

The 10 Principles of Personal Longevity

(Or How to Slow Aging and Live to 150 years and beyond)

By Martin K. Ettington



The 10 Principles of Personal Longevity

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Introduction

They say that one's mission in life can often be shown to be pre-ordained by an event that happens when you are very young.

This may have happened to me when I was about four years old.

I lived in upstate New York and my Mom used to sometimes take me to Harris Hill near Elmira to ride the ponies.

Harris Hill was also the glider capital of the world and sometimes we would stop at the field to watch the gliders taking off.

One day I was standing on the concrete near the hangers and saw a grey haired tall man talking to some women.

I had a strange feeling and I don't know why I did this, but I wandered over to him and said "Are you the man who never dies?".

He gave me a very strange look and then my mother grabbed me and took me away apologizing for me.

Many years later I read that a man who may be as much as a thousand years old lived in that area. So who knows who I met that day.

In September of 2008 I wanted to write a book to give back much of what I had learned over the years about spiritual development and metaphysics.

In looking for a topic I was fascinated by the claims of many Indian Yogis that were said to live hundreds of years. I wondered if these claims were true and this was really possible.

This led to my research on long lived people and what I found was shocking. I found pictures, bios, and videos of people all over the world that had lived and were living well beyond the age of 150 years. I even found one Chinese man who was claimed to have lived to 256 years old. (Li Ching Yun who you will learn more about later)

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As an engineer and career IT consultant I also have an analytical side and wanted to understand and explain extreme longevity to others.

The result of my research and meditations was my first book on longevity titled “Physical Immortality: A History and How to Guide”.

That book led to my networking with a lot of persons in the extreme longevity movement. Many of them are called “Immortalists” since they follow practices they believe will lead to their own life extension.

I also researched and wrote more books on related spiritual and holistic health topics over the last five years as I continued to learn and grow.

In mid 2012 I took all of the knowledge I had been accumulating and started to develop a new approach to teaching people about the possibilities of long term health, greater happiness, and extended longevity.

This led me to codifying my ten principles of personal longevity which are the following:

- The Reality of Long Lived People
- Defining Your Purpose in Life
- Enabling the Life Urge
- Your Spiritual Health
- Having Love in Your Heart
- Energy Body Health
- The Science of Longevity
- Physical Body Health
- Using your Intuition for Safety
- Implementation of these principles

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Each principle is a progressive step towards helping the individual to maximizing their long term health which leads towards extended longevity.

The rest of this book is designed to elaborate these ten principles with evidence, theory, and exercises to help everyone live as healthy, happy, and as long a life as possible.

I am also developing my business in parallel with this book to help everyone implement these principles in their lives.

You can learn more about this at my website: <http://personal-longevity.com>

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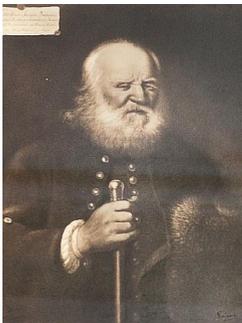
From Chapter-The Reality of Long Lived People

Ages 120-129



The oldest age that the Guinness Book of World Records recognizes is Jeanne Louise Calment (21 February 1875 – 4 August 1997, 10:45 CET). She had the longest confirmed human life span in history, living 122 years and 164 days (44,724 days total). She lived in Arles, France, for her entire life, and outlived both her daughter and grandson. (And who appointed Guinness as the final word on longevity?—Nobody did)

Ages 150-159



Christian Jacobsen Drakenberg died at 150 years in 1772. A sailor for 91 years, he fought in the war against the Swedes, then became a merchant seaman. In 1694, he was taken prisoner by Algerian pirates but set free after 15 years of slavery, he resumed his life as a seaman. In 1737, at the age of 110, he married a widow of 60 years. He was known as 'the old man of the north'.

Even in old age Drakenberg was bursting with strength.

Whoever would shake his hand, never forgot the experience and ventured no second attempt. It was reported that after death his body mummified and did not rot. (Similar to reports on Yogananda)

Ages 160-169



Of course who could forget Shirali Mislimov! There are many references to Shirali Mislimov including the January 1972 issue of National Geographic. However from Toronto Evening Telegram, 20 May, 1971 & the Ottawa Citizen, 13 Feb., 1967, p.18 & Life, 16 Sept., 1966, p.121 & Gris & Merlin, p.88-115 & Time, 17 Sept., 1973 we have

this:

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Shirali Mislimov, 168, Died 1973, in Azerbaijan, USSR.

On his birthday (1971) he rose at dawn to do his daily chores in the garden and orchard. Among his well-wishers were doctors who gave him his annual physical and judged his health perfect. He has never been ill, though forced to give up riding horseback recently.

At 160 he journeyed to the capital city (his first visit). There a doctor recorded his pulse at 72 and blood pressure at 120/75, and this was after a three story climb! He neither smoked or drank. Survived by his third wife, 107 years old, 219 other family members, including a grandchild aged 100 years.

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From Chapter: Defining Your Purpose in Life:

Building a Life Purpose:



What is Purpose?

Ancient writers wrote a lot about this topic. An ancient Tibetan text states that a life purpose is “*for the benefit of self and for the benefit of others.*”

Below are four quotations relevant to the issue of life purpose that we give to ILCT participants, asking them to reflect on what the quotes mean to them. These four seem to be particularly meaningful quotations that move students toward introspective thinking about the importance of life purpose and the variety of ways to describe it.

When we are motivated by goals that have deep meaning, by dreams that need completion, by pure love that needs expressing, then we truly live life.

We can define “purpose” in several ways. For one, when we know our purpose, we have an anchor— a device of the mind to provide some stability, to keep from tossing us to and fro, from inflicting constant seasickness on us. Or we can think of our purpose as being a master nautical chart marking shoals and rocks, sandbars and derelicts, something to guide us and keep us on course. Perhaps the most profound thing we can say about being “on purpose” is that when that is our status, our condition, and our comfort, we find our lives have meaning, and when we are “off purpose,” we are confused about meanings and motives.

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The first principle of ethical power is Purpose. . . . By purpose, I mean your objective or intention— something toward which you are always striving. Purpose is something bigger. It is the picture you have of yourself— the kind of person you want to be or the kind of life you want to lead.

A purpose is more ongoing and gives meaning to our lives. . . . When people have a purpose in life, they enjoy everything they do more! People go on chasing goals to prove something that doesn't have to be proved: that they're already worthwhile.

There are a variety of techniques we can use to zero in on our true life purpose.

Here are some exercises to help you create a life purpose statement:

From Chapter: Enabling the Life Urge-A Positive Outlook on Life



How does a positive outlook on life increase your life span?

Optimism and a positive outlook increases our vitality and spiritual connections.

If you are positive you have a better chance of extracting yourself from an unhealthful or dangerous situation.

An article extract from an M.D. reinforces the importance of a positive outlook:

"Optimism is necessary for good health," says Charles L. Raison, MD, (26) a psychiatrist and director of the behavioral immunology clinic at Emory University School of Medicine in Atlanta. "There's growing evidence that, for many medical illnesses, stress and a negative mental state -- pessimism, feeling overwhelmed, being burnt out -- has a negative effect on immunity, which is especially important in rheumatoid arthritis."

Indeed, your brain can create all sorts of tailor-made prescriptions to nurture your body. Raison says these include endorphins -- the natural painkillers; gamma globulin, which fortifies your immune system; and interferon, which helps combat infections, viruses, even cancer.

When depression sets in, we're less likely to take care of ourselves, which means the brain doesn't get prompted to produce those great natural remedies, Raison says. We don't exercise, because we don't have much energy. We don't eat right. We lose sleep -- or we sleep too much.

The Science of Longevity.

From Chapter: The Science of Longevity

The seventh principle of personal longevity is to utilize current medical and scientific research on longevity.

Since the 10 principles are intended to utilize both unconventional holistic approaches and long term and current scientific and medical practices, we would be remiss if we didn't discuss the latest medical and scientific research and practices.

Red Wine Extract- ResvesteroI

In 2006, Italian scientists obtained the first positive results of resveratrol supplementation in a vertebrate. Using a short-lived fish, *Nothobranchius Furzeri*, with a median life span of nine weeks, they found that a maximal dose of resveratrol increased the median lifespan by 56%. Compared with the control fish at nine weeks, that is by the end of the latter's life, the fish supplemented with resveratrol showed significantly higher general swimming activity and better learning to avoid an unpleasant stimulus. The authors noted a slight increase of mortality in young fish caused by resveratrol, and hypothesized that it is its weak toxic action that stimulated the defense mechanisms and resulted in the life span extension.

Resveratrol is sold as a dietary supplement.