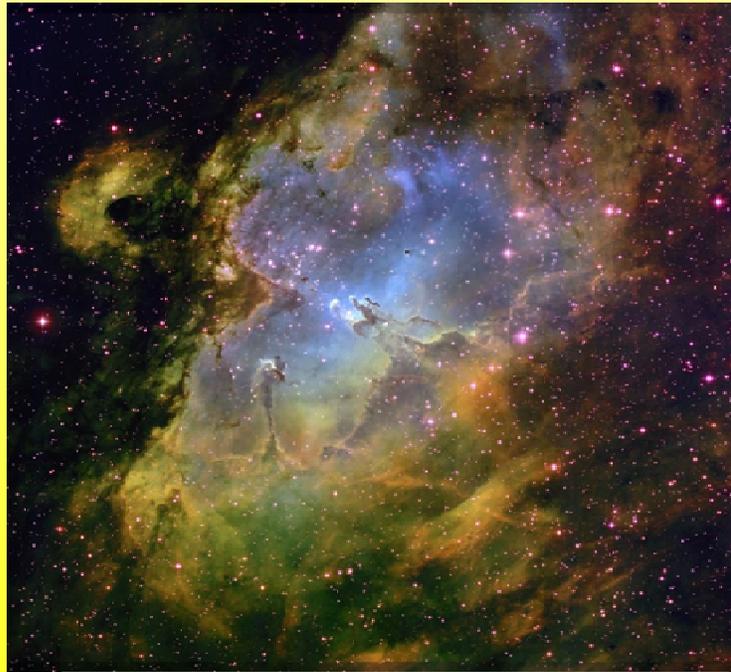


 **Physical Immortality:
A History and How to Guide**

(Or how to live to 150 Years and Beyond)

By Martin K. Ettington



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h. The Fountain of Youth



Figure 1-A Search for of the Fountain of Youth

Juan Ponce de León heard of the fountain from the people of Puerto Rico when he conquered the island. Growing dissatisfied with his material wealth, he launched an expedition to locate it; and in the process discovered Florida. Though he was one of the first Europeans to set foot on the American mainland, he never located the Fountain of Youth.

The story is apocryphal. While Ponce de León may well have heard of the Fountain and believed in it, his name was not associated with the legend in writing until after his death. That connection is made in Gonzalo Fernández de Oviedo's *Historia General y Natural de las Indias* of 1535, in which he wrote that Ponce de León was looking for the waters of Bimini to cure his sexual impotence. Some researchers have suggested that Oviedo's account may have been politically inspired to generate favor in the courts.

A similar account appears in Francisco López de Gómara's *Historia General de las Indias* of 1551. In the *Memoir* of Hernando D'Escalante Fontaneda in 1575, the author places the restorative waters in Florida and mentions de León looking for them there; his account influenced Antonio de Herrera y Tordesillas' history of the Spanish in the New World. Fontaneda had spent 17 years as an Indian captive after being shipwrecked in Florida as a boy. In his *Memoir* he tells of the curative waters of a lost river he calls "Jordan" and refers to de León looking for them.

However, Fontaneda makes it clear he is skeptical about these stories, and says he doubts de León was actually looking for the fabled stream when he came to



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)

In the chancel of the Honigton Church, Wiltshire, is a black marble monument to the memory of G. Stanley, a gentleman, who died in 1719, aged one hundred and fifty-one.



And in Acsadi & Nemeskeri, p.17 & Toronto Evening Telegram, 9 Sept., 1939; 26 April, 1942. (Also in the Longevity Article (7)) Thomas Parr, 152, died 1635, in England. Thomas Parr (or Parre), among Englishmen known as "old Parr," was a poor farmer's servant, born in 1483. He remained single until eighty. His first wife lived thirty-two years, and eight years after her death, at the age of one hundred and twenty, he married again.

Until his one hundred and thirtieth year he performed his ordinary duties, and at this age was even accustomed to thresh.

Chapter 9: Breaking the Habit of Dying



Figure 2-We are programmed to expect death

This Chapter focuses on the wisdom of Leonard Orr. (31) Leonard is an unconventional thinker of the 1960s and 1970s.

He started the re-birthing movement in San Francisco during the 1960's New Age era in San Francisco. He also wrote a book called "Breaking the Death Habit" which is now out of print but can be obtained on my website <http://immrc.com>.

In this book he says that he met many immortals in India and the Himalayas who were all at least 300 years old or more.

He learned a lot of his knowledge from an ascended master "Babaji" who has been around for thousands of years.

He says that disciples first need to work on developing a philosophy of physical immortality.

Leonard says: "The physiology of physical immortality is based on inner awareness of our energy body. One must learn how to clean and balance the energy body on a daily basis with earth, air, water, and fire.

Second you need to unravel the "Death Urge" which is built into all family traditions through the psychology of physical immortality. By this Leonard means the expectation built into almost everyone's subconscious that we will all live an average life span, then die.

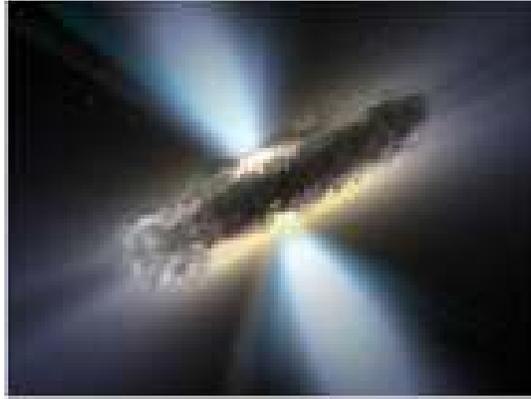


Figure 3-A notional picture of a black hole

Another subject of great interest to astrophysicists is what are called “Black Holes”. Black Holes are a result of Einstein’s equations and astronomers have verified their existence in the last few decades.

Black Holes are stars which due to their own mass have collapsed down to an infinitely small point and where time stops. Scientists do not understand where all that mass goes.

Hmm.... A Black Hole seems to be another example of part of reality that exists without time and space.

In Quantum Physics, time is also viewed differently than we perceive it on a daily basis. Here is a quote from a Physics website explaining this view: (29)

The upshot is that, on the microscopic level, there is no direction to time -- and this is even more spectacularly true in quantum physics than in classical physics. In the microscopic domain, everything just exists in a kind of nebulous, atemporal continuum. Then, every once in a while, something becomes observable, and enters the one-dimensional time continuum. The arrow of time does not exist in the universe as a whole. It only exists in individual subjective views of the universe!

Chapter 13: Avoiding Accidents



Figure 4-You can learn to avoid accidents

Once you learn how to keep yourself healthy and your body young then accidents will become the biggest long term threat which may result in you becoming maimed or killed.

Long lived persons interviewed also have a belief that they have had at least one spiritual experience—maybe more than one which “saved them” from an accident which would have severely hurt them or killed them.

Appendix A contains a list of situations/accidents/potential accidents I survived. They are ranked by

A—Accidents/Potentials which would surely have killed me.

B—Accidents which could likely have killed

C—Accidents which might have killed me

The ability to avoid accidents is a learned one.

Part of the spiritual development process can be to expand your “time sense” to detect danger before it happens. This can be from a few seconds before a car goes through an intersection to weeks, months, or years involving major life events.

In my own life I’ve experienced numerous times where I was saved by some “Spiritual Force” from a major accident or death.