicators?

Group 1 were the "active" study group. They were to pretend they were 22 years younger than their current age – they were to live for the five days as though 1959 was the present. Every conversation and discussion was to be in the present tense.

Group 2 was the comparison group. They went to the same retreat a week after Group 1 but they were asked to merely reminisce about being 22 years younger (but didn't pretend that they weren't their current age). They largely kept their minds focussed on the fact it was not 1959.

When Group 1 arrived at the retreat they found themselves surrounded by environmental cues that recreated the earlier age. They:

- Flicked through issues of *Life* magazine and *Saturday Evening Post* from that same week in 1959.
- Watched movies and TV shows popular in 1959 such as *The Ed Sullivan Show* – on black-and-white TVs.
- Listened to recordings of Perry Como and Nat King Cole on a vintage radio!
- Talked about "current" events (current in 1959).

All these elements were cleverly designed to help the men believe they were really 22 years younger.

Changing your mindset can change your body

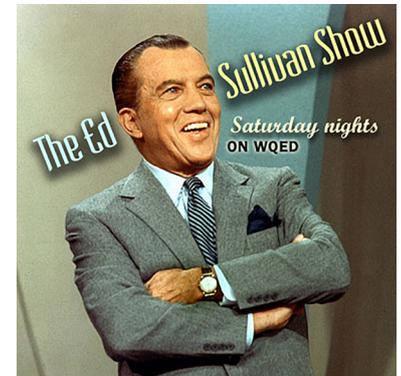
After the retreat, Langer and her colleagues compared the measurements of the health and wellbeing indicators taken before the study. What did they find?

The bodies of the men from both groups were physiologically younger – structurally and functionally – although those in Group 1 improved significantly more:

- There were improvements in height, weight and gait – the men grew taller as their posture aligned. They stood taller and walked faster.
- Their joints became more flexible and their fingers lengthened as their arthritis diminished.
- Their eyesight and hearing improved, as did their sense of taste.
- Their grip strength improved.
- Their memory sharpened and they scored better on mental cognition tests.
- Independent judges assessed that they looked younger.

The men literally became younger in just 5 days! They *felt* younger and then physically *became* younger. That is, there was a change in their minds *and* their bodies.

Langer's study has since been replicated, including in 2010 in a four-part BBC series called *The Young Ones*.



Ageing is a belief

What are your beliefs about ageing? To what extent do you just accept the community's often negative and limiting stereotypes about older age?

Your thoughts and beliefs can either speed up the ageing process (if you hold negative beliefs) or slow down the ageing process if you have positive beliefs about age.

Examples of negative or limiting beliefs about ageing include:

- My memory isn't what it used to be
- It's terrible getting older, everything starts falling apart
- You need reading glasses when you get older
- I seem to be getting more wrinkles every day
- The older I get the less energy I have and the worse I feel
- I'm too old to learn ... a new language, to play the piano, how to use a computer.

A wrinkle is a badge of courage!

American style and fashion icon Iris Apfel doesn't subscribe to cultural beliefs about ageing. At 94, Iris is still in demand as a model and was recently signed to front Australian fashion brand Blue Illusion's autumn/winter advertising campaign. Here are some of Iris's beliefs:

- "I don't see anything wrong with a wrinkle. It's kind of a badge of courage."
- "Being true to yourself is the only way to be."
- "When you don't dress like everyone else you don't have to think like everyone else."
- "If you're not interested, you're not interesting."

And then there's Nancy Atterton. At 82 years of "age" she's an elite athletics coach and she's about to have one of her charges represent Australia at the Rio Olympics. Nancy coaches Josh Clarke who is the Australian 100m sprint champion. Nancy's belief is that age is a state of mind. Clarke says of Nancy that when he met her he first noticed her age. Now what he cherishes is her experience.



Achieving an ageless mindset

We can change our way of thinking and our subconscious beliefs about ageing to support our desire for ageless living. Some positive subconscious beliefs about ageing include:

- The older I get the better my life becomes
- As I get older I continue to develop and become more knowledgeable
- Ageing is a state of mind and my mind thinks youthfully
- I look and feel much younger than my years
- I look in the mirror and see the amazing and wonderful person that I am
- Every day my experience helps make life easier.

PSYCH-K can help you achieve an ageless mindset. PSYCH-K is a process that helps you break through limiting beliefs that could be sabotaging your conscious desires. PSYCH-K helps people:

- a) identify the beliefs they wish to be true,
- b) test to see if they currently believe those beliefs to be true in the person's subconscious mind, and
- c) for any beliefs identified as not currently true, we do an integration technique (called a balance) that changes the belief so that now it is true.

An old ageing belief can be changed within minutes to a new ageless belief.



Some tips for ageless living

- 1. Watch your language:** stop saying things like “at my age”, “I’m too old for that”, “I’m getting very forgetful” or “I’m having another senior moment”.
- 2. Avoid focussing on or discussing your health issues:** it’s better to focus on what is working or going well. When you pay attention to your aches and pains and other symptoms these may get worse.
- 3. Challenge what you’ve been taught about ageing:** both your conscious and particularly your subconscious beliefs about ageing shape how you grow older and how vital you feel. Challenging what you’ve been taught can start simply with deciding whether we’re getting older or becoming “aged”. We begin to get “older” from the time we’re born. But we generally don’t use the term “ageing” (and the associated meaning of “deterioration”) until we get to 50 or 60.
- 4. Choose a couple of mentors for healthy ageing:** why not choose Nancy Atterton and Iris Apfel, and adopt their positive beliefs about ageing! Also, choose to be with people who make it easy to have a happy, healthy and positive outlook on life.
- 5. Turn back the clock:** find ways to help you imagine you’re 20 years younger. This may include playing music that you really enjoyed from 20 years ago, wearing clothes that are considered a younger style, undertaking hobbies or activities that represent a younger you, not taking life too seriously, having fun and being playful.
- 6. Move your body:** keeping active and moving your body makes you feel younger and more vital. Dancing to your favourite music is a great way to get the blood flowing and rekindle the energy of your youth.

I hope the information has been of interest to you and please feel free to email me with any questions you may have about Breaking the Iceberg or PSYCH-K.

You are welcome to forward this newsletter to friends you think may be interested. We recommend your friends subscribe so they receive future newsletters directly. When your friend receives your email they will need to click here: [Yes, please subscribe me!](#)

Regards

Jude Tasker

jude@breakingtheiceberg.com
www.breakingtheiceberg.com



About Breaking the Iceberg

Breaking the Iceberg helps you change your limiting beliefs, empowering you to create the life you want.

Jude is a qualified PSYCH-K facilitator. PSYCH-K is a straightforward process that helps people to first, identify unknown subconscious beliefs that are holding them back and then second, to change those beliefs – allowing people to live the life they want.

Once identified, a limiting belief can be changed within minutes to a new life-enhancing one – even if you’ve had the limiting belief for a long time. The process is simple, direct and verifiable through muscle testing.

Breaking the Iceberg can help you create positive beliefs in all areas of your life, including:

- Confidence and self-esteem
- Relationships
- Work and career
- Health and wellbeing
- Wealth and finance.

Breaking the Iceberg can also help you transform or release:

- Stress from trauma – past, present or future
- Fears and phobias – for example fear of flying
- Anxiety associated with giving presentations, exams and tests
- Grief and pain from loss.

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Phone **0437 303 446**

Unit G13, 1-15 Barr St, Balmain, NSW Australia

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