

SARAH TYLER-WALTERS
TRANCE MEDIUM

Ageing: The Cycles of Life

by Master Chou

When you are born into the human form, your first moment is one of pure physical reality. The Soul is adjusting to being in the body and taking its first breath. The cry, a sound, a gurgling, connecting with the outside world. A day turns to weeks and weeks to years as you step from physical to emotional experience.

Logic starts to form and engage from around the 7th year. Before that you, the child is emotionally acting and reacting and settling into the fast-growing physical body. As the mind/logic starts to interact, you begin to "deep think" and evaluate; processing all experience in physical, emotional and logical terms.

As the years move on you continue through the (roughly) seven-year cycle, each one engaging another level of being. 14-20 is about balance and finding your centre; the body completes it growing, your emotions and mind are working in tandem, and you can begin to explore the world as well as yourself.

21-27, you start to express yourself, finding your truth and learning how to speak it. You find your place in the world, or you begin to forge it. 28-34 you reflect on life; consider how you see the world and yourself. You start to work on your vision of self, and for the future, this often triggers deep inner work and can lead to a change in direction or indeed a correcting of your course if you strayed off the path.

35-41, you now open up to the connection and idea of the oneness - your unique dualistic existence. Perhaps more Soul searching or often a time to find your inner faith and self-acceptance.

Historically, human life ended around the '40s, a complete cycle; now, you are living longer. What happens to the cycle? It reverses! Stepping back through the stages, understanding them more deeply and letting go. Firstly, in your 40's, you step back into how you see yourself, perhaps the reinvention or, more often, the denying of ageing.

As you enter your 50's, you find your voice again but now without the restraint or uncertainty of your youth. You speak your mind and want to be heard. A vanguard of the truth? You believe so. As you move into the 60's it is the balance of life that takes your focus - work, rest, play. The mind turns to a time when you can rest, relax, stop and enjoy life.

The '70s are where the "logic" starts to fade; the mind, once sharp, can begin to lose its edge - preparing itself for the end time. Letting go, memories, information - are they

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needed? The mind wonders, but time is Now, and it wants to focus, but the past is such a draw. The mind drifts back and forth from teenager to elder.

Your 80's arrive, and it is your emotions that step up again; you remember loss, love, sadness, joy. Reminiscing is not only about the mind; it is also about feelings. Lastly, you enter the 90's, the final step on the cycle, where it is all about the physical body and no longer feeling settled in it. Home is calling – the cycle draws to an end.

However, you are pushing the boundaries on life expectancy and time. 100, 101, 102 e.t.c. What of these years? The cycle starts again – emotions, logic, balance, expression, vision, connection. An opportunity to learn more profoundly, experience life more richly – perhaps. More likely not, as your physical form has limits, cells can only renew so many times, the heart has only so many beats in it.

Driving life beyond physical limits is often about fear, the fear of death, and what follows it. But not living a full and meaningful life is worse than death. For are you not already dead, lifeless? Death will bring transformation, a new beginning. Do not hold onto life so tightly that you squeeze all the joy from it – breathe.

Watch the cycles; you are all unique, the start and end points will vary a little from one person to another. However, the pattern is the same. Make friends with the cycles, not enemies. As you age, the path returns to the beginning, the journey home. Do not fear the bits that fade; rejoice in ageing. You enter a child, and many of you will leave this place a child again. Innocent, fearless and eager to try new things.

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