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Joy and Blessings!

Ellen

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Think
and
Grow Young
Powerful Steps to Create a Life of Joy

Ellen Wood

StarHouse Creations LLC
Questa, New Mexico

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For Peter, Summer, Winton and Harper,
and for Bob Swanick

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Foreword

The Power of Positive Thinking has been around for half a century but the principles were discovered and elaborated at least a century ago. Emil Coue, the famous French pharmacist, is reported to have cured over 10,000 people with his famous statement “Every day, in every way, I am getting better and better.” Interestingly, he was attacked by the American Medical Association when he toured the United States. Napoleon Hill’s *Think and Grow Rich* is still the classic in the world of wealth. And, of course, Dale Carnegie’s reputation and wealth were accomplished with the same principles.

In the field of health, J. H. Schultz demonstrated as early as 1932 that 80 percent of individuals could cure themselves of stress illnesses (and all illnesses are stress induced!) with Autogenic Training. By 1969 there were 2,600 scientific articles on the benefits of Autogenic Training. Olympic athletes, businesspeople and students all improved their performance when they used the simple autogenic phrases. Schultz believed that these powerful repetitions retrained and rebalanced the central homeostatic control system of the brain.

Most recently *The Secret* has caught the attention of millions and been featured on *Oprah*. *The Secret* is really no secret at all. The power of positive thinking and its resultant positive attraction has been studied and emphasized by leaders in every field. In the 1950s Ambrose Worrall, a well-known spiritual healer working with his wife Olga for thirty-five years at Mount Washington United Methodist Church in Baltimore, wrote one of my favorite booklets, “Essay on Prayer”. The essence of it is that every thought is a prayer. Thinking sets in motion spiritual forces to bring about changes in environment, body, hopes and despairs.

Ellen Wood has integrated this century of positive thinking and its effect upon health to the next level – its power not only to retard aging but to reverse it! We are what we think. Think boldly and think young! The only thing you have to lose is age.

C. Norman Shealy, M.D., Ph.D.
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Founding President of American Holistic Medical Association
Author of LIFE BEYOND 100—SECRETS OF THE FOUNTAIN OF YOUTH

INTRODUCTION

“Who *are* you?” my mother asked me again. It was the third time in twenty minutes, and a regular ritual during my visits to the nursing home in the last months of her life in 1994.

I knew it was useless, but I wanted to beg her to remember me. *Remember how close we were, Mom? When I was little, I sat on your bed and listened to your marvelous stories of miracles. I used to help you feed the homeless when the smell of your homemade bread wafted out our back door and made them come knocking. You curled my hair and taught me how to take care of my skin and wear makeup, and you were always there for me, even when my misbehaviors broke your heart. Nothing I did could ever deter you from loving me.*

My sister was my mother’s primary caregiver in her last years and I have no doubt her devotion helped Mom live longer than she would have otherwise. But the ravages of Alzheimer’s eventually extinguished a life that had shown little mental or physical capacity for more than three years.

Alzheimer’s. They say it’s hereditary.

I remember thinking: is that what is going to happen to me? Will I get Alzheimer’s too? Even if I manage to avoid that dreaded disease, will I deteriorate mentally and physically in other ways with age? Will I begin to lose strength and flexibility as my joints creak and my bones thin? Will I become set in my ways and inflexible in my thinking? Will I have to stay cooped up in the house, afraid of slipping and tripping? As I advance in years, will my mind become less clear, less sharp, until I can’t remember what day it is, who my children are, or even who I am?

Who *am* I? My mother's last words to me were more profound than I realized at the time. It wasn't until ten years later that I became conscious that I have a choice about who I am going to be in my later years. Let me say that once more. It's a simple, quiet declaration, but one that has made a world of difference to me:

I choose how I will spend the rest of my life.

All my life I've searched and studied and applied the ancient secrets for creating the life I want. Why not, I realized, use that same wisdom to turn my back on Alzheimer's and develop a program for a clear mind and strong body for the rest of my life?

And so, rather than focusing on what I would *not* be able to do, or have, or be – instead of focusing on progressive deterioration and the losses and fears we expect as we accumulate birthdays, I choose to concentrate on what I want my life to be. I use the Law of Attraction and other age-reversing techniques to give me vitality, stamina, flexibility, love, creativity, exuberance, a sharp mind and a strong body.

Following this conscious-living path and using the Law of Attraction has brought me all the things I most dearly cherish: inner peace, joy, loving family relationships and friendships, and abundance of all kinds. Sure, I have a bad day every now and then, but even on those days I can't help but be grateful for the love and joy and youthful energy in my life.

It is my passion to share my youthfulness approach with you. The information contained in *Think and Grow Young* will prepare your mind to accept and claim the power to reverse aging. This power is yours already! It is simply a matter of knowing how to access it. For that,

I offer this method.

Dear reader, I promise that if you faithfully practice these techniques, you will attract all the advantages of youthfulness and your life will become joyful, just as mine is. I wish you enormous success and encourage you to share your experiences, results, comments or questions with our online community at www.howtogrowyounger.com.

Joy and Blessings,

Ellen Wood

“Neuroscience has discovered that our brain’s very design makes it sociable, inexorably drawn into an intimate brain-to-brain linkup whenever we engage with another person. That neural bridge lets us affect the brain—and so the body—of everyone we interact with, just as they do us.”

Daniel Goleman, *Social Intelligence:*

The New Science of Human Relationships

This is an exciting time to be alive. The science of aging has progressed rapidly in recent years. The technology necessary for more youthful bodies and life extension beyond one hundred makes exponential progress every day. Nanotechnologies are opening new opportunities to increase our lifespan and cure many illnesses. Think about what will be possible ten ... twenty ... thirty years from now. Will you be alive, alert, and prepared to accept all that the new technologies have to offer? By following the steps in this book, you will be.

In these pages you will learn that you have the power to choose strength over frailty, freedom over dependence, sexual vibrancy over isolating infirmity. It’s a matter of taking control of the process, of making conscious choices – choices that can have astonishing results. You can do it without pain, without injections, without expense, without a single dreadful-

tasting thing to consume. The only significant side effect you might experience is an increase in spontaneous joy.

Do you wish you had more energy? Would you like it if your mind were more agile, your body stronger and more flexible, your sex life more rewarding, your relationships more balanced and intimate? Do you want more joy, more exuberance, more libido, more compassion?

You have the power to claim all that, and more. Youthfulness isn't something bestowed upon you from outside; it's a secret strength tucked inside that gets buried over time by the buffeting winds of stress and experience, worry, exposure, and inaccurate expectation. And in the same way that we left our youth behind, we can, step-by-step uncover the source of youthfulness that has always been present at our core. This time, however, we are wiser, stronger, and steadier, and the old saying that "youth is wasted on the young" need no longer apply.

What does it mean to age?

What fixed biological processes ordain the ways our bodies will change in later years? How much of what we think about growing older is socially generated? Gerontologists, social scientists, and the best literary minds have all grappled with these questions and the annals of research stress the amazing variety of ways that humans age, both as individual biological creatures and as members of a wider culture. **Still, the image of the vibrant, sexy, capable older person takes a distant back seat to society's picture of the wrinkled, dependent**

It's clear that aging affects different people in different ways. You might know someone who puts in full days daredevil skiing in his late sixties (I do!), and another who, at forty-eight, feels that the best days of her life are a distant memory.

One thing is certain: with the average age of Americans rising steadily and advancing technology making it possible to live longer, our picture of the mature man or woman is undergoing fundamental change. There's a revolution happening, a movement made up of people like you and me who don't believe we're meant to age the way our parents did. We believe that we can grow younger consciously – and, conscious of our power, put it to good use. By practicing the steps in *Think and Grow Young*, we can increase the joy quotient in our own lives and the lives of those around us.

The Secret Universal Law

It's not just cutting-edge science that promises exciting changes in the way we age. There's a secret afoot. This secret is called the Law of Attraction. The enlightened masters have known about it since ancient times. The truth is, by aligning ourselves with this fundamental law of how the universe works, it's possible to reverse the losses we used to think came naturally with growing older.

Science is catching on to the way our thoughts – and even the thoughts of those who surround us – influence our health and well-being. In his book *Social Intelligence*, Daniel Goleman writes about the latest findings in biology and brain science. He tells us about research that shows how connected we are, brain to brain, with those around us, and how those

interactions can have actual physical consequences. We can “catch” another person’s emotions, just like a cold or love fever. And those emotional reactions assert a biological influence by launching surges of hormones that can harm or improve our bodies.

You and I already know through experience that bad relationships are toxic to our health and good relationships are nourishing. Now we have science not just confirming that this occurs, but suggesting the actual pathways that support it. Next thing we know, science will convince us we’re all One!

Ancient esoteric wisdom has always emphasized the importance of emotions and the thoughts that accompany our emotions. The Law of Attraction says that our minds are very powerful and what we focus on, with emotion, becomes our reality.

In a nutshell: You are what you think. But how can that be?

What is the Law of Attraction?

The Law of Attraction is one of the Universal Laws that has governed the entire cosmos since the beginning of creation. Although they’ve called it by different names, many spiritual masters, great artists, musicians, poets, philosophers and others have understood this law and used it in their work or teachings. Today, with the shift that is happening in human consciousness and the knowledge our scientists are gaining about the quantum laws of the physical universe, this metaphysical secret is beginning to become available to the rest of us.

Science and metaphysics agree that vibration is the core, the elemental essence, of everything. The Law of Attraction is about vibration. So what *is* vibration, and what makes it

so fundamentally powerful?

You can think of vibration as the pattern that waves make as they radiate from a source. Picture a rock dropped into a pool of water. That's easy to visualize. Now take it a step further and imagine the sound wave created when a drumstick touches a cymbal. In fact, all energy possesses a unique vibrational signature. And for over a century scientists have known that all matter, too, is formed of energy vibrating at specific frequencies.

The powerful fact is these vibrational frequencies don't sit in space in isolation. The Law of Attraction means like attracts like: packets of energy vibrating at a particular frequency attract other packets of energy vibrating at the same frequency.

You are a living magnet. The Law of Attraction says the energy of your thoughts attracts the energy of other thoughts that are similar. In fact, every one of your thoughts, emotions and actions has its own specific vibrational frequency. And each thought, emotion and action resonates with whatever has the same vibrational frequency. Everything that comes to you, you are attracting whether it's something you want or not. You attract people, situations and circumstances that resonate with your vibrational frequency.

Everything that is now solid matter began as a thought, and every day we think approximately sixty thousand thoughts. The fleeting, random thoughts have little effect on us, but the ones we repeat to ourselves over and over and over – the ones we invest with emotion, be it love or fear – have a powerful effect on our health, well-being and motivation. They determine what comes to us.

With practice, you can use the Law of Attraction to manifest anything you desire. You can have, do and be whatever you choose. You can tune yourself to a particular vibrational

frequency in order to attract the people, situations and circumstances that will help manifest your desires.

Does that mean mastering some esoteric system of emitting or interpreting vibrational frequencies? Not at all. You don't have to analyze, understand or buy in to a philosophy in order to reap the benefits. The Law of Attraction works whether you believe in it or not. The law of gravity always worked, even before Newton sat under the apple tree and figured it out. Likewise, the Law of Attraction is constantly working. Keep in mind, though: it doesn't judge whether something is good or bad for you. It just delivers whatever you focus on.

The Law of Attraction is an extremely powerful law and it works for every single thing in your life. It applies to everyone and everything. For the purposes of this book, I will focus on the Law of Attraction only as it relates to aging. **I want you to learn to program your mind to harmonize with the Law of Attraction and bring about a younger you.**

What's the catch?

There's only one thing standing in the way: you are already vibrating to a specific frequency, created through many years of programming and conditioning based on your habitual thoughts, feelings and actions. You can't just say "Abracadabra" and change this core vibration. It has shaped you into who you are today, the life circumstances you find yourself in, how you respond to whatever happens to you and how you feel about yourself. This core vibration resonates with whatever you have been programmed to think about growing old; it resonates with whatever your subconscious beliefs are about aging.

The exciting thing is that you *can* take control of the process. And once you take the first steps, you will find – as I have – that you are drawing in support from all corners. The Law of Attraction connects all minds to the Universal Mind, so we have a powerful ally. Spirit, or God, Higher Power, the Universe – whatever name you call that small still voice inside you, will come to your aid in ways you could not possibly have imagined.

In this book you will learn how your thoughts create your reality, how to avoid mental and physical decline, and how to apply the specifics of the Law of Attraction to growing younger. I am intimately aware of the effects fearful and anxious thoughts had on my own health and how the tremendous power of awareness helped turn my life around. When you become conscious of your thoughts, you too can change an aging mindset to a youthful outlook on life and experience the benefits gained by practicing *Think and Grow Young*.

“The materials that surround us in our daily lives mirror the quality of choices that we have made in our lives. Without exception our homes, our automobiles, our pets, and our earth mirror to us, in each moment, the quality, implications and consequences of our life choices.”

Gregg Braden, *The Isaiah Effect*

I had been using the Law of Attraction for many years before I began to get inklings for this book. Through my mind and spirit training, I had used the techniques of observing my thoughts and affirming the positive things in my life. Abundance, good relationships, career success, even my physical health responded to the attention I paid to reprogramming my expectations to align with positive energy through the Law of Attraction. **But it never occurred to me to use this Universal Law to grow younger.**

The image of my mother wasting away with Alzheimer’s made a powerful impression on my mind. So did all the other images I had of growing older. Without knowing it, I expected a future of losses and fears, diminishment of all kinds. I accepted it as fact that decline was inevitable, and because of my family’s experience with Alzheimer’s, somewhere in the back of my mind I rather expected it would happen to me also. I wasn’t going to go quietly into the night, though – I would do all I could to keep my body healthy as long as possible, especially by eating right and taking good care of my skin . . . when it was convenient. I knew that

exercise was also very important, but, try as I might, I couldn't manage to make it a priority in my life.

And then something happened. A number of years ago I began to notice that my mind seemed to be slipping. It was nothing drastic, but my memory of recent events was less accurate than it had been and I noticed that finding the right words to express myself was becoming troublesome. It worried me enough to go to the doctor and ask for a test.

Some test! He asked me who was President of the United States and what year it was and several other simple and obvious questions. I aced them all and he sent me on my way. I thought the matter was settled until a year later when I applied for long term care insurance. My medical records showed my request for the test and the insurance company wouldn't consider my application unless I submitted to a thorough check of my mind. They sent a nurse to my house and I spent an afternoon being grilled. Sure, I passed. According to medical authorities, I had normal brain functioning for a woman my age.

Still, I *knew* something was different. My clarity of thought was less acute than I was accustomed to. Maybe I shouldn't care, I thought. After all, that's natural, isn't it?

And maybe it was to be expected that, as I got older, I found myself occasionally thinking about what I wouldn't be able to do or be or have when I got up in years. I recall one time in particular when I was considering buying a house near the historic plaza in Taos, New Mexico. I mentioned to two of my daughters that the house would be perfect for me when I got older because it was near the hospital, there were no stairs to climb and it could easily be made wheelchair accessible if we replaced the tub with a walk-in shower.

And then it hit me. What a future I was creating for myself! Because I expected it, I was

drawing to myself a reality that meant diminished faculties, reduced mobility and impaired health.

Was that “natural”?

Tapping into Youthful Thoughts

One day a few years ago I was cleaning out the garage and came across my modeling portfolio. I sat down on a pile of old newspapers and couldn't resist unzipping the portfolio and looking at the fresh unlined face and smooth shoulders of long, long ago. Even though my modeling career was short and took place between the births of my first child and second, I was featured in ads in *Fortune* magazine, *Marie Claire*, *Elle* and *Paris-Match*. It hit home that I would never again look like that young woman in the glossy photographs and I sat there for a while, letting the grief of that realization wash over me.

And then I thought to myself: *Well, Ellen, you have a choice. You can lament your lost youth and live on old memories of what used to be – or you can find a different way to approach getting older. Gracefully easing into old age? That might be wonderful for some people, but not for you. You've always done things differently. You might as well find a different way to handle aging.*

That day in the garage I determined to find different ways to not just slow the aging process, but to truly grow younger. I knew it had nothing to do with the way I looked. However, it had a lot to do with the way I *looked at* how I looked and what my thoughts about myself were.

I knew I had to start from the inside out. *The real fountain of youth is inside me*, I said out loud to no one in that dusty, dirty garage. But I really believe Spirit was listening.

I asked myself: *What if I changed my way of thinking about aging? What if I applied the lessons I had learned from all the teachings and seminars and books and practices to this whole question of aging? What if I applied the Law of Attraction to aging?*

I did, and it worked! The more I practiced, the younger I felt and the more I was capable of. I became deeply intrigued by this whole question of how to reverse aging – how to make the rest of my life even better than the first part. I continued reading and studying to see what other people through the ages had tried – people like the Tibetans, who are rumored to live to a great age with all their faculties intact, and the Okinawans who live and work well into their nineties and beyond.

The practices that made sense to me were the ones I investigated and tried. Slowly, I began to feel like a magnet for ideas and techniques for growing younger. Some showed up in books I read or DVDs I watched; some I heard about through family and friends, but most came as creative insights during my meditations. I began writing the ideas down and practicing them daily.

Those techniques – twenty-one easy-to-practice skills that literally reverse the aging process – will be covered in detail in the new book I am currently writing. They are the branches of a comprehensive program that will help anyone who wants to grow younger.

But the root of the program, the basis upon which your success lies, is offered here. **To truly grow younger, you must reprogram your mind to replace previously-received notions of aging with thoughts of the vibrant, joyful, active person you wish to become.**

By following the steps in the chapters that follow, you can achieve that and more. You can learn to align your thoughts and actions with a Universal Law and, with the power of the universe behind you, nothing can stop you from your goals.

Remember: You are what you think. If you *worry* about having vitality, stamina, flexibility and strength as you age, you could be praying for what you don't want. If you say, "*Another senior moment,*" when something slips your mind, you might be reinforcing memory decline, and if you *hate* the wrinkles you see in the mirror, that could make you age faster. Abraham, in *Ask and It Is Given: Learning to Manifest Your Desires* by Esther and Jerry Hicks, says it best: "Worrying is using your imagination to get what you don't want."

This book will teach you how to use your imagination to get what you *do* want.

The Steps to Growing Younger

For *Awareness* magazine, Meryl Ann Butler interviewed Dr. Bruce Lipton, a biochemist and a leader in the field of conscious awareness. "While your conscious mind perceives that you are a good driver, it is the unconscious mind that has its hands on the wheel most of the time," observed Dr. Lipton, "And the unconscious mind may be driving you down the road to ruin."

How do you take control of the aging process and bring your thoughts and actions into alignment with the results you want? The first step is to become aware of the programming that's present in your *conscious* mind. We'll look at that in the next chapter, as you examine your perceptions about aging and explore your fears about the losses and changes it might

bring. We'll also take a brief look at the assumptions we, as a society, have of older people.

But, as Dr. Lipton's quote reveals, the bulk of the change has to occur in the subconscious programming. For that, I've developed The 30-Second Grow Younger Method™. This easy-to-use, dependable method is step two in the process. It gives you a way to help recognize how your expectations about aging translate into subconscious programming and it will teach you to gain control of that process by short-circuiting negative programming *as it arises* and consciously reorienting yourself toward the goal of a younger you.

The third step is a *deliberate reprogramming* of your expectations about who you will become with age. This part of the process happens on a deeper level of your subconscious mind. You'll be aided in this step by the Youthfulness Collage and the Creation Planner™. During this creative visualization process, you will allow who you are and who you want to be to unfold. As you progress and find yourself with increased energy and vitality and a clearer mind, that taste of success will give you encouragement to improve other areas, such as your creativity and, yes, even your looks.

These three steps are the essence of *Think and Grow Young*. In the final two chapters you'll find some suggestions for habits of mind to help keep you on track, along with recommendations for taking action to help bring about a younger you, and questions to ponder about the potential benefits to humanity when a critical mass of older-generation people pioneers the new frontier of transformation and renewal.

Throughout, I'll weave stories of my experiences with the Law of Attraction to provide encouragement and help you to realize that if I've been able to do this, so can you. Most of all, I want to show you that this is not a solemn, burdensome endeavor. The best way to know if

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it's working for you is to ask yourself: Am I having fun? Do I feel joyful? If the answer is yes, you're on the right track. There's no better gauge that you *are* growing younger.