



Chapter 10:

Why are we aging?

The aging process usually begins completely asymptomatic.

Many of us have not noticed for years that this uninvited guest is a part of our lives. Chronically elevated cholesterol levels, for example, can go unnoticed for years, while at the same time atherosclerotic plaques that are susceptible to peroxidation are deposited in the arteries. Only high blood pressure, indigestion and urgent blood tests can suggest that something is wrong with our body. And high cholesterol is primarily a signal of impaired liver function to process fats caused by blocked gallbladder ducts and contaminated bile. [\(p.60,108,111,112\)](#)

Other early symptoms of disorders in the body due to aging can be: chronic fatigue and headaches, disturbed sleep, nervous tension, weight changes, deteriorating skin, brittle hair and nails and others. All of these conditions suggest that **normal cell function in our body is disrupted**, that nerve, organ, and epithelial cells are finding it increasingly difficult to deal with toxins and free radicals, and **increasingly difficult to recover**.

We associate the aging of the body with life expectancy and we believe that it is exactly predestined for each of us. We see this destiny as independent of us, and there is nothing we can do **"to rewind the hands of the clock."** It is as if some invisible force rules our lives.

In practice, our **life expectancy depends on** how and in what way we use the given Life Energy. And the aging of **the cells that support us in life** depends entirely on the care we take for them, for our body and for our strengths. [\(p.13\)](#) For example, there are people whose bodies age prematurely, but nevertheless, they manage to gather strength to live a full and cheerful life and turn 90.

From the topic of "The impaired Metabolism", which we discussed [\(p. 44\)](#), it is clear that the **"energy-saving approach"** can in no way add a single day in our lives, but on the contrary - **can only waste our time**.

In terms of **drawing from the source of Life Energy**, the philosophy of Traditional Chinese Medicine tells us that any overuse and waste (overeating,

fatigue, lack of sleep, thinking, emotionality and even laziness) deplete our body, which primarily affects the cellular level. (p.12,27,33,57-58,64,85)

There are also moments in life when we realize that no matter how much we take care of ourselves, we remain powerless against the aging process.

As incredible as it sounds, our body is like a computer !?

When the computer generates too much static electricity or magnetized radio particles, a "system failure" occurs ... Who is to blame for the aging of our body: The years? The genes? Free radicals? Toxins? Diseases? The nerves? Stress?

It has been scientifically proven that, like a computer's hard drive, aging in the human body begins in the brain. Yes! Our brain, overloaded with a bunch of tasks, one day causes a breakdown in our orgasm, but is this really true?

What is aging?

The aging process, in addition to resembling a breakdown in a computer system, is in fact a **degenerative cellular process** in which errors are not only repeated, but also multiplied, without having chance to be corrected in time. (p.27,45,55,85) This causes a genetic change in the DNA codes of the cell, which provokes the reproduction of damaged cells, with significantly **lower levels of vitality, functionality and immune protection.**

Also, it has been scientifically proven that the causes of degenerative processes in the brain, for example, are due to **years of repeated the same thought patterns.** The onset of neurodegenerative diseases, such as Alzheimer's and Parkinson's, for example, has been shown to be the result of strict daily observance and mechanical performance of specific activities and habits for many years.

Is aging only due to monotonous mental activity?

For example, a number of circumstances that provoke negative moods for a long time can damage not only nerve cells, but also the hormonal balance in our body. (p.32-36,39-42,56,79,83,133,111) Another cause of aging are toxins generated in the body due to a number of other "stimuli" manifested for a long time: lack of movement, poor hygiene, stress, prejudice, physical and mental tension, symptomatic medication. Any mental, energy, or metabolic stagnation provokes genotoxic stress, which actually slows down or disrupts cellular metabolism, and activates the degenerative processes of aging. (p.47,40,64)

There are young people who start imitating adults from an early age, activating the aging process in their body without time. Wisdom gained through personal experience, not just through study, is the moral principle of age and old age. Wisdom contains sense, knowledge and consciousness, but also love, kindness, patience and youth. In the skillful application of youth lies the meaning of the renewal of thought, strength, energy, body and life.

The first biblical people lived up to 800-1000 years, today we are happy if we reach the 80s. *Are we making a mistake or is our life according to the universal plan?*

There are three main laboratories that purify and regenerate our body (p.99,133,144,153), stimulate cell regeneration, maintain alkaline-acid balance, biochemical balance and our immune defense:

- The liver - bile system (p.104,108)
- The spleen - stomach - colon system (p.121,125,139)
- The lung - kidneys system (p.135,95)

All three systems can be damaged by various emotional reactions or inappropriate behavior, provoked by our disharmonious manifestations in the mental, spiritual, psychical and physical spheres. (p.13-15,27,51,61,190)

How does our mood, for example, potentiate the aging process?

When our mood is sour, it blocks the normal functions of the bile - stomach - kidneys, and our body fluids become acidic. (p.73,112,127,148) And when we are complacent, lethargic and even lazy, these moods block the normal functions of the spleen - colon - lungs, and our body fluids become alkaline. (p. 33,59,74,76-79,150) When the alkaline-acid balance in the body is disturbed, for one reason or another, this gives rise to the **uncontrolled action** of free radicals, whose function is to restore the redox balance. (p. 60) In a highly reactive environment, the normal pH of the blood is maintained **at the expense of** depletion of essential antioxidants and minerals, the deficiency of which disrupts cellular functions, hydro-mineral balance and cellular **energy-oxygen metabolism**. (p.51,64,102,162)

Experience from reality tells us that:

- stress "eats the years" of men,
- and negative emotions age women!

But obviously, in order to look and feel young, it is not enough to be materially satisfied, to live carefree and without problems. The fact is that **youth genes are found among those peoples of the world who live in scarce conditions**. Researchers of youth found that: **daily low levels of stress stimulate cell regeneration and rejuvenation of the body**, maintaining the normal cellular exchange of energy and oxygen (p.29,45,162,186) mainly by stimulating the **active hormone** - adrenaline (p.35,90) and **satiety hormone** receptors of serotonin. (p.25,34,158)

If we think about it, we will find that the main causes of aging are: ill ambition, demotivation, inaction, dissatisfaction and heartlessness. (p.33,54,149,167,171,189)

For example, the magnetic poles of two opposing mental states could create a stable electromagnetic field in our body that maintains the flow of our Life Energy in an upward direction - vital for good cellular metabolism, the health of our cells and the purity of our brain. (p. 18,121) We are talking about the **states of contentment** born by our inner peace (Yin) and **the enthusiasm** with which we perform daily practical and mental activities (Yang). (p.153) The interaction of these two states, which we will call APOGEE, creates the necessary fertile environment for our health and longevity, and eliminates unnecessary hunger, boredom and dissatisfaction, which actually demagnetize us, age our cells and make us ill. (p.159,189,1055,132)

There are people who manage to preserve the youth of the Spirit and even of their Body until old age and remain conductors and generators of Love, despite the crises and sufferings they have endured. This handbook aims to put us in exactly this state, freeing us

from destructive reactivity, pathogenic stagnation and destructive vortices. Can we reprogram our own brain and restart our body?

Table 16: *What program would our brain choose when commanded: Rejuvenate?*

Be a child! is the only sufficient program. Let's remember what it "was" like:

- ❖ **Stimulate the exchange!** Get rid of toxins and negative thoughts!
- ❖ **Keep your thought like water - clean and in a healthy container.**
Don't let it stagnate or run out in vain. Drink at least 5 glasses of water every day.
- ❖ **Give freely!** But be wise! Do not scatter or waste!
- ❖ **Keep your thought like water - clean and in a healthy container.**
Don't let it stagnate or run out in vain. Drink at least 5 glasses of water a day!
- ❖ **Increase your energy!** Fill the cells with oxygen! Breathe properly and freely! Maintain constant contact with nature, even if only in your thoughts!
- ❖ **Learn to concentrate!** This means getting the essence, not only with the mind, but with all your senses. Make your brain work and create every day!
- ❖ **Work with enthusiasm until you are satisfied with the work done!** Stop before you get tired! Don't get exhausted! Follow the goal, do not be enslaved to ambition!
- ❖ **If you rest, rest until you feel completely fresh!** Do not fall into laziness and lethargy! Rest, but do not be lazy! Relax!
- ❖ **Eat exactly as much as you need, no more bites!** Stop feeding your appetite! Learn to starve of enthusiasm! Eat with inspiration!
- ❖ **Monitor your normal weight and regular bowel movements.**
Try to look perfect in your own eyes!
- ❖ **Keep your skin, thoughts, feelings, kitchen, toilet perfectly clean.**
- ❖ **Try to feel young and fresh! Work to be deservedly happy with yourself!**
Play while you are working! Have fun, search, discover, be useful!
- ❖ **Move - it stimulates energy and blood circulation!**
- ❖ **Invent something new every day! Do the old things in a new way!**
- ❖ **Do not keep anger and negative emotions in yourself.** But look for the cause in yourself, not in others, even if they have caused your anger or problem
- ❖ **Run from conflicts and destructive emotions, not from the problem!**
Be resilient. Look for solutions! Analyze, do not dive into the problems!
Patience is a good advisor! If you can't solve the problem, give time for things to adjust!
- ❖ **Get rid of fear!** Get to know him, tame him, send him away with Love!
- ❖ **Be grateful for everything!** Don't be jealous, you have all the conditions you need! Don't get sick! Don't hate! Do not lie! Don't blame! Don't criticize! Do not judge! Don't be sorry! Don't offend! No offense! Be patient, Be silent, Learn, Correct yourself!
Be better than yesterday!
- ❖ **Never doubt your own abilities!** Doubt demagnetizes you and makes you vulnerable and susceptible to external influences!
- ❖ **Be inquiring, try, learn, explore.** Don't be curious!
Curiosity is a waste of effort and opportunity
- ❖ **Start each day as the first day you saw the sunrise!** Love! Give and accept with Love!
Be compassionate, especially to those who have hurt you.
- ❖ **Enjoy every moment! Take care of the little things! Expect the good!**
- ❖ **Act, don't hang around!** Bring beauty into your life! Arrange your thoughts, feelings, emotions, home and work cleanly and beautifully! Enjoy!