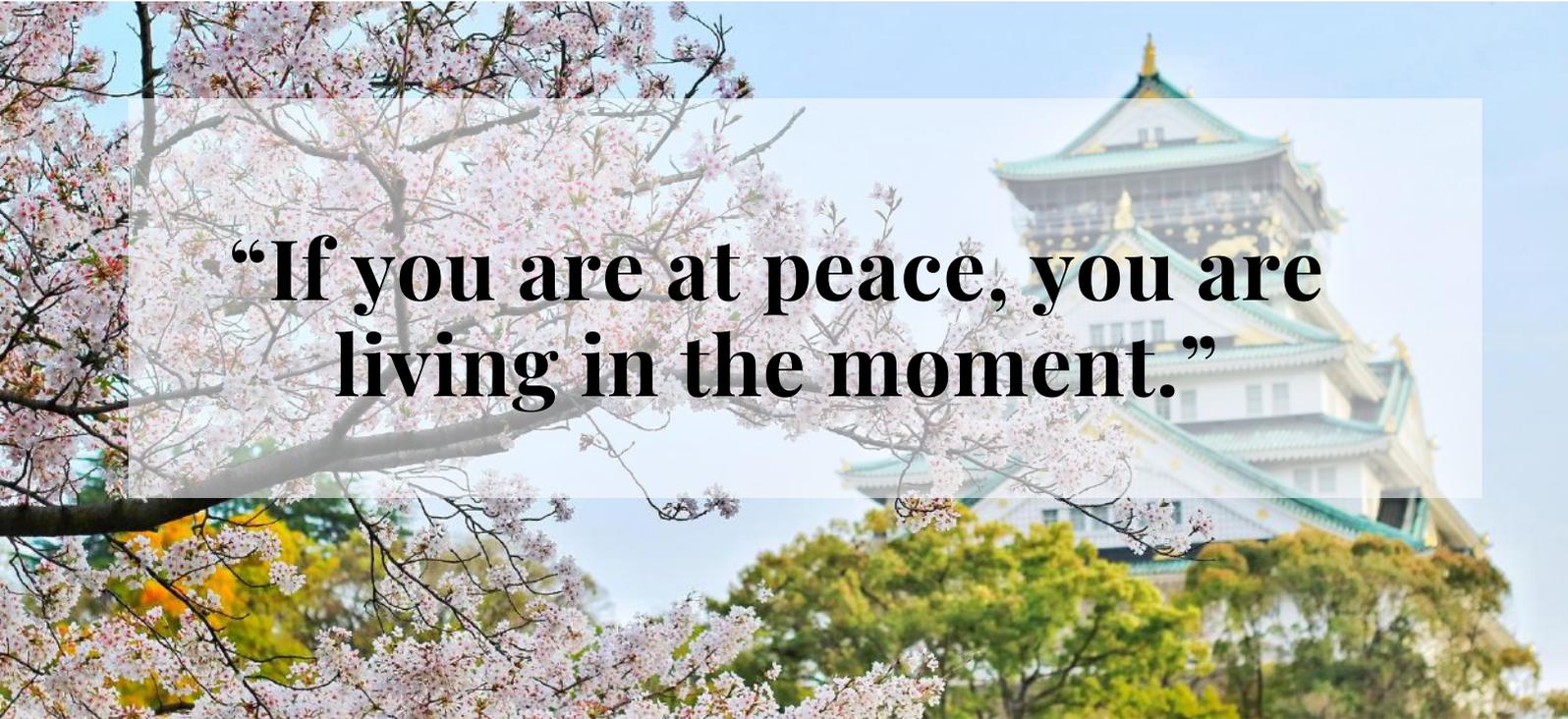


#THE SECRET of a #LONG AND HAPPY LIFE

by Dr Jordan M Alexander



**“If you are at peace, you are
living in the moment.”**



After thirty years, my beautiful friend Judy and I, share a catalogue of life's trials and tribulations, the slightly more complicated experiences to contrast the carefree existence at law school.

Two weeks ago, life served up another. Her lovely father, Guenter, passed away, aged 93.
May he rest in peace.

The loss of Judy's dad, led to reflections this side of the globe. Rick was just eight when he lost his father Eric, at 58. For me, tata passed at just 56. We can look to genetics, but is there a different perspective on longevity?

I searched the virtual globe for the secret to a long
and happy life. I found three to share:

Find your Ikigai, Enjoy a good hygge and Live only in the moment.



#1 FIND YOUR IKIGAI



My search started on Okinawa, Japan – the island home to the most centenarians in the world. Their secret to longevity is finding your IKIGAI - pronounced “ee-kee-guy”.

Ikigai is your life’s purpose – the mission you’re on until death. In fact, the Okinawa have no word for retirement – when you stop living your passion, you stop living. So, what gets you out of bed in the morning? The French may ask : your ‘raison d’être’ or reason for being?

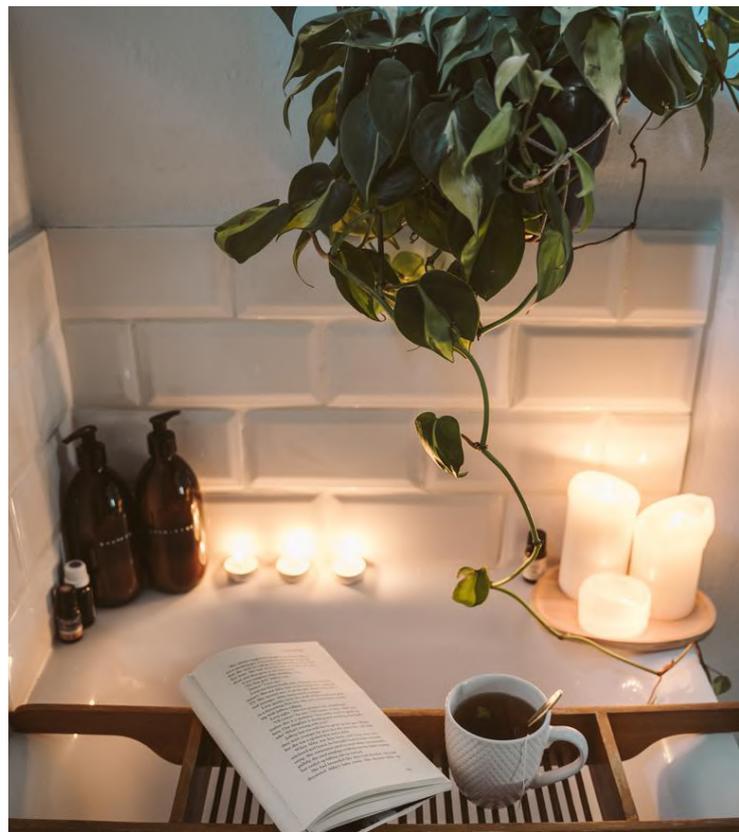
My ikigai is the desire to be a world-class educator – through books, courses, coaching – to make an impact in peoples' lives. It makes me bounce out of bed every day, inspired; to create tirelessly (sorry for leaving the light on when burning the midnight oil Rick), and will see me through until my end – learning every day.

You can find your ikigai by creating a venn diagram with four circles:

- Things you love to do (passion)
- Things you are good at (skills)
- Practical goals that address a need in the world (problem to solve)
- A job that makes you money (vocation)

Where the four circles meet, is your jam – your Ikigai!

#2 ENJOY A GOOD HYGGE



I decided to consider my Ikigai over a cup of hot cocoa on a stop in Denmark – the happiest country in the world according to UN reports since 2012.

For the Danes, their longevity secret is HYGGE - pronounced “heuu-gah”. It involves surrounding yourself with items that make you feel cozy and comfy: candles, stacks of blankets, fresh flowers, wooden tables with doilies.

It’s about the essential hot tea or cocoa in your favourite mug.

Feeling relaxed yet?

I love a little hygge during my morning yoga session. I cover the cold deck with a big blanket, add a shrine of flowers, burn some incense and have a cuppa.

How could you benefit from a good hygge to start your day? Mmm.

#3 LIVE IN THE MOMENT

Being aware of your breath forces you into the present moment – the key to all inner transformation. Whenever you are conscious of the breath, you are absolutely present.

ECKHART TOLLE



Circling back to my country of birth, I listened to our German-born Canadian, Eckhart Tolle: “Realize deeply that the present moment is all you have. Make the NOW the primary focus of your life.”

His best-selling book: The Power of Now (1999) has been translated into 33 languages. Aged 74, Tolle’s power of personal transformation – living in the now – is a secret shared by millions to lead a happier, more fulfilled, long life.

The fastest way to be ‘in the now’? Breathe...

I believe one of the differences between a good and a great coach is the ability to be present – be in the now – during a session. To hold the space for magic and growth to occur for the coachee takes practice, but it is worth it.

Being present with our families, our partners, our colleagues at work, shows them respect and keeps us connected. Living with presence is a gift that contributes to a happy and long life.

Whether its lessons from Japan’s centenarians, happy Danes, or the conscious Canadians – you can hear an echo of the underlying concept of community.

Living with a sense of COMMUNITY ties us together as INDIVIDUALS – we form TRIBES that buoy our happiness and longevity – by sharing experiences and belonging.

I love the Māori proverb: He tāngata, he tāngata, he tāngata – What is the most important thing in the world? It is people, it is people, it is people. It’s the people in our lives, old friends like Judy, our cheerleaders at big events, like a book launch at the Library Bar [TURBULENCE LAUNCH](#)

So, people are part of the secret to a long and happy life. The rest is up to you. Good luck on your journey as you:

Find your Ikigai, Enjoy a Good Hygge and Live in the moment.

Want More Secrets? Come find YOUR Ikigai...

Coming remotely to you a screen near you...If you want to learn more about how IKIGAI, HYGGE and THE POWER OF NOW can bring some of the SECRETS of a LONG & HAPPY life into YOUR world –

Sign up for this FREE 90-minute VIRTUAL SEMINAR:



We'll cover some of the simple and practical steps you can take to find YOUR Secret for A Long & Happy Life. Join us online and discover ways to bring more peace and joy, purpose and meaning, and living in the 'now'.

[REGISTER HERE](#)

Until next time, consider this ancient Chinese wisdom from Lao Tzu (601 BC-531BC):

**“If you are depressed, you are living in the past.
If you are anxious, you are living in the future.
If you are at peace, you are living in the moment.”**



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