

100 Years Young

*DEBUNKING THE MYTH OF AGING WITH THE SECRETS OF THE
CENTENARIANS*

SESSION I

DR. MARIO E. MARTINEZ

The Power of Rituals

Do not try this unless you are a centenarian



Routine, Habit, Ritual

***Routine* is something we do regularly because we implicitly believe we have to do it. (Taking a Shower)**

***Habit* is a routine that we do regularly because we implicitly believe we can't change it. (Overeating)**

***Ritual* is a meaningful action that connects us with our cultural identity (Celebrating a Holiday)**

Identifying fear-based misconceptions about aging, and replacing them with what I call *centenarian mindfulness*

Mindlessness vs. Mindfulness

Mindlessness is a behavior without awareness of the experience

Mindfulness is the embodied experience of a behavior

Embodiment is the manifestation of a mind-to-body experience

For an in depth video lecture by Dr. Martinez on embodiment watch: [*Embodying the Four Immeasurable: A Biocognitive Approach to Buddhist Contemplative Practice*](#)

Recent cultural epidemiology and contemplative neuroscience research challenge conventional wisdom regarding longevity, and are beginning to debunk the following myths:

Genetics Determines Longevity

Vegetarians Live Longer

All Stress is Harmful

Alzheimer's is Inevitable

Genetics Determines Longevity...?

Excluding Environmental Toxins, Accidents, and other External Aversive Factors:

Genetics Accounts for **35 %** of Longevity in Centenarians

Biocultural Beliefs Account for **65%** of Longevity in Centenarians

Vegetarians Live Longer...?

There Are No Vegan Centenarians

There is a Minority of Vegetarian Centenarians

Most Centenarians Are Slight to Moderate Meat Eaters

There Are No Obese Centenarians, But...

Many Are Pleasantly Plump or Rubenesque



All Stress is Harmful...?

According to My Theory of Biocognition (mind, body, and culture), Stress is a Cultural Interpretation of an External Event.

Stress Does Not Exist Outside of the Cultural Interpretations Given

Alzheimer's is Inevitable...?

Genetic and Environmental Factors are Necessary but Not Sufficient as Causes of Alzheimer's

Cultural Contributors to Alzheimer's Include:

- Loss of Meaning after a Productive Life
- Significant Challenges Without Access to Resources after a Productive Life
- Decreased Contextual Novelty after a Productive Life
- Increased Contextual Monotony after a Productive Life

Dopamine, Curiosity, and Longevity

Dopamine Is a Hormone Associated with ADHD, Schizophrenia,

Alzheimer and Longevity

[DRD4: The Curiosity Gene](#)

How Cultural Factors Can Affect Hormones

[Cultural Beliefs Coauthor Biology](#)

Learning Centenarian Mindfulness

Challenge Your Cultural Portals

Challenge Your Cultural Editors

Embody Your Youth Archives

Responsibly Challenge Gerontology Truisms

Increase Your Curiosity

The First Centenarian Mindfulness to Embody



*Growing older is the Passing of Time.
Aging is What We Do with Time, Based on Our
Cultural Beliefs.*

End of Session I



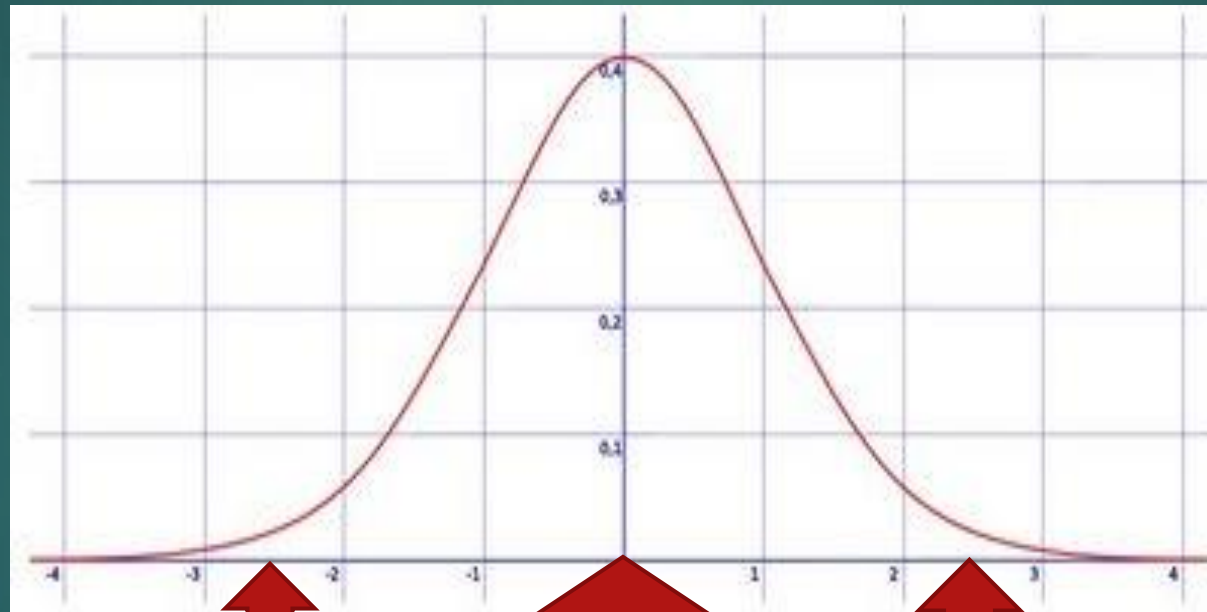
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SESSION II

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The *Tunnel of Helplessness* Created by Reductionist Health Sciences



Learning an Illness

Tunnel of Helplessness

Causes of Health

Why Cultural Beliefs Outweigh Genetics in the Aging Process

Cultural Attributions Affect Biology

To believe that you are too old increases the aging process

Cultures Influence Intellectual Performance

To believe that you are too old to learn, diminishes your learning ability

Cultures Influence the End of Individual Productivity

To believe that retirement is inevitable, your mind-body functioning will begin to deteriorate when you retire

Spontaneous Remissions have Little to do with Medical Interventions

If you believe there is no hope for a cure, your immune system will enter a helplessness condition that will increase the terminality of an illness

For more information about the research in how context affects aging read the works of [Dr. Ellen Langer](#)

Cultural Contexts that Enhance Immune Function

- Breaking Bread with People you Love
- Expression or Observation of Compassion
- Expression or Observation of Gratitude
- Expression or Observation of Generosity
- Expression or Observation of Embodied Forgiveness
- Expression or Observation of Exceptional Morality
- Expression or Observation of Outstanding Performance
- Expression or Observation of Admiration
- Expression or Observation of *Righteous Anger**

* *Righteous anger* is a term I use to describe an emotion of ire to protect innocence, or within a context that warrants setting limits with predators or any abusive conduct.

Cultural Contexts that Impair Immune Function

Meals with Technological Distractions

Shaming or Experiencing Shame

Abusing or Experiencing Abuse

Reluctance to Forgive

Expression or Observation of Malicious Envy

Loss of Hope

Loss of Meaning in Life

Responsibility Without Authority

Challenges Without Solution Options

Hating Your Job

Self-Hatred

The Limitations of Organic Products

Organic Does Not Equal Safe: Hemlock and Cyanide are “Organic”
Poisons

Replacing Pharmaceutical with Organic Remedies Does Not Resolve
Reliance on External Fixes for Internal Mind-Body Processes

Organic Remedies Are Less Regulated than Pharmaceutical
Medications

Organic Remedies Are not Tested for Long-termed Side Effects or
Medication Interactions

Gradual Development of Centenarian Mindfulness

Cultural Lessons from Family History

Longest and shortest longevity in the family. What do you remember from each.?

Fearful Admonitions – What illnesses were you taught to fear? What limitations were you taught to accept?

Coauthors of Cultural Perception – Who taught you to see abundance, love and opportunities in life? Who taught you that life was a struggle?

What evidence do you have of personal resilience from illness, financial crisis, failed relationships, loss of loved relatives?

Freedom from adverse history and acceptance of personal excellence. Overcoming history of helplessness with an empowered present.

The Second Centenarian Mindfulness to Embody



The Present is Never Too Late to Make Commitments

End of Session II



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SESSION III

DR. MARIO E. MARTINEZ

Creating Subcultures that Support Centenarian Mindfulness



Cultural Portals: The Horizons of Collective Beliefs

How Context Can Affect Longevity

Cultural portals are stages of life determined by collective beliefs about age, rather than by biological evidence. The cultural portals are: Infancy– Adolescence – Young Adulthood – Middle Age – Old Age.

Cultural portals are given value, force, and activity. Attractive – Unattractive, Strong – Weak, Fast - Slow

In most cultures the value, force, and activity of each portal increases up to middle age, and begins to decrease after middle age.

Although the portals are culturally determined, they have a strong effect on the aging process and longevity.

The cultural portals influence the aesthetics, relationships, economics, interests, work, consumerism, theology, and wellness of individuals in a society.

Most attributions to life events are made based on cultural portals.

Family Illnesses are Propensities, Rather than Genetic Sentencing

Propensities run in families; not illnesses.

The fear of a family illness, increases the probability of manifesting the illness.

Fear of family illness suppresses the immune system and diminishes the possibilities of preventing the illness.

Centenarian mindfulness is an embodied philosophy that navigates life with abundance as the rule, and deprivation as the exception.

Illnesses are learned, and the causes of health are inherited. - We start life with health at conception, and we learn to get sick as we navigate our challenges. We inherit an immune system that knows, remembers, and continues to refine the causes of health. Rather than blaming self or others if you encounter an illness, commit to a life incompatible with the illness.

The Exalted Emotions and their Role in Growing Older

We are evolutionary and developmental beings.

Evolution involves genetic adaptations for the survival of a species. Development involves how those adaptations are applied to enhance the quality of life.

The biological self seeks conservation, the cultural self seeks meaning.

Epigenetics studies how context can influence genetic expression.

There are two sets of emotions; those that *evolved* from fear and those that *developed* from love.

Mindlessness promotes general neglect; mindfulness promotes individual development.

Mindfulness is more than awareness of the now: It is the awareness of discovery within the now.

Emotions of Empowerment vs. Helplessness

The Fear Emotions

Hopelessness
Ungratefulness
Selfishness
Envy
Rage
Cruelty
Jealousy
Loneliness
Panic
Hatred

The Exalted Emotions

Hope
Gratitude
Generosity
Admiration
Attraction
Joy
Compassion
Empathy
Achievement
Pride
Inspiration



Chronic Illness in the Workplace

Chronic illnesses in the workplace has a yearly worldwide cost of 7 trillion dollars a year. That is 10% of the global GDP (global gross domestic product is 71 trillion dollars)

Elegant offices, generous salaries, good health care, child care, excellent gyms, are not the solutions.

Stress is not the culprit. It is the lack of meaning, creativity, autonomy, and worthiness experienced at work.

The causes of helplessness that leads to chronic illness at work are:

Responsibility without authority – Jobs without meaning – Productivity at the expense of wellness – Rewarding predatory objectives – Shaming failures.

For comprehensive information on how organizational cultures contribute to chronic illnesses visit [The Empowerment Code](#)

Lessons from the Supercentenarians

(110 years or older)

Some started making positive life changes at 70 to 80

The progression of some illnesses slows down around 80 to 90

There is no specific health habit that can be attribute to their longevity

They mourn losses while continuing to live joyful lives

They live to enjoy life, rather than to live long

They have a benign sense of humor

They stay joyfully active

They sleep soundly

They die peacefully

The Importance of Deep Sleep

71% of centenarians report they sleep well

Deep sleep increases human growth hormones

Telomeres can increase during deep sleep (also with exercise)

GABA (inhibitory neurotransmitter) is released during deep sleep

Glutamate (excitatory neurotransmitter) decreases during sleep

Tissue repair occurs during deep sleep

Learning to Sleep Soundly

Slow the system down one hour before sleep

No distractions before going to sleep

No caffeine and no alcohol before sleep

List unfinished tasks or worries on paper

Practice contemplative methods before sleep

Forgive yourself for not being perfect

Biocognitive Contemplative Technique to Unwind

Two self-caring agreements: 1. Inward observation. 2. You are worthy of the time you are investing in this experience.

Method: Observe, rather than trying to relax. Navigate distractions, rather than trying to avoid them. Observe what you mind is doing and land in your body

The Third Centenarian Mindfulness to Embody



Illnesses are learned, and the causes of health are inherited

End of Session III



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SESSION IV

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The Dangers of Conventional Retirement (Retirement Consciousness)*

Moving from productivity to passivity: A shift of value, force
and activity *

Although the value, force, and activity of a portal are culturally determined, the biology will function within the limitations assigned

Productivity

Hunter
Leader
Explorer
Mentor
Artisan

Passivity

Prey
Follower
Complacent
Stagnant
Disinterested

[Review the concepts of value, force and activity](#)

* *Retirement Consciousness* is a term coined by Dr. Martinez to describe the deleterious effects that focusing on retiring has on productivity and wellness in the workplace. For more information on the subject go to [The Empowerment Code](#).

The Complexity of Forgiveness

One of the most essential components of longevity is the capacity to forgive self and others.

What is *Not* Forgiveness

Forgiveness is not an act of reconciliation

Forgiveness is not an intellectual resolution

Forgiveness is not a vindication of the wrongness committed

Forgiveness is not a vindication of the perpetrator

Forgiveness is not an act of political correctness

Forgiveness is not a supplicant prayer

Forgiveness is not an act of weakness

Forgiveness is not forgetting

So What is Forgiveness?

Forgiveness is an Act of Liberation

An Embodied Freedom from Self-Enslavement

The Prerequisites of Embodied Forgiveness*

The Three Recognitions

1. An *embodied recognition* that forgiveness is an act of personal liberation
2. An *embodied recognition* that forgiveness is counterintuitive
3. An *embodied recognition* that forgiveness does not require reconciliation

The Three Commitments

1. An embodied commitment to relinquish the power of victimhood
2. An embodied commitment to self-worthiness
3. An embodied commitment to heal the archetypal wound perpetrated**

*Embodiment – In biocognitive theory, embodiment describes the *felt meaning* of an action. A conscious integration of the cognitive, affective, and sensorial manifestations of an experience.

** According to biocognitive theory there are three archetypal wounds that surface in all cultures: shame, abandonment, and betrayal. An in depth description and resolution methods of these wounds is found in Dr. Martinez's CD, *The Mind Body Code: How the Mind Wounds and Heals the Body* ([Sounds True Publications](#)).

Forgiveness is Personal Liberation

Reclaiming Empowerment

THE PATH TO FORGIVENESS

The forgiving process should take place in a contemplative or relaxed condition. Attempting to make changes at higher levels of alertness limits the experience to an intellectual reasoning, rather than the mind-body-culture convergence required to embody forgiveness.

Identifying the healing field for the archetypal wound. Reluctance to forgive is maintained by an unresolved archetypal wound. Forgiveness requires healing the shame, betrayal, or abandonment that was perpetrated on self or others.

Applying the respective healing field to resolve the archetypal wound that was perpetrated.* Healing the archetypal wound a prerequisite of forgiveness.

Mindfulness of the *alpha event* – After resolving the archetypal wound with the corresponding healing field, the *alpha event* is the acknowledgement of the embodied empowerment that the healing field provided. It is a recovery from the helplessness caused by the wound and its corresponding state of victimhood.

Mindfulness of the *omega event* – After experiencing the felt meaning of the empowerment from the alpha event, the omega event is the embodied gratitude for the wisdom that was gained from the healing field. The gratitude and the credit for the wisdom gained are never attributed to the perpetrator. For example, rather than thanking the perpetrator for becoming a better person from the suffering inflicted, the credit goes to the forgiver for the act of self-love that permitted the liberation. The perpetration continues to be inappropriate conduct.

Beyond forgiveness – The liberation permits forgiveness with or without reconciliation. For example, after forgiving self or a loved one, reconciliation is a viable option. But reconciliation would not be wise when it involves a rapist.

Establishing new emotional boundaries – The wisdom acknowledged in the alpha event and the gratitude experienced in the omega event, require setting emotional limits with self and others in order to continue to be free of victimhood.

A more elaborate description of the dynamics and method for embodied forgiveness is available in [The Mind Body Code](#)

*According to biocognitive theory each archetypal wound has a mindfulness healing field: honor for shame, commitment for abandonment, and loyalty for betrayal.

The Fourth Centenarian Mindfulness to Embody



Forgiving is a liberating act of self-love

End of Course

For more information on Dr. Martinez's work go to [Biocognitive Science](#)

To order *The Mind Body Code: How the Mind Wounds and Heals the Body* go to [Sounds True](#)

To watch a free TVO interview with Dr. Martinez discussing longevity go to [The Agenda](#)

For more information on Dr. Martinez's theory of organizational cultures go to [The Empowerment Code](#)

“Salud, amor y dinero y el tiempo para gozarlos”
(Health, love and money, and the time to enjoy them)