

Preface

I am elated to convey more understanding and clarity on the subject of longevity and what physical immortality really means. Every human being has the notion that he or she may be able to live forever, live longer, experience optimal well-being, or become an ageless physical being at some point in their life. This book *Ageless Living* is a replacement for my earlier book, *Life Unlimited*. I wanted to create a more precise and direct exploration of physical immortality, to alleviate any confusion as to what it means and to add more of my personal experiences.

All the basic beliefs and principles which I laid out ten years ago, remain accurate, precise and to the point according to my approach to life.

In the years since the publication of *Life Unlimited*, I have examined and re-examined my thinking, understanding, behavior and perspective regarding the choice of living as an ageless being. I find my path to be very inspiring, fulfilling and rewarding as I experience a high level of well-being and total love for ecstatic living. In this book I will share with you personal developmental information, and stories of events which have shaped my understanding and my point of view in life. There will be new chapters on energetic balancing, breatharianism and dark room workshops.

Throughout the book, I mention a process I call "living as physically immortal (LAPI)". My intention is to produce a conceptual framework and guidelines for using LAPI throughout life, and a set of markers that help to evaluate progress at all times. The goal is to strip from physical immortality the shroud of secrecy and confusion that most of you may have encountered already in your effort to learn more or to become "alive" physical beings.

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Most (with a few exceptions) of the writings from other authors on personal transformation and spiritual enlightenment of the last few decades reflect that all of the writers personally and communally did not believe in their physical bodies. They discarded and discredited the physical option for longevity in favor of the spiritual one. This fragmentation of the being is the center point of our cultural beliefs as they stand now, and has been continually inserted deeper in us, as if we humans, smilingly have no other options. This trend in writing is the reflection of our culture's powerless ability to cope with death issues and see their true implications. For that reason, a great section of the population is at physical and mental unease, confused and demoralized about the answers they are getting, and about the results in their lives.

In reference to my writing style, I speak directly to the reader in a way that leaves no doubt about my intention to convey an uncompromised position and not to delete the energy and dynamics of the conceptual programs. I do not claim to have all the answers, or to imply that my way of approaching life is the only way for everyone else. Absolutely not. Some individuals will be helped in improving their lives and well-being, even if they practice in just a limited fashion.

In regard to gender references throughout the book, I have tried to use the pronouns he/she, his/her, etc., equally and would like to emphasize that I am addressing the collective in equality in the majority of instances.

Ageless living represents a life stand, a vision, an outcome, and a reality. Every time I say or think the words ageless living, a symbol or signature of well-being is displayed, causing a fresh flow of warm energy to run all over my body. For me, ageless living is an ecstatic urge that turns me on. It is fun, very creative, has no limits, has no obstructions it is living your art, and is the best improvisation situation you'll ever play or experience.

In my world, the choices are simple, my path is clear, my destiny is carved and I am the designer of it. Living as an "alive" being is the most rewarding interior design project I have taken on. Ageless living is the response to high life force (chi). When energy flows unimpeded in the body, as the rule, you are living as an ageless being. Letting my mind journey into uncharted worlds of unlimited possibilities and choosing life as the only imprint I have, is my natural state.

My goal in writing this book is to reach other human beings who want to change and create a different way of living. And to those like myself, who felt profoundly different from their siblings in their youth, who still feel different from their friends and counterparts in adulthood, and who have had little or no validation for their unique approach to life. I hope to reach other individuals who function on a "life instinct," that is, staying truly alive on the fringes of the framework and context of this society, but not part of it. Those who courageously maintain sovereignty on the edges of the acceptable myths and beliefs that exist in today's culture and to say "Hello!"

