

You Can Bloom at Any Age

By Noelle Sterne

It is never too late to be what you might have been.

—George Eliot

Can you believe you're already (gulp) ___ years old? Do you feel it's too late to do that secret something you've always dreamed of? Keep repeating you're too old-tired-sick-weak-set-in-your-ways-disorganized-undisciplined-busy-uneducated-rusty-fearful-fat-thin-poor-far behind ...?

Or maybe you've bought into the subtle beliefs that so many people catch like the flu: They all start with "You get to be a certain age and ...

- You're supposed to think only of retirement.
- You're supposed to get all kinds of ailments.
- You're not supposed to even think about doing many things, much less break new ground.
- You're supposed to live quietly, meekly, resignedly.
- You're supposed to wail, "It's too late!"



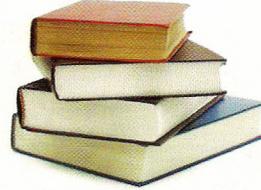
Well, you do *not* have to accept such contagions, especially today. The number of older adults in the United States is "unprecedented" in our history, and they're more healthy, educated and active than ever before. In fact, the number

of older adults is predicted to double from 2000 to 2030; centenarians have increased by 53 percent since 1990!

Barrier Breakers

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The barriers and stereotypes are breaking up and making news. At this writing, Tao Porchon-Lynch, 94, teaches yoga in New York City and gives ballroom dancing exhibitions. In the fall of 2012, a major publisher will bring out the new blockbuster, *The Lawgiver*, by award-winning novelist Herman Wouk. He had his 97th birthday in May 2012. Last year, writer and teacher Bel Kaufman taught a course in Jewish humor at Hunter College. Her age? 100.



When we remind ourselves of such “late” accomplishments, we may find it easier to plunge into a third business at 48, crack the books in a university degree program at 52, or lace up our running shoes at 64. But most of all, the examples above may help us change our mindset.

Ageless Principles

How? To accept and visualize what we desire. Jesus put it this way:

“For everyone who has will be given more, and he will have an abundance. Whoever does not have, even what he has will be taken from him” (Mt. 25:29).

Even though these words are often quoted in relation to coveted material wealth (with frustration over the seeming unfairness), they really refer to consciousness. When we believe we already have what we want, we will have it. When we believe we don’t have it, we not only won’t get it but our focus on the lack will take away what little we have.

So if you have faith and feel that you *already* have what you desire—energy, health, verve, enthusiasm for your dream, the means, the mental acuity, the persistence—you’ll be

shown the steps to take. Soon you'll experience what you've dreamed of.

Deepak Chopra writes, in a book whose title is a mantra for us all:

"You are much more than your limited body, ego, and personality ... In reality, the field of human life is open and unbounded."—*The Essential Ageless Body, Timeless Mind*, Harmony, 2007

Remember the child you were? The one who felt, and knew, that life is unbounded, endless, exciting, and filled with all possibilities? Whatever you see and judge in the mirror, that child is still yearning to express.

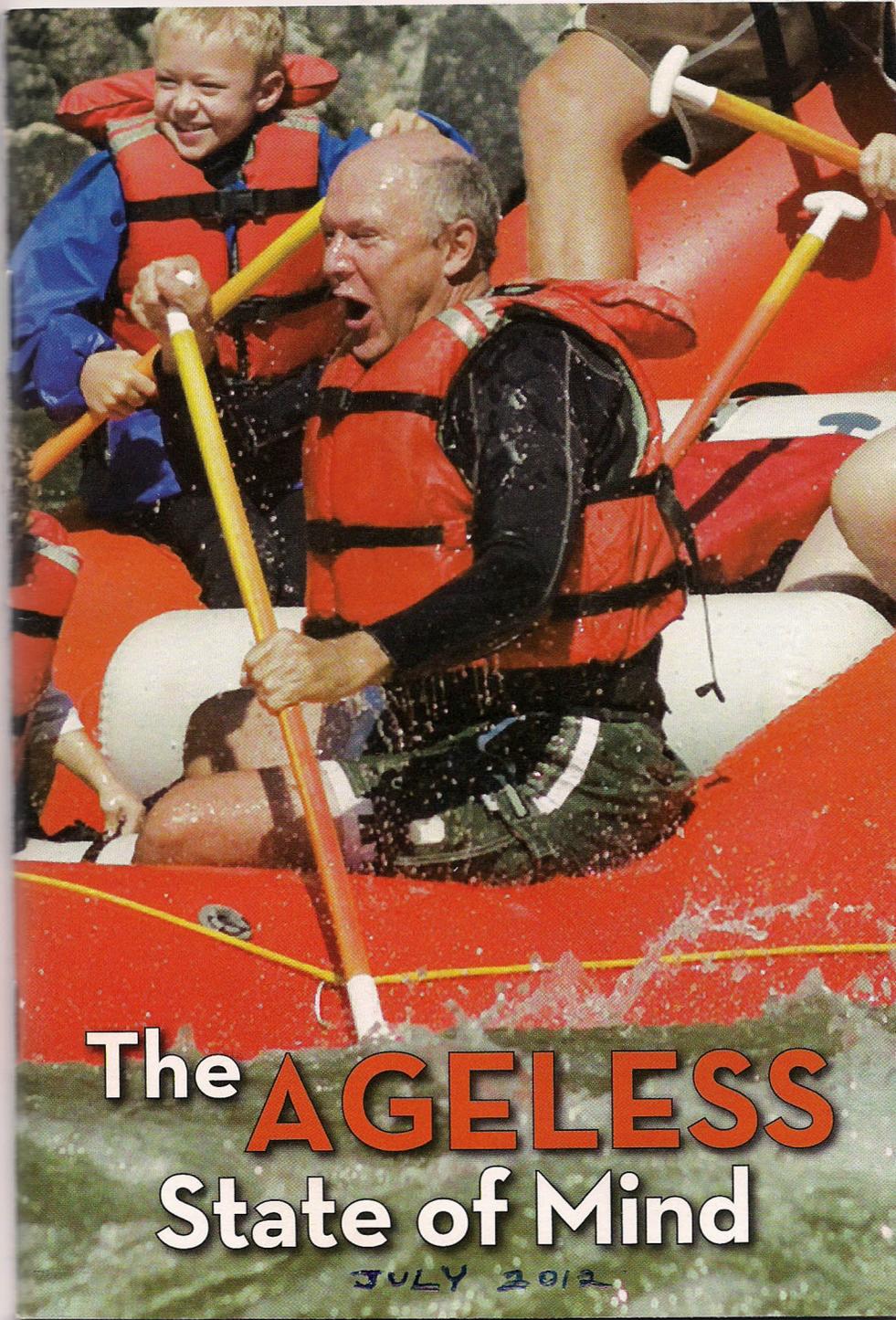
Dreams at Which I Cannot Fail

So make a little list of your dreams now. No one else has to see it. As you write it, picture and feel yourself confident, alive, eager.

1. I would like to begin _____.
2. I would like to resume/continue _____.
3. I would like to complete _____.
4. I've always wanted to _____.

As you muster the courage to unleash and articulate your dreams, everything in life will support and sustain you. In the inspiring words of James Dillet Freeman, "Dare to be what you are meant to be and do what you are meant to do, and life will provide you the means to do it and be it."

You and your dreams are already provided for. If you're blooming late, so what? It's never too late to rephrase your thoughts, refine and correct your words, take the first steps, and reactivate your dreams for your life. Age has nothing at all to do with it. Late bloomers flower bigger!



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State of Mind

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