

RECLAIMING VOICE THE POTENTIAL FOR POWERFUL AGING

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By: Cathy Carmody

I've become aware that I am no longer interested in subscribing to seniors' magazines, nor do I want to watch or listen to any seniors' programs on radio or television, or read seniors' columns in newspapers. I find that when I do, I have a propensity to fall into what Dr. Bruce Lipton would call, the "Nocebo Effect" – the power of negative thinking! Information in these media instruments is most often negative or limiting, in the sense that everything discussed seems to somehow or other focus on the "end" or the "scarcity" of things. For example, "retirement and a time of decline", including declining years to live, declining physical health and the potential of illness; "too little money" – a constant focus on savings and the constant attention to financial plans; and, "too little time" - travel while you still can!

I am very clear that my age is not a limiting factor for living to my full potential – unless, of course, I allow it to be. In this, the early part of my 60's, I am able to give myself permission to act as I feel, not as others feel and expect me to act. My intention is not to focus on, or worry about the possibility of various aspects of "decline" or protection, and but instead, to focus on growth – on creating the conditions within my body for maximum health, for wealth creation, and for as much time as I want and need, to live the life I want to live. That is not to say that I totally disregard my financial situation and throw caution to the wind. However, I am now conscious and aware of my natural ability to evolve and grow, and I intend to accept and relax into that sense of abundance – which by the way everyone has, if they wish to claim it - as opposed to worrying myself to death about a lack of something or other!

I want to hear a plethora of new voices and to explore new ways of communicating with our world as I age. New voices, that will inspire each of us to engage in reframing our sense of who we are, and who we have the potential to become as we move into the next decades of our lives. Not focusing on remembering or living in the past, as important as that is, but on envisioning the future and it's enormous potential for us to live our lives differently and productively.

I want to hear voices emerging through new writings and conversations about future potential and evolution. I need voices that encourage older individuals to discover renewed passion in their lives, new purpose for the coming decades. When I choose to step into using my voice through my writing, I actively encourage those whom my writings reach, to consider new models with which to live their lives, models such as the Wel-Systems worldview – a view that sees each of us as magnificent quantum biological human beings, with unlimited potential to grow and change moment by moment, regardless of age! I also introduce new scientific information - including new science such as Dr. Bruce Lipton's discoveries in cell research, that clearly demonstrate that if we change our beliefs, we can change our lives – again regardless of age!

I want to experience a multitude of people giving voice to create written and verbal conversations about changing the way we perceive our future, understanding that we each have the personal power to shape our world in whatever way we wish – the only thing stopping us being our beliefs.

I believe we need to engage in conversations that will create totally new concepts for those of us who traditionally may end up living alone – new concepts for communal living (not warehousing) as we age, new ways to be together, to assume greater responsibility for others in our society and to ultimately ward off the sense of disconnectness that is growing to epidemic proportions in our society, and is a killer of the human spirit and body like nothing else! I need new conversations that will support me in learning about expanded options for maintaining and improving my life - other than choosing to use drugs – and coming to understand and learn how our beliefs can be so much more powerful than drugs - any day!

I believe we must use our voices and demand media images of people in their 60's, 70's, 80's, 90's and 100;'s who are examples of those who are living their lives in a state of continual change, learning and growth. People who capture my attention are people such as William Safire, the past Editor of the New York Times who just left his role as Editor at age 75, to move to a new position as chair of a foundation where he claims, that he will have the opportunity to learn a whole new set of skills. "Never retire", he claimed in his final editorial column. "When you're through changing, you're through", he stated.

Andy Stern who, in his early '50's, is leading a revolution within the United States' union movement that challenges the status quo in a magnificent and passionate way – including proposing the creation of a global union, is an excellent example of forward and progressive movement. Closer to home, my friend Audrey - at 80 - is continually evolving new ways to stay engaged. Whether it's becoming part of a "Cat Action Team" to neuter feral cats, or joining a LOVE program (Let older volunteers educate) to work in schools, or working for a LAP program (reading to young children in libraries) meeting new people as she constantly moves about in her small town, or keeping in touch with friends from all over the world, she consciously stays engaged, evolving and happy.

Another Andy, this time a friend, who just had a birthday, expressed his delight with the aging process. "Thank god I'm out of my seventies", he said, "I feel like I have a whole new lease on life since I've turned 80!" He tells me that when he is asked what he and his wife are doing these days, he replies; "We're learning how to grow old", "We've never done it before – it's all new to us". This sense of curiosity, adventure and moving forward is a natural for my friend – a constant explorer in the infinite game of life.

I would love to hear, and engage in conversations with people who are turning away from the existing status quo and who are focusing on creating totally new organizations, institutions, and other mechanisms with which to evolve a "new status quo". My belief is that so many of our current organizations and institutions are beyond fixing or repair. We need courageous people to dream about, to bring voice to and manifest, new models for change and evolution. We need voice to bring to life the incredible potential of the elder population of our country, who are no longer content to be shoved into the box of "senior".

So what holds us back from using our “voice” to create expanded possibilities for each of us as we age? Betty Friedan, the famous author and feminist, who has used her voice in a brilliant way to promote changing beliefs about aging, speaks to one of the keys – that of intention. In her particular way of expressing intention, she claims that when we wake up in the morning, we need to have 3 P’s. A passion, a purpose, and a plan.

3 P’s indeed!

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