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KEYNOTE FORUM | DAY 2

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Happiness and wellbeing of older people: A 6-dimensional foundation of modern science and ancient wisdom

Statement of the Problem:

Scientists have published numerous theories on the physical, mental and emotional processes of aging. But no one seems to have integrated all that complex information into a holistic foundation that older people can easily understand and use to nurture happiness and wellbeing. What is needed is a simple set of daily practices based on modern science and ancient wisdom that enhance the mental, emotional, physical, and health aspects underlying happiness and wellbeing.

Methodology & Theoretical

Orientation: Based on a literature review and grounded theory, an attempt was made to identify the diverse factors that influence the happiness and wellbeing of older people. These were correlated to the empirical 6-dimensional foundation symbolized by heart, mind, body, passion, focus and health, and techniques for developing each dimension drawn from modern science and ancient

wisdom. The objective was to identify simple daily practices that nurture the happiness and wellbeing of older people. From all the practices presented in the book *Flying Penguin*, 30 were selected and correlated with factors that were found to influence ageing such as: neurogenesis, killing senescent cells, mitochondria resuscitation, calorie restriction, epigenetic reprogramming, whole-food plant-based diet, exercise, sex, chi kung (qigong), de-stressing, positive mindset, and nutrients such as omega-3 fatty acids, medium chain triglycerides, coq10, pqq, vitamins, minerals, nitric oxide, choline and theanine.

Findings: Using 35 references it was established that the 30 selected daily practices integrated all the fragmented anti-aging factors identified in the literature review into an actionable framework that older people can use to nurture happiness and wellbeing.

Conclusion & Significance: A set of simple daily practices, founded on modern neuroscience and nutrition combined with ancient energy techniques, appear to hold the key to empowering older people to self-improve



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their happiness and wellbeing—especially those without relatives who look after them.

Biography

Asoka Jinadasa is a UK Chartered Engineer with a US Ph.D. in Business Strategy. He is a Corporate Trainer specializing in human potential development and Founder of the Intrinsic Leadership Academy. He formulated a 6-dimensional foundation and developed practices based on modern science and ancient wisdom to stay healthy, young and happy. He became physically fit and sharpened his mental abilities to win prestigious awards in areas that were new to him: Human resources, Corporate communication, Media advertising, Brand marketing, and Filmmaking. After his 70th birthday, he self-healed a heart condition (leaky mitral valve), made keynote speeches and presentations at 14 international conferences in 6 countries, was featured on 10 US talk shows, and won 4 global awards for his techniques for unleashing human potential presented in his award-winning self-coaching book, *Flying Penguin*.

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