

Aging like a Fine Wine

**How to Enhance the Advance in Chronological Age to Add Years to Your Life and
Life to Your Years**

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Aging like a Fine Wine

How to Enhance the Advance in Chronological Age to Add Years to Your Life and Life to Your Years

How would it be to stop the progression of, or in some cases even reverse, the negative symptoms of aging? Wine, cars, and antiques all go up in value as they age. Cheese cannot even be sold until it has been sufficiently “aged.” And yet, when it comes to human beings, many of us have the opposite association. Aging is something we dread, we deny, hide with surgery and dye. Why?

In ancient Chinese culture this was certainly not the case. Getting older was associated with wisdom, not decay. Elders were respected, and in fact children were only required to respect their parents after a certain age if they had wrinkles in the right places! In our culture, the only collective respect we show our elders is in the form of senior discounts. But rather than true respect, discounts for seniors seem more like an affirmation of our diminishing abundance as we age: yet another expression of the perception of aging as loss, as less than the rest.

It does not have to be that getting older equals getting lesser: less abundant, less valuable, less flexible, or less powerful. Old Model T cars that are in good condition are valued far beyond brand new ones, and worth much more than a four or five year old car that has been neglected and abused and misused. I believe that we fear aging in our modern culture because we misunderstand how to live and how to take care of ourselves, and so we associate getting older with falling apart. Getting older can actually offer us a continual new start. It is possible, just like a fine wine or a priceless antique, to increase our value, our fulfillment, our capacity to expand the dimensions of our life the longer we live. How?

I have gotten stronger, healthier, and more resilient as I have gotten older in the common sense equation that I know myself and my world better, and can therefore navigate both in a way that more intelligently supports my vitality. There is a disease in which young children of 8 or sometimes even younger- not yet fully grown- begin aging prematurely. They end up looking like elderly people and ultimately dying of what we call “old age” by 10 or 11 years old, before most people have even reached puberty. This disease is a clear example that the degeneration we associate with chronological “aging” has nothing to do with the length of time we have been around. In the reverse, getting older in years and degeneration do not have to go hand in hand.

So what is it that triggers the mysterious cascade of physiological time bombs that turn us into trashed jalopies instead of valuable Model T’s? While science has not yet uncovered the full mystery of the physiology of degeneration, enough has indeed been discovered to allow us to take simple measures to slow and sometimes even reverse the negative effects of what we call “aging” in our lives, ultimately improving the overall quality of every dimension we live within them.

Biomarkers of Degeneration

Linear age is not a measure of physiological decay. So what is? There are so many symptoms we associate with aging. Back pain, weight gain, hearing loss, memory loss, loss of vision, knee pain, hot flashes, impotence, grey hair, hair loss, fatigue and low energy, weakness, infertility, loss of sex drive, osteoporosis, joint pain, dementia, stroke, heart failure, cancer... These are the car breaking down in the middle of the road. They are the symptoms of engine failure. But engine failure can be prevented when we learn to catch the warning lights in time and visit the proper “mechanic” for our maintenance. Human warning lights are what scientists call biomarkers- biological indicators that show us if we are in a state of decay or vitality. This is similar to the way that one might examine a used car for potential purchase. You want to know more than just its year and mileage (*chronological age*). You always have a mechanic evaluate a used car for its *true condition*, because accident history, wear and tear, and the actual condition of all of its parts are the most important factors in its function. Some cars go up in value the longer they have been around, if their function and form remain in tact. You would never reject a car purely on the number of years it has been around. You could be missing a great deal, or a priceless antique investment!

Some of the most important biomarkers, or warning lights, for the degeneration associated with aging include:

- **Blood Pressure Irregularities (high or low)**
- **Larger Waist to Hips body shape ratio**
- **Reduced muscle mass**
- **Reduced bone density**
- **Reduced muscle strength**
- **Reduced hydration (water content inside and between your cells, or interstitial and intra cellular)**
- **Reduced heart rate variability**
- **Blood sugar imbalance and insulin resistance (precursor for or early stage diabetes)**
- **Hormone imbalance or depletion**

What causes these biomarkers to go toward degeneration? And, more the focus of this article, what is it that keeps them on track, and even reverses some of the damage caused when they have gone awry?

Care

The main thing that allows cars, antiques, and human beings to keep and even increase their value as time passes is *care*. What distinguishes a broken down model T from a proudly paraded show room car is that someone took the care and attention to wax, polish and tend to the parts of the one that lasted. So it is with a human being. In Chinese Medicine there is a saying, “No illness equals short life. One illness equals long life.” This may seem counter intuitive at first, but is true because having an illness teaches a person to take care of their body and mind, rather than take their body/mind for granted.

In a car, changing the oil, waxing the paint, and aligning the wheels help to maintain its form, function and value. What about for you?

- **EXERCISE: Keep the car running and aligned**
- **REST, REJUVENATION: Tune-ups**
- **NUTRITION: Use Proper Fuels**
- **EMOTIONAL WELL BEING AND FUFILLMENT: Oiling the Machinery and Waxing the Finish: the Showroom Parade**

Let’s look at some basic steps that you can take to care for these aspects of your life and your own well being and longevity.

Taoist Wisdom and Chinese Medicine

The Taoists who created Chinese Medicine sought to find the Elixir of Youth and create immortality. In their pursuit of physical immortality they have left us with remarkable resources for supporting the body’s ongoing vitality, in the areas of:

EXERCISE	REJUVENATION	NUTRITION	EMOTIONAL WELLNESS
Tai Chi	Acupuncture/	5 Element Diet Balance	Meditation
Chi Gong	Acupressure	Tonic Herbs	Acupuncture
Taoist Yoga	Herbs	Food as Medicine	Stress Management
Martial Arts	Chi Gong		I Ching/ Tao de Ching
			Life Wisdom

In our car analogy, both form and function must be supported. For example, braking is a *function* of the car. If that function fails, and the car crashes into a wall, the form is destroyed. The right fuel and oil are part of the form of the car that facilitates its function. Put the wrong *form* of fuel in the car (like Coca Cola in your gas tank!), and the function collapses.

In their poetic way of viewing the world, the Taoists described form as WATERY (yin) and function as FIREY (yang). Just as in our car analogy, where both form and function must be supported, the Taoists understood that FIRE and WATER, YIN and YANG together are needed for the steam of life to rise. Preventing the loss of both FIRE and WATER from your system, while maintaining the fuel feeding each in delicate balance with the other, was the Taoist’s passionate endeavor.

Imagine yourself to be a gas stove, with a pilot light, a burner on, and a pot of water boiling over the burner. The steam coming out of the pot is the visible activity we call life. This comes from a fuel source (what Taoists call your Yin reserves) ignited by a fire in the pilot light (what Taoists call your Yang reserves) heating the water (your Yin physical form) and creating steam (your YANG vitality and energy). Exercise helps to get the pilot light and the burners of the body ignited, alignment keeps the water in the

pot and the pot on the stove, and herbs and nutrition are the essential fuel to keep the pilot light burning in the first place.

Taoists say that you have a certain amount of fuel that you are born with- they call that Jing. Jing has both a form component and a function component. You can use up Jing living life too hard. “Aging” from a Chinese Medicine point of view is a loss of your Jing. But the proper nutrition and herb supplements, in combination with a mastery of the efficiency with which you use up your fuel in the first place (energy mastery via chi gong and acupuncture, and emotional mastery via wisdom and stress management) can actually allow you to add jing to the body while using up very little. This is how, in ancient China, Taoists actually got “younger” as they lived longer.

How can you use their wisdom, in combination with modern research, to do the same?

If we look at the various biomarkers of degeneration, from the flip side angle of optimal health, we can see how they fit within the interplay of form and function, FIRE and WATER:

FORM/WATER

- **Keep hip size larger to waist size**
- **Enhance muscle mass and bone density**
- **Stay hydrated at a cellular level**
- **Keep blood sugar balanced**
- **Elevate and *balance* juicy levels of hormones like growth hormone, DHEA, estrogen, progesterone, testosterone, and neurotransmitters like serotonin**

FUNCTION/FIRE

- **Regulate blood pressure**
- **Enhance muscle strength**
- **Increase the amplitude of and create coherence in the variability in your heart rate***
- **Maintain healthy insulin metabolism**

** The HeartMath® Freeze Framer® is a biofeedback technology that can teach you how to create coherence in your heart rate. Contact Sheva (310) 581-1507 to learn more about the Freeze Framer, to get one for your home computer, or to learn tools to balance the other biomarkers of degeneration and vitality.*

When one thing goes off, in form or function, just as with the brakes and fuel analogy, it has impact on the others. Likewise, as you bring one aspect into balance and harmony, it influences the others in an upward spiral. The purpose of this article is to give you leverage in all of the key areas of vitality that you can create synergistic upward spirals in your health, well being and quality of life at every dimension as you get older. Let’s look at those key areas of leverage now.

IMPORTANT

The following guidelines are general principles I offer my clients and not meant to be medical advice. If you have a specific health concern or symptom of aging that you would like addressed, consult a health care provider or contact Sheva for a program tailored specifically to your unique needs.

• **Exercise: Keep the Car Running and Aligned**

Recommended:

- Weight bearing strengthening and stretching 3x per week (yoga, pilates, nautilus or gentle weight training, etc)
- Cardiovascular exercise with an increase in heart rate for 20 minutes 3x per week (such as running, swimming, dancing, aerobics, jumping rope, treadmills or bikes, etc)
- It is good to balance cardiovascular and weight training with gentle energy exercises. Incorporate gentle activities such as tai chi, chi gong, or walking in your exercise routine. Too much exercise can be as bad, or worse, than none at all. Do not underestimate the powerful potential of gentle exercise: one client reduced his waist size by 11” while lying in bed, doing a simple chi gong for the spleen and stomach!
- Regularly check your body and postural alignment in your profile and front on in a full length mirror. Correct and align yourself until you see yourself as symmetrical and straight. Be especially conscious of your alignment when you are exercising, sitting at your desk, working at the computer, on the phone, etc. Small distortions in body posture can produce wear and tear, stagnation, chronic pain, bone and joint degeneration, and even organ malfunction. Just to be aligned is rejuvenating to your vitality, because it allows all your joints, organs and tissues to receive full nourishment from your circulation.

Exercise (yang) helps to:

- Increase muscle strength and muscle mass as well as bone density
- Balance hormones (In one study people with deficiencies, in their 60’s and 70’s, were able to significantly increase their “fountain of youth” hormones DHEA and growth hormone just by introducing weight bearing and weight training exercise 3x week)
- Balance blood sugar and reverse insulin sensitivity that is a precursor to diabetes and other degenerative disease
- Regulate blood pressure
- Balance body weight
- Decrease waist to hip ratios (which has been shown to correlate with a decrease incidence of cardiovascular disease and other internal organ malfunction)
- Increase amplitude of heart rate variability

• **Rest and Rejuvenation: Tune-Ups**

Recommended:

- Receive regular acupuncture or bodywork tune-ups, which help keep energy flowing. This prevents stagnation that can cause blockages in the form of clogged arteries, heart attacks, stroke, tumors, and pain in its many expressions. Pain in Chinese medicine is simply stuck energy, a sign that your flow is blocked and you need a tune up. When your energy gets stuck you have less of it, because that which is in motion by definition has more energy. Give yourself the gift of restful bodywork.
- The right amount of rest and sleep helps your energy flow freely. Too much drags your energy down and too little burns your energy out. Everyone's needs for sleep are different. Know what your own needs are and honor them. You know you are getting the right amount of sleep when you awake feeling rested without the need for an alarm. In Chinese Medicine, which operates on a body organ clock, it is recommended to be in bed before Gall Bladder hours which start at 11:00pm, and to rise with the sun during Large Intestine hours between 5:00 and 7:00am. See what works for you, and honor it.
- Learn to rest in motion. The heart never stops beating to say, "I did it!" It stays so balanced in its expansion (feeding the body) and contraction (feeding itself) that it doesn't stop for a good 70-90 years! Resting in motion has to do with doing in life what feeds and fuels you rather than drains you, which we will discuss in depth in the section on emotional well being and fulfillment. Mother Theresa lived a life so in alignment with her sense of purpose and her values that she typically only needed 2-4 hours of sleep per night!
- Meditation, Tai Chi, Chi Gong, and yoga can all be deep forms of rest and rejuvenation. This is because the biggest energy drain is a racing mind and/or chaotic emotions. Learning to balance your emotions and manage your stress is the key to rejuvenation. Stress management tools from HeartMath are the vehicle I find the most effective to help my patients master their emotions and their stress.
- Balance your autonomic nervous system. There are two branches of the autonomic nervous system, one which is like the accelerator of the car ("fight flight") and the other which is the brake (what I like to call "rest digest"). Often people aren't getting a good rest even if they sleep long hours because they are so keyed up in fight flight that they cannot settle into rest mode. This is like braking while still pushing on the gas pedal- you end up using a lot of fuel! While acupuncture, bodywork, HeartMath tools and the Freeze Framer technology can help you to master the balance of your autonomic nervous system, there are some simple things you can also do on your own. Alternating hot and cold in your shower back and forth eight times is one simple thing you can do to reset nervous system balance.
- Always be sure to lie still on your back in yogic shivasana for at least five minutes after vigorous exercise, to balance your nervous system and receive the rejuvenation phase of your exercise.

- Eat your last meal at least 2 hours before bed- you cannot rest deeply if you are trying to digest food at the same time
- Listen to HeartMath®'s music CD's "Speed of Balance," "Heart Zones" and "Quiet Joy" which have been scientifically proven to boost vitality and balance your autonomic nervous system. (Contact Sheva to purchase the CD's)
- Beat gravity! Do inversions like shoulder stand, head stand, or even just putting your legs against a wall. This will improve venous return and circulation of blood and lymph which helps with weight reduction, insomnia, anxiety, and cognitive function, all while you just lay there!

Rejuvenation (yin) helps to:

- Increase hip to waist ratio
- Balance and increase youth hormones
- Increase muscle mass and bone density
- Regulate blood pressure
- Add coherence to your heart rate variability
- Stay hydrated at a cellular level

• **Nutrition: Use Proper Fuels**

Improper diet not only fails to replenish our Jing reserves, but taxes what reserves we do have by placing demands on the body's resources to process and excrete toxins and wastes. You would not pour Coca-Cola into the gas tank of a precious antique Model T, would you? Likewise, your body needs the proper fuel to run at its peak. Just as there are many different models of automobile, some which run on gas, some on electric power, etc, everyone's dietary needs are indeed unique and I encourage readers to consult a health care provider to support them in finding their own optimal fuel. There are, however, some general guidelines that tend to be helpful across the board as far as nutrition and the enhancement of vitality.

Recommended:

- Eat frequent regular meals (5-7 per day) with a balance of complex carbohydrates (like whole grains and legumes), protein, high quality fats (like organic extra virgin olive and coconut oil) and lots of fresh fruits and vegetables. Fasting to the point of being starved throws your hormones, blood sugar, and insulin balance off. It puts your body in a fight flight stress reaction fear for its survival, imbalances the thyroid, burns out the adrenal glands, causes the body to pack on weight for perceived threat of famine, and leads to a cascade of degeneration in the biomarkers we have been examining. ***Eating small, frequent, regular meals is one of the key factors I have seen reverse symptoms of aging for my clients.***
- Eat a balanced diet. One way Chinese doctors help patients to eat a balanced diet is to encourage eating five colors at every meal, made up of ***natural*** foods (FD &C red dye #8 doesn't count!) that are red, yellow, blue/black, green, and white.
- Chew your food, at least 40-60 times per bite; digestion begins in the mouth

- Eat organically grown foods
- Have something raw or fermented with every meal for its value to your digestive enzymes (fermented foods include soy sauce, miso, yogurt, etc)
- Drink 4-8 cups of water each day. Avoid dehydrating stimulants like caffeine, sugar, illegal drugs, smoking and alcohol.
- Eat a majority of water rich alive foods like fresh fruits and vegetables
- Take Chinese herbs recommended by a trained TCM physician to put gas back in your tank. You would never expect a car to run without gas. Just putting more coolant in the car is not going to keep it running. Water is a coolant in your system, but not a fuel. Dehydration associated with aging is like dried leaves falling off autumn trees. Just pouring water over them will not re-hydrate them. Similarly, when your hands get dry, washing them with water does not moisten them- you need a moisturizing cream. Chinese herbs act as a balanced moisturizer for your internal organs. Be sure to consult a health care provider or herbal pharmacy such as Herb King, Dragon Herbs, Elixir, or Golden Cabinet before taking Chinese Medicinal Herbs.
- Include seaweed and sea salt in your diet. Most of our soils are depleted of mineral rich nutrients that replenish our electrolytes and help us retain our important juicy moisture. Seaweed and sea salt balance electrolytes, help to regulate blood pressure and keep us from turning into shriveled up prunes!
- Use only high quality organic fats and oils (My personal favorite is Extra Virgin Coconut Oil, which boosts immune and thyroid function, promotes WEIGHT LOSS!, balances cholesterol levels, and tastes GREAT!)- avoid soy oil, which is a known immunosuppressant
- Avoid processed sugars and chemical sweeteners that “trick” the body into thinking it is getting sugar- these disrupt your blood sugar balance and lead to premature aging and disease. Use Stevia instead, an herbal wonder that is many times sweeter than sugar with negligible calories, and actually promotes WEIGHT LOSS!, bowel motility and detoxification, is antibacterial antifungal, and protects teeth from decay!
- Consult “The RealAge Diet” by Dr. Michael Roizen for other highlighted dietary strategies to help make your biological age younger
- Most important of all, ENJOY WHAT YOU EAT! As we are about to examine in our chapter on emotional well being, your emotional diet is THE MOST IMPORTANT DIET for health and well being. If you eat the “right foods” with a sense of righteousness, depravation, or guilt for having “cheated” yesterday, the hormone imbalances those emotions create counteract the health benefits of your healthy eating. Enjoying your food and your life is the best diet for a long and healthy life.

Proper Nutrition helps to:

- Balance blood sugar and insulin metabolism
- Balance and increase youth hormones
- Stay hydrated at the cellular level
- Increase muscle mass and bone density
- Regulate blood pressure

- Create optimal weight, and waist to hip size ratio

Assignment # 1:

It is helpful to become your own research lab. There is no better resource for your vitality and well being then listening to how you feel. To access the wisdom in that, keep the following journal for two weeks:

<i>Date And Time Of Day</i>	<i>Food Consumed</i>	<i>Consumption Speed and Attitude</i>	<i>Eating Environment</i>	<i>Feeling After Eating</i>
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Making note of these simple factors for two weeks will give you plenty of raw data about what works to support your vitality and what doesn't. Then you get to choose!

- **EMOTIONAL WELL BEING AND FUFILLMENT: Oiling the Machinery and Waxing the Finish, the Showroom Parade**

What's the use of living a long life if you are not enjoying the individual moments that make up the duration anyway? The whole purpose of the parade of enhancing vitality is to enjoy your life: to experience emotional well being and fulfillment. Perhaps it is part of the brilliance of nature that emotional well being and fulfillment lead to a longer life, and distress and chronic disgust accelerate ashes to ashes and dust to dust! Life says, "If you don't like it, it's ok to leave!" and we do, little by little, losing our memories, our skills, our strength. But we can create a life that we love, and researchers are beginning to discover that a life that we love is a life more likely to last longer. We will talk about that in this section, on caring for our own emotional well being and fulfillment.

Caring for Care

It is not as simple to care for a human being as it is a showroom car. The beauty and the challenge of being human beings is that we are more than just inanimate objects needing a simple waxing and polishing for our well being. We have something inanimate objects do not: EMOTION. The rocket fuel of emotion can be the thing which boosts our vitality and makes us ageless, or the thing that explodes within us as we crash into the wall of rapid demise. Emotions can throw hormones off faster than any other factor, and if mastered can also allow us to access our anti-aging hormones independent of all the other factors. This is because emotion is the real fuel that human beings run on, the raw fuel of care itself. Research from the Institute of HeartMath shows us that care is the key that counts in keeping our immune system and anti-aging hormone counts high. Therefore, finding ways to enhance and care for our *ability to care* deserves special attention in this article. Each time we take time to care for ourselves, whether it is through exercise or proper nourishment, the act of care itself is good for our vitality. If, on the other hand, we

worry about not exercising enough, or obsess negatively about every little thing we put into our mouths, that overcare anxiety undermines all the good efforts we make, and the resulting stress takes its toll on our health and longevity.

The finesse of care is so powerful to our emotional and hence hormonal/physiological well being, that it is at the absolute foreground to our overall quality of life. It can make or break us, make us feel great or cause us to degenerate. Mastery of emotion is the most effective gateway to a long and healthy life. I have found the following factors to be crucial to my and my client's mastery of emotion:

- **Turning the Stress of Overcare into Care**
- **Values: A Happy Heart is Young at Heart**
- **Vision: Your Heart's Song, Old Dogs and New Tricks**
- **Beliefs**
- **Purpose**

Turning the Stress of Overcare into Care

When care gets carried too far, it becomes overcare, which is stress, which is a formula for rapid decline. Overcare is like driving through a 15 mile per hour school zone with the gas pedal to the metal at 90 mph. It uses up all of your fuel, and ruins your body as well as whatever it crashes into. Overcare is a meddling mother, or an exercise addict who is constantly injuring themselves in the name of health, or blowing so hard into the clarinet that it just screeches instead of making music, or polishing something so hard that you rub the finish right off. Overcare equals trying too hard in any one area and just plain missing the mark. The signature of overcare is that it drains our system rather than fuels us, and is driven by fear about what we care about rather than love for it. How do we recognize the stress of overcare, and what can we do about it?

Your heart is racing. Your feet are pacing. Your mind is overwhelmed by what it is facing. Stress. You plow through it and your shoulders tense, or you decide to wait for a calm moment and end up missing an opportunity by sitting on the fence. Long term this daily grind can negatively impact more than just the mind, producing the wear and tear on our bodies that leads to the statistic "as many as 75 to 90% of all visits to primary care physicians result from stress related disorders."* In one study published by the British Journal of Psychology, people who were unable to manage their stress had a 40% higher death rate than non-stressed individuals.

* Rosch, P. Job stress: America's leading adult health problem. USA Today, May 1991 pp.42-44

We know that stress has been shown to be causative to the degeneration linked with negative aging and even accelerated mortality. But what is stress?

“Stress” is a relatively new concept. Let’s just say we do not read about stress in Shakespeare. “To stress or not to stress” was not the question! When Hans Selye coined the phrase in the middle of the last century, stress was initially defined by the number of times one had to change focus in a given period. At one point, 10 focus changes in an hour defined a high stress environment (!). Now, we have cell phones, pagers, fax machines, TV’s with split screens; it is common to be multitasking and changing focus within a single second! As a result, modern researchers have had to redefine stress from being referenced by circumstances to being a physiological cascade of events in our bodies. “...the body’s stress response encompasses more than 1400 known physical and chemical reactions and over thirty different hormones and neurotransmitters.” (1) This physiological cascade can be triggered by how we perceive circumstances, but it is never the circumstances themselves. We know this because as we watch different people handle similar circumstances, some get stressed out and others remain calm, cool, and collected. Making that a choice and mastering our own stress can help to reduce the degeneration of our bodies, minds and vitality that long term stress can cause.

Assignment #2:

Think about the last time you were in a near car accident. How did you feel just now remembering it?

***Pause for a moment, and recall one of your favorite times in life.
How did your body feel during that experience?
How did it feel just now remembering it?***

If you’re like most people, even thinking about an event from the past triggers the body to respond in a similar way. Nothing else in your environment likely changed in the few seconds it took to read those sentences, but your body went through a lot just by suggestive questioning. Changing your focus is one stress management tool that can shift your physiology and give you a release from and a new perception of what appears to be triggering your stress.

The adrenalin and cortisol rush of the stress reaction, which you may now see after that assignment, is lived through physically every time you relive a stressful memory or get angry (even if you think it is justified). It not only ages you over time but has impact on your ability to accurately perceive and perform. It is common knowledge that our perceptions can be adversely affected by the stress reaction – “I was so angry I couldn’t see straight!” This causes a vicious downward spiral of inaccurate perceptions and negative, imbalanced responses to them. Noise in place of music is how the world can sound to you when you are stressed.

Assignment #3:

Everyone's body has its own unique stress pattern reaction. Some people experience tightness in their neck and upper back and jaw, others get butterflies in their stomach or a stomach ache or a headache. What are your body's tell tale signs that it is stressed? List them here.

What muscle groups are affected? What happens to your heart rhythm? Can you think or communicate clearly in this state? Can you digest a meal easily in this state?

What does a cat or a dog do when they feel threatened? What muscle groups are activated? Do you notice any similarities to your own stress reaction?

Your body's survival response, the fight flight reaction, is part of your old animal intelligence for protecting you when your life is threatened. In this reaction the animal part of the brain of survival will take over to empower your muscles to punch or claw or get away fast, and processes that are unnecessary for immediate survival (like digestion, sexual drive, higher brain function, etc.) shut down to maximize the efficiency of your effort to put a stop to the perceived threat as fast as possible. You were not meant to live this way constantly, day in and day out. This was supposed to be your emergency response team. Imagine if every time you wanted to go somewhere, even to the corner store, you activated the fire station and called an ambulance. Not a very efficient use of your resources! The same is true with a trigger happy stress reaction. It ages us fast.

Most modern stressors are not life threatening. They are things that we care about, and when we carry our care too far and get emotionally upset about them our stress reaction gets triggered. This leads to inefficient reactions and perceptions that burn us out and age our bodies. The problem is that our bodies do not know the difference between life threatening stressors and psychological stressors. With modern stressors that are psychological (like an important board meeting, or exam at school, or child raising challenge) higher brain function and physical rejuvenation are more a necessity than a luxury.

Unfortunately, our bodies are operating with antiquated nervous system software, and do not know the difference between our aggravation in traffic when we are running late, and a saber tooth tiger chasing us for bait. Even if a stressor is not life threatening, when we react to it with negative emotion our body gets the signal, "red alert!", and pumps us full

of adrenalin and cortisol to prepare our muscles for a run or a fight. Sitting in traffic, that extra energy in the muscles goes unused and leaves its legacy in the form of tension in our neck and shoulders. Meanwhile, our poor digestive systems and higher brain centers have gone unattended and malfunction and contract with pain and lack of blood flow: there's your tension headache.

Many North Americans live from this stress reaction nearly all day every day. This ultimately taxes the heart and kidneys and leads to heart disease, adrenal insufficiency, chronic fatigue, and various forms of dementia and degenerative disease not to mention poor performance and just plain lousy quality of life. The following are lists of biomarkers for degeneration, and subsequent diseases, that show up with the high cortisol/low DHEA inner environment of those living under chronic stress:

BIOMARKERS:

- Accelerated aging & impaired skin elasticity
- Impaired memory & learning
- Reduce bone density & muscles
- Impaired immune functions
- Impaired metabolism; increased fat on waist & thighs
- Impaired liver functional; increased cholesterol
- Impaired pancreas; increased blood sugar

DISEASES:

- Obesity (*Marin 1992*)
- Diabetes (*Nestler 1992*)
- Hypertension (*Shafagoj 1992*)
- Heart Disease (*Barrett-Connor 1986*)
- Cancer (*Bhatavdekar 1994*)
- Alzheimer's (*Nasman 1995*)
- HIV-related disease (*Wisniewski 1993*)

So many run themselves ragged and then wonder why they cannot think straight, have digestive problems, low sex drive, and early aging. "Americans alone consume five billion tranquilizers...and sixteen thousands tons of aspirin (not including ibuprofen and acetaminophen) every year." (4) How can one turn that energy around into a peak performance rebound? It is possible! Stress management tools, proper diet, exercise, and Chinese Herbs can help.

We've all heard the advice to "sleep on it" if a decision or an event is emotionally charged. Sleep gives the body the chance to unwind from the fight or flight reaction, so that your higher brain can reactivate and give you a new view on what to do. However, just as you did not need a car accident in order to feel the chemical changes the fear of being in one causes, you don't need a good night sleep or a week long vacation to access the rejuvenation and added perspective such luxuries can bring. The things you really care about fuel your system rather than deplete it. With stress management tools, Belief Clearing, herbs, acupuncture and other therapies, it is possible to realign with what really

matters to you, and to transform the confusion of stress on the spot without needing to wait for that good night sleep that can be hard to come by when there is a lot on your plate. This is like giving yourself an instant upgrade to your old software, finding new and better ways to deal with life situations by downloading from the “inner net” of your higher brain rather than your animal survival. This helps you take care of whatever it is that you indeed care about, rather than fumbling in overcare.

Values: A Happy Heart is Young at Heart

Assignment #4:

Make a list of things that you care about. What matters to you? What happens to your body when you think about these things?

Make a list of things that bug you. What gets your goat? What happens to your body when you think about these things? Does that reaction in your body help to change those things?

Do you see that the things which bother you are actually inverses of what you care about? In other words, being bothered is caring so much about what you care about that it takes you to the point of triggering your stress reaction! This is like calling the ambulance when you want to go grocery shopping. What are some ways that you might act on what you care about, rather than react to your cares being violated?

Values touch your heart. Living in alignment with them, caring for them, literally touches your physical heart, balancing its functions. Living out of synch with your values also touches the heart, and puts it under stress. Isn't it interesting that heart disease is the number one killer? Research is also discovering that imbalances in heart rhythms can be linked to the degeneration associated with aging.

In Traditional Chinese Medicine the main organ that affects perception and “stress” is the heart. Modern science is just beginning to confirm this ancient knowledge, having discovered sensitive pathways they call “The brain in the heart,” or “neurocardiology.” The heart actually has an intricate role in the higher brain functions of communication, innovation, and creativity that ignite when we are aligned with our values and that shut down when we act on survival mechanisms alone.

Imagine the heart to be the baseline drum beat of an orchestra, the conductor determining the time signature and tempo of the entire performance. When the conductor keeps an impeccable, consistent rhythm, all the other players can easily follow and therefore do their part in subtle harmony with the rest to transport us into a melodic and beautiful world (in the case of your body, the players are the organ systems, sense perceptions, functional systems such as the immune and endocrine and nervous systems, etc.).

With everything working together, your body gets the signal, “All is well,” and is able to put extra energy and attention into luxuries like opening the higher cortical centers of the brain for clear thinking, creativity, and innovation, or even self healing and regeneration. In the stress reaction, the heart rhythm begins to race erratically. Suddenly the conductor of the orchestra is unpredictable! Imagine what the music sounds like now. With no coherent leader to follow, it is more like the cacophony of dissonant chaos as instruments are being tuned, instead of the lull of a beautiful Concerto.

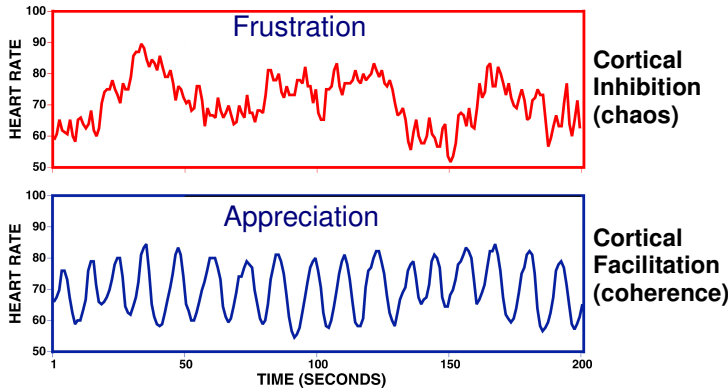
Researchers at the Institute of HeartMath have discovered that emotions effect heart rhythms. Go back to assignment # 2. What happened to your heart rhythm when you remembered the fear or anger of a near car accident? What happens to your heart rhythm when you recall the feeling of a favorite moment in life? Did anything in your environment change to change your heart rhythms?

Emotions effect heart rhythms and heart rhythms in turn effect perceptions and responses which further effect emotions. By learning how to choose different emotional responses to life events with the help of stress management tools, we begin to have some dominion over our own heart rhythms. All of the energy we have invested in stressful perceptions can be re-routed back to the harmonious melody of life in the “flow” with higher cortical brain function on “go”. In the yogic tradition it is said that you are bone with a certain number of heart beats and breaths. When your heart races and you gasp in quick little breaths, you use them up faster and age yourself.

Athletes, performers, and mystics refer to a place of flow sometimes called “The Zone”, that place where time seems to stand still and everything within us is working in perfect harmony with everything outside of us. Oriental Medicine has said for millennia what modern medicine is beginning to discover: this “zone” of harmonious flow has to do with heart rhythms, and heart rhythms have to do with emotion. It gives whole new meaning to “putting you heart into it”! Physical finesse and higher intelligence- effortless mastery, ease and grace- is our birthright, and what we really associate with youth rather than chronological age. With minimal education in Chinese Medicine and stress management tools, this zone is available to any of us at any time, regardless of our wrinkles or life circumstances. It is the higher goal of the healing arts rather than just “health.” By teaching us to self regulate our heart rhythms, perceptions, and responses to life, the ancient healing arts combined with modern scientific research are providing us with tools to use the very stress we feel as leverage to bring more of the “Zone” of success into our lives. The more we are caught in the snare of overcare, the more care there is to uncover

there and share. This improves not only our quality of life, but the lives of those around us as well.

Assignment #6:



“Negative” emotions such as frustration cause chaotic heart rhythms, part of a physically harmful chain reaction leading to inhibition of the cortex.

However, focusing on a “Positive” emotion such as appreciation creates smooth heart patterns, resulting in cortical facilitation, or *coherence*.

Which one of these lines is stress? Which one is the “Zone”? Which one is care? Which one is overcare? Which one took more ink? But which line went further on the paper? Imagine that this ink is your life fuel. Can you see that in the stressed line you inefficiently use up your life fuel faster? Can you see that in “the zone” you get further on less fuel? The second line means longevity to your system! The first line means rapid decline!

This is actually a pictograph of what your heart rhythm can look like in the stress reaction, and in the zone. What value might there be in teaching your heart to stay in “the zone”?

** The HeartMath Freeze Framer is a biofeedback technology that can teach you how to do this. Contact Sheva (310) 581-1507 to learn more about the Freeze Framer, to get one for yourself, or to learn tools to put you in the Zone of maximum flow and minimum aging anytime.*

Your Heart’s Song: An old dog can learn new tricks

As a doctor of Oriental Medicine, I can know just about everything there is to know about your health, emotional patterns, and personality by listening to your heart rhythm via your radial pulse (at your wrist). This is one of my primary tools of diagnosis as a Chinese doctor. I experience it like this: your heart rhythm, made up of your own unique pattern of beat to beat changes in your heart rate, is like your signature song. You both want to play your song clearly (coherence), and play the whole thing (variability).

The lines above are a pictograph of what your heart rhythms can look like on stress and on ease. One of the biomarkers for aging is a decrease in heart rate variability, or a flattening of the waves of the beat to beat changes in your heart rate shown in the pictures above. This biomarker is a measure of your autonomic nervous system function, which we have touched on in our “rest and rejuvenation” section. Your heart rate changes from beat to beat, creating an overall heart rhythm. Slower heart rate is a sign of parasympathetic brakes or “rest/digest” function (yin), and faster heart rate is a sign of sympathetic accelerator “fight/flight” function (yang). Children and puppies show a wide spectrum of both and are able to shift rapidly from hyperactive play to deep sleep and back to play again. While this makes their bodies and minds more adaptable to change, it can also make them more emotionally reactive to circumstances. In an ideal nervous system, there is this wide spectrum of heart rate (an indicator of adaptability to change) that oscillates with a strong coherent rhythm (an indicator of emotional stability and centeredness). As we age, it is possible to lose coherence and variability, stability and adaptability. We ideally want to keep both. Managing our stress and living in alignment with our values, while getting regular exercise balanced with rest is a great way to do that.

Heart Rhythm Coherence and Emotional Stability (yin):

When you live in a strong emotional center, powered by your values and your sense of purpose and vision (to be discussed next) your heart’s song comes through loud and clear and is less apt to be drowned out by stress. This is your coherence. If your song were, “To Dream the Impossible Dream,” we would hear all the lyrics clearly and each note would be in harmony and rhythm with the whole song. If you were to lose your emotional balance and center, it might end up sounding like more like a band warming up than playing a song. Your unique signature melody would be lost, agitating your body and mind depleting them of their vitality causing degeneration over time. This can be felt and predicted in your pulse by a TCM doctor, or seen reflected on the Freeze Framer biofeedback technology.

Heart Rate Variability and Emotional Adaptability or Flexibility (yang):

When you live a full life, with a wide spectrum of activities as well as down time, you play the extended mix of your heart’s song in all its color and variation. This is your variability and ability to adapt to change. Learning to manage your stress reaction helps amplify that. How? We’ve all heard the phrase, “You can’t teach an old dog new tricks.” We know from the section on stress and overcare that higher brain function shuts down when we go into a purely survival mode. Doing this over a long period of time, that higher brain shut down (“cortical inhibition”) can literally prevent us from being able to “learn new tricks,” expand our horizons, live more of life. It’s not the old dog that cannot learn new tricks, it is the stressed out fearful dog! It’s just that old dogs have been around longer to react to stress- unless they have a way to shift that. With Chinese Medicine and HeartMath tools, you do.

One client of mine had a dog named Kiwi, a little hot dog type dog. Kiwi loved to go for walks. They would walk all over the neighborhood together, unless they happened to make a turn down a street where another dog was barking. Not only would Kiwi refuse to

go down a street where another dog was barking, but in his fear for his survival Kiwi would refuse to ever walk down that street again. Now, at age 15, Kiwi only walks right in front of my client's house. In his fear, he has shut down to other possibilities in his life. If I were to check Kiwi's pulses, I am certain there would be a reduction in his heart rate variability. He is not singing his whole song. If his song were, "To dream the impossible dream to fight the unbeatable foe, to bear with unbearable sorrow, to be willing to march into hell for a heavenly cause," Kiwi is only singing "To dream, to dream, to dream, to dream" over and over again like a broken record.

Ironically, the fear of aging itself can cause us to age by causing us to shut down to life's changes, even the changes that bodies go through as they get older. You are not limited to your body, mind, beliefs, or emotions. The gardener is not the garden and the mechanic is not the car. Knowing this makes it easier for the gardener to tend to the garden and the mechanic to fix the car. Mistaking oneself for the body, mind or emotions creates an unnecessary and often painful resistance to their changes. It would be a lot harder for a mechanic to work on a car if he felt his life depended on it. That would create so much fear and anxiety! When we over-identify with our bodies, our emotions, our cognitive abilities, we cling to the life we know in fear and anxiety, shutting new possibilities out. This ironically causes stress and a reduction in heart rate variability, which is proven to accelerate the very degeneration and limitation we are afraid of in the first place! "Isn't it...our self-interest, our desire to get all we can...that is the basis for our desire to be someone and becomes the blocked energy that causes disease? In a strange way, isn't it the will to live that kills us?" (from "Who Dies?" by Stephen and Ondrea Levine). At the very least, it is the strong attachment to remaining alive as who we think we are that can limit the choices and opportunities and change we allow in and thereby actually steal our aliveness from us.

Assignment # 6:

Adaptability and Variability:

Where are you living your life like an old dog? What opportunities have you said "no" to that might enhance the color, quality, and spectrum of your life? Where could you say "yes" instead?

What are your fears about the changes of getting older? What might be some advantages of those changes?

Coherence and Stability:

What throws you off your emotional center? Can you think of a moment in life where you felt so aligned with your values, no matter what was happening around you, you

felt centered and stable? How did that feel? Can you envision a full life lived that way, based upon what you value? What would that life look like?

Vision

What are you looking and moving towards? What are you projecting, consciously or unconsciously, into your future? Does it look anything like your answers to assignment #6?

“Without a vision they will perish,” it says in the bible. Well, with a perishing vision, we perish too! Close your eyes for a moment and imagine an 89 year old man or woman. What does this person look like? What do they feel like inside? How do they perceive things? How strong are they? How weak are they? What do they do? Whatever vision you just conjured up is likely the one that you are programmed to become. When being taught to drive, we are all taught to look where we are going, because consciously or not, where we look is where we end up. In one of his seminars, a friend of mine asks people to close their eyes and picture an “old person” in their minds. Then he has them open their eyes to see a strapping, vibrant and muscular man on stage that to everyone’s amazement is in his 80’s.

Assignment #2:

A powerful and simple way to create a positive vision for yourself is to flip through magazines and clip out images that touch something in you or inspire a feeling of aliveness. Paste the images to a poster board or into a scrapbook, and then you have a collage of positive images to keep you focused on your aim. Remember, just like driving, you end up where you are looking. Most of us are being bombarded with negative images of aging all the time. It is important to create your own images of what aging and your unique future is for you, aligned with your own personal values.

Beliefs

Beliefs are another very important and often transparent (like the water fish swim in) layer of vision. People who have lost their sense of vision tend not to believe in themselves and they lose their sense of value and vitality. Do you believe in yourself and what is possible? Negative images, messages, and visions about aging portrayed by the media and collective culture can drain your life force and vitality, especially if they are bought into and believed. The reticular activating system of your brain is programmed to focus on and pay attention to (or CARE ABOUT) things with highly charged emotional content. This is why the evening news focuses on trauma and drama. It is not that traumatic events are the only newsworthy things happening. They just happen to be the events that will get the most number of people’s attention and therefore attract the biggest advertising dollars. Advertisements also get your attention with strong emotional charge, and often focus you on what you lack or what is threatening so that you will buy the product at hand. They contribute to negative ageism by glorifying youth and amplifying the fears people have about losing youth, subconsciously convincing you that your youth

can be bought back in the form of their anti-wrinkle cream or plastic surgery or Viagra-magic-pill. Ironically, they feed Youthful vitality is not something you buy in an external product; it is something you live in who you are: a leader of your own life with a vision.

Catering to the collective static, most of us are radios and televisions playing the standard stations' prime time re-run beliefs about aging. "Aging= decay = weakness = loss = infertility = less valuable= ugly and unattractive." Wouldn't you rather be your own content manager- your own broadcasting network- instead of playing out on the screen of your body and mind the collective thoughts and images about aging, thoughts and images that have been created and motivated to make a profit off of your fears of your own demise? Unless you give conscious attention to the creation of your own vision and beliefs about aging, you may very well be victim of the profit motivated projections of the media.

What does it mean to you to get older? Listen to the voices that answer that question. Do they tell you, "Turning 50 equals getting stiff and sagging"? Many of us inherit stories like this, simply from hearing our parents talk about their experience who heard their parents talk about their experience who heard their parents...and so on...ticking time bombs in cellular memory. Did you have a parent die of a sudden heart attack at 63? Chances are, your body is unconsciously bracing itself against the possibility of the same, creating the risk conditions for such an event through its very anxiety! There is the possibility to hear these limiting and fear based beliefs in your own nervous system and choose to replace them with truths that support rather than steal your vitality. "I am a limitless source of miraculous life force. As I age I know myself and my world better and embody more mastery of my true self and hence more vitality." This is one belief I created about getting older. You can consult a Belief Clearing™ practitioner to help clear ticking time bombs from your nervous system and cellular memory, and replace them with programs that will support your well being.

Assignment #2:

For ten minutes, write a stream of consciousness non-stop answer to the following question:

What does it mean to me to get old? What do I believe it is to age?

After ten minutes, stop.

Put on your favorite music, or dance around the room, or go out into your garden or smoke your favorite cigar. Take a few moments to do something that feels really good to you. Then come back to a new piece of paper, and answer the following question in ten minutes of stream of consciousness writing:

What beliefs about getting older would support my vitality and well being?

After ten minutes, stop.

Read your first round of writing. How does it feel in your body? To your emotions?

Read your second round of writing. How does it feel in your body? To your emotions?

Which do you choose to embody? Which do you choose to encourage in others?

Purpose:

Purpose is a common sense equation. When you know what you value and envision a life based on caring for that, with the belief that you can succeed at caring for it, you have purpose. Care leads directly to purpose. My mother's antique clarinet is in excellent condition because a) she takes the time to care for it, and b) she uses it for what it was made for. If she had used it instead as a toilet scrub brush, or a drum baton, or tried to turn it into a big bass drum and hit it with a mallet, it would not have lasted the way it has! So much of the degeneration I see in my clients comes as a direct link to the fact that they are not living their purpose. It only makes sense. If you do something you were not designed for, it damages you. As a five foot tall 110 lb sprite of a woman, I am going to age myself quickly if I try to play professional football! Purpose to me means engaging with what one cares about on a regular basis, and to care about what one engages with on a regular basis. I am convinced this is why health statistics improve and death rates decrease in nursing homes once pets are introduced- it gives people something to care about again. We have already looked a little at how this kind of caring can impact heart rhythms and hormone balances and immune function. Conversely, when people slog away at corporate jobs that are out of alignment with their values but that give them a false sense of ego value, they age themselves and degenerate.

We have to have a larger reason for taking care of ourselves than our own vanity to maintain lifestyle choices that keep us healthy and vital, and the best reason to take care of ourselves is to stay strong enough to care for and contribute to what we are passionate about. Many people that come to me to reverse aging want to do so to be able to play full out with their grandchildren. Care is a powerful motivator. When you are with the people and in the places and doing the things you care about, that is your purpose. It is not an archaeological dig to find your unique purpose. Your calling and its response are within you and one, as radiance and light are not separate from the sun.

Nearly as damaging as being misused, like a clarinet being used as a drum, is not being used at all. "No use at all" is a form of neglect, a form of no care (how many elderly people feel that way about themselves in our culture?!). In traditional cultures, purpose was built in for elders. They were the ones we went to for advice, for insight, for wisdom. They were the ones in extended family households who helped the young novices parent the grandchildren. There is such an imbalance in how our culture is set up now. Elders are perishing in nursing homes for lack of purpose connection and value, and young people are perishing from stress in the world for lack of wise guidance and practical support with their new infants. Each generation is starved, and yet their starvation would provide the very purpose that would feed the other generation!

Living life without purpose is like hoping to stay in shape without working out. Unless used on a regular basis, and waxed and polished and loved, antique cars fall apart. Your arteries and lymph vessels and muscle tissue can be compared to plumbing, which freezes and cracks in the winter if it goes unused and does not have water flowing through it. If you don't use it you lose it, whether it is your kitchen sink or the tissue in your brain that helps you think. It is a poignant statistic that death and disease increase significantly within the first year or two after retirement.

Does this mean people cannot safely enjoy retirement? Absolutely not! The wonderful thing about a purpose driven life is that it is more about who you are being than what you are doing. In ancient Chinese culture, there were natural cycles of life, with what they called a golden thread of purpose throughout the life cycle. While, for example, a person's purpose may have involved the mastery of Chinese Medicine, at one phase of life that might look very different from another, as a person passed from student to doctor to teacher to author and sage. Each step on that path is valuable, and contributing, while some phases are more active and outward and doing (yang) and other phases are more contemplative and inward and being (yin). We live in a culture that has placed a lot of value on yang activities and less value on yin activities, which can make people as they reach the cycle of life in later years feel less valuable. In ancient Chinese culture it was reversed, and the elders in later cycles of life were revered. In the beginning of this article I mentioned that Chinese children were only called to respect the elders who had wrinkles in the right places- those wrinkles, "fa ling lines" around the mouth, are considered lines of purpose in Chinese physiognomy and indicate a purpose driven life. Purpose leads to value, and value leads to vitality. People who have a clear purpose as they get older value themselves more and live longer and healthier.

Assignment:

What do you feel good doing? If this were your last month on earth, what would you do? Who would you see? Where would you go?

If Glenda the good witch had her magic wand out and the genie popped out of his bottle to grant wishes for you and your world, what are you going to wish for? For yourself? For those you love? For the world? Let there be no limitations, and your dreams will bring you visions and speak to you of your purpose. What is one action you could take today that would contribute to those wishes? How would it feel to take that action? That's what it is to be on purpose!

EMOTIONAL WELL BEING AND FUFILLMENT SUMMARY

Recommendations:

- Learn to master your emotional and stress reactions with Tai Chi, Chi Gong, Yoga, and tools from HeartMath and the HeartMath Freeze Framer
- Make a list of your values, and make a concerted effort to live in alignment with them and bring more of their qualities to your character and your environment
- Get clear about your purpose, and live each day on purpose

- Spend time with people, animals, places, and activities that you love
- Create a vision for your ideal future based on your values and your purpose, and live each day taking steps towards that vision
- Assess your beliefs for their emotional return on investment, and invest in beliefs that support your well being and vitality

Emotional well being and fulfillment helps to:

- Balance hormones and increase youth hormones
- Balance waist to hip ratios
- Regulate blood pressure
- Increase heart rate variability and create coherence in your heart rhythms
- Balance blood sugar and insulin metabolism
- Give you a life that is not only worth having, but worth having for a long time!

The nice thing about choosing your own beliefs and visions and purpose is that you can always change them if they don't work. Beliefs and visions and purpose are not fixed or "True" with a capital T. They are the tools of creation, like a painter's brush and oils or a sculptor's clay. You get to be the artisan that sculpts your own life experience when you choose your own beliefs and visions. Running on the fuel of care and purpose, life is a smoother ride and you become one of the instruments of beautiful music in our uni-verse, playing your unique part in the overall magical symphony of life. Life is, in turn, better able to support you, and you last better and longer!

Conclusion:

The conclusion of this article is really the beginning, the beginning of your next phase of growth, expansion, and life exploration. You now have the compass of your values visions and purpose to guide you on your journey, with a map of diet, exercise, and rejuvenation tools to celebrate and explore. The following are a list of resources that can give you even more. To your health, vitality, and life adventure! May this "add years to your life and life to your years" * so that you age like a gourmet cheese or a fine wine rather than a broken down car.

* From "7 Habits of Healthy Aging"

• Resources

Healing with Whole Foods: Oriental Traditions and Modern Nutrition
By Paul Pitchford; North Atlantic Books, Berkley, CA

The RealAge Diet by Dr. Michael Roizen

Newsweek Fall/Winter 2001, "Health for Life: Living Longer, Living Better; The Biology of Aging"

“7 Habits of Healthy Aging: How to Control Aging and Prolong Vitality” by Dr. Donald L. Hayes, International Academy of Integrated Medicine

“Transforming Stress,” by Doc Childre and Deborah Rozman

“The HeartMath Solution,” by Doc Childre and Howard Martin

Rosch, P. Job stress: America’s leading adult health problem. USA Today, May 1991 pp.42-44

“Never too Old to Rock and Roll: Life After 50- the Best Years Yet” by Thomas Hardin with Gail Fink

“Who Dies?” by Stephen and Ondrea Levine

Belief Clearing™ Workbook by Sheva Carr

Sheva Carr is the founder of Fyera!™, a peak performance stress management training center in LA. Sheva is also the founding Executive Director of the Fyera Foundation and Sunflower SunPower Kids, serving street children in Nicaragua. She speaks to people all over the world on how to access heart intelligence, and on how to receive the benefits of the heart's impact on consciousness, health, performance and creativity.

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