

Check with your doctors first and, without knowing the details of your situation, I will suggest at least one non-medical reason as to why this might be happening. As we age, we may lose touch with ourselves because our personal identity and our roles in life have changed. Some of the accomplishments/capabilities wherein we functioned have (overtime) dissipated. We no longer recognize “who” we are.

“When one is stranger to oneself then one is estranged from others too.” – Ann Morrow Lindbergh

So loneliness and isolation may be the result. Science can provide direction and hope. The aging process has built into it the luxury of free time. Free time to “think”. What we think (either positive or negative) is what determines the quality of our lives. Scientists tell us that perception is reality. So if we can’t like our reality, we have two choices: We must either change our perception or reality. We cannot grow younger so we must change our perception of growing older. The physical body is only the package we reside in, not “who” we are. Satchel Paige said “How old would you be if you didn’t know how old you are?” So what is your answer? Theoretically, the mind will function according to that answer. “Young at heart” really means “Young at thought”. “The greatest revolution of our generation is the discovery that human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives.” – Henry James. This is science at its best! “Who” we are is “who” we have always been. We just need to rediscover ourselves; not in the light of our mirrors that reminds us of our age, but within the illumination of our mind that reminds us of the “child” that now has the free time (once again) to think thoughts of wonder.

The child within has been the keeper of our dreams, and our imagination is still our best weapon against reality we cannot change (i.e.: chronological age). When we reconnect with ourselves it becomes easier to reconnect with others.

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