

# The NEWSLETTER for the WOMAN on a quest to find the TRUTH



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"Old age is like a bank account: you withdraw what you have deposited."

Anonymous

"Anyone who stops learning is old - whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young."

Henry Ford

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## Good day dear reader!

This month, we are talking about what it means to approach and turn sixty years of age.

After two months off and away from the computer, and feeling its benefits, I am back and ready to reconnect with my subscribers. I hope you allow yourself to break from your routine and enjoy watching the flowers grow at times, we all need it.

Let's start with a lady's questions:

### What does it mean to reach 60 years of age?

Once again, September has rang the doorbell, and I will take the arrival of this season to make an analogy with turning 60 years of age, a phase we sometimes refer to as the Autumn of life.

The USA Census Bureau reveals that, since 2006, about 330 baby boomers reach the age of 60 every hour. So if no one dies, at the end of December 2009, we will count about 11,563,200 persons that will have reached 60. (I do not incorporate any immigrants into that number, which would boost it even more.)

If I could but only question one percent of these people, I would have an interesting sample to talk about. So, that not being the case, let us think about it.

As I began reflecting upon the subject, and my subscriber's comment as to the fact that, when we read about turning 60, the majority of the time, we read about approaching retirement or traveling more, but is that all there is to that reality?

There are undoubtedly similarities between women and men turning 60, and also big differences. Our first instinctual reaction to turning 60 is most likely influenced by our parental programming and our ancestors' influences, whether we are aware of it or not. How your parents age will make a huge

difference in your life and how you chose to copy their belief system or not.

On my side, I meet an interesting number of people in my profession, more women than men. These women are facing their children leaving home. Many among them are facing very difficult moments in their careers coming to a halt. Some are facing a separation of their long-term relationship, others will remain in a bad relationship for all kinds of reasons, which I care to neither mention nor judge. Many endure all sorts of scenarios; many finally become happy and separate themselves from an abusive spouse, etc.

Many will start volunteer work and feel gratified. Many become implicated Grand-mothers and adore each moment. And many become sick. Others see this phase as a new freedom...

In general, I see more fear in people approaching 60, either because they realize that time is shrinking, or they have not accomplished some of their dreams. Some will start facing wounds they had chosen to store high on a shelf, hidden away, because they chose to give priority to everything else, from being a mother, a career woman or whatever else. They also have started to focus on the fact that approaching 60 means approaching death.

Our society and its marketing, for the last few decades, have bombarded us with what happiness should be. All those who busied themselves to believe these futilities are finding their approach to the Third Age with having spent a ton of energy and money to please the surrounding "gallery", and to help the garment industry and *haute couture* keep wealthy... or whatever else!

I have used a lot of my time teaching that balance and self-respect has a much better result in our lives and health in general.

I also know from many surveys I conducted among aging women that those who chose a holistic approach regarding their life in general had a much easier menopause and a balanced life. These same women went through this phase of changes with an open mind, understanding the natural changes and seeing the beauty behind it all.

In my office, I often hear women becoming afraid of their menopause. I urge them to abandon that fear for it only amplifies any remaining ghosts left to face. I find that turning 40 and 50 is still the best time to clean up what is left to do in order to go through an easy menopause coupled with acknowledging the reality of approaching the final adventure.

Of all the biographies of people I have admired in my life, a constant fact remains: these people, men or women, were aging but were not "getting old" in their hearts and attitudes regarding everything life was presenting to them. A sense of humor and an impersonal outlook is involved. They applied themselves to do the best they could, no matter what they were faced with, strengthened by an unshakable faith in life, as well as believing there was an intelligence behind any part of their life script.

In my youth, I remember hearing a woman who was 40 years my elder that once you reach 60, there is nothing funny anymore; if she could only die! Well, as I always say, happiness is a choice. And so is misery!

Marcel, a gentleman I know, shared this wonderful moment with me: 30 days before turning 60, and 30 days after that date, he spoiled himself with all kinds of gifts. Whether spiritual moments, or visiting friends around the

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world, he gave himself a gift each day for 60 days. What a beautiful concept. He believes that old age shows up when we start fearing death. I wish to share his decision of his last words on his tombstone. It shall be written: "He died while living". Thanks Marcel, you are, as usual, very inspiring, and I totally agree with you.

Another model of aging I have the delight and honor to have in my life is Jannine. She is well over 80 years of age and a real pleasure and inspiration to watch. A mother of five children, still married to her first love, radiantly happy and beautiful, will share with anyone that life is to be lived fully, and that each age brings its beauties and its lessons.

I remember very clearly that, in my youth, I had made the decision that I would age well. As I approached 50, I decided to change the term "to grow old" with the term "to age". (In French, we only have the verb "to grow old", hence my decision)

Do I need to encourage you some furthermore to monitor your attitude towards aging?

Is it necessary to fall prey to negativity, to spoil this last episode of life that can offer so much? An array of choices is there to grasp. See the gift hiding within it. It is time to start harvesting those beauties in your life and to enjoy each and every moment.

I hear myself think that grey hair has a definite weight. It depends, of course, on who is under the wig! For so many, graying is one of their worst fears. I invite you to examine what hides behind your belief about graying.

I think overall, whatever age or phase of life you cross, your attitude will make all the difference. What will you do about your smile? What will you do about what is presented to you as life circumstances? Start loving your wrinkles; they may decide to turn around and leave. Who knows?

In brief, love yourself to life, love yourself in every way possible and free yourself of the unnecessary. Welcome each moment of life, and, as a French author I enjoy very much, Jean Philippe Brébion, says, "Life is always ahead. When you live in the past, death is close by..."

How will you develop an inner beauty that will show up through your skin? For after all is said and done, as an author (whose name escapes me right now) used to say, "The victim lives from drama and the evolved being lives from challenges."

What path will you take?  
As always, I invite your comments and/or questions.

Happy 60th birthday! And whether you are near or far, there is no time like the present time to prepare for the future... and to enjoy your 70's.

Warmly,  
*Pauline Houle* - Therapist – author

**NEXT MONTH: Let's visit your comments on aging!**

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