

UPLIFT Carolyn Boras

S3E26 Redefining Aging with Carolyn Boras, Certified RTT®

Practitioner and International Teacher

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[Gemma Serenity Gorokhoff]

Welcome to Uplift! Inspiring Stories to Uplift the World. I am Gemma Serenity Gorokhoff and today we have 69 years old Carolyn Boras who will tell us about her future. Welcome Carolyn.

[Carolyn Boras]

Thank you, thank you very much for being here. My future is I'm heading towards my 70th birthday and I was starting to get quite nervous about that because 70 seems like a really big number. It is a really big number and I was starting to get a little twitchy about it because once you're in your 70s then you're looking at your 80s and then so on and so forth. And, I thought I need to change the way I'm looking at this and so this is what I decided to do.

I decided that I'm not going to retire but I'm going to re-inspire. Let me back that up by giving you a bit of an idea of what I do. I'm still currently teaching full-time.

I am a Rapid Transformational Therapy Hypnotherapist. I'm an RTT Practitioner and a Certified Hypnotherapist. And about five years ago, I had a health scare and as I was trying to process that. And as I was trying to process, well, "*Why was I given a second chance?*". Because I know a lot of people are not given a second chance. I was trying to figure out what I could do with that second chance that would contribute. Because I was given a second chance and after I completed the RTT hypnotherapy training, I decided that the way that I could give back would be to help teachers because I know about education.

I know about teaching and I know that teachers are in crisis. Education is in crisis and so I decided that the way that I could make this second chance that I was given count would be to do what I could to help teachers who need my help. And so, I decided that my 70s are now going to be my decade of my second brilliant career – because my teaching career has been really great – and then I decided well then, my 80s are going to be my Yoda years. And hopefully by then I'll have some wisdom, that that some more wisdom that I could share. So, I think you have to have a plan and that's my plan. My plan is to re-inspire.

[Gemma Serenity Gorokhoff]

That is, I mean this is why I wanted you to come on Uplift because that change of outlook to uplift your spirit instead of freaking out. To create your present and your future, that is key in happy living a happy healthy life. Uplifting, inspiring, being a force for good for the people you know best – meaning for, in your case, the teachers.

[Carolyn Boras]

Yes, and I thought you know, I listen to people. Well, I'm listening to teachers in their current situation. For example, and so many teachers are counting the years, the months, the days, the hours, until retirement and some of them aren't retiring for another 15 years. And I thought, well, "*What kind of life is that?*". That is not living your life. That's living in a prison

where you're just marking the days off the calendar and I thought there's... When I was listening to that when I was 50, and I thought I can't stand any more of this for another 15 years. I have to do something and I thought again, I thought well that's not living. You have to make a choice. I mean I do not want to be sitting in the chair and my whole day is just watching TV. What... What is that that? That to me is you are one step closer to the grave – I mean the next step is the grave if that's... if that's all you're doing. You have to also make, I think, this next portion of your life meaningful. And, I think this is... this is my third chapter. If you want and you can still be creative in that third chapter, you can be creative for as long as you want. You can make your life count for something for as long as you want. But I am not going to just sit back and throw up my hands and go *"Oh well, you know? That's what happens when you get older!"* because all of that is all of the stuff that society has us buy into. Well, you know at this age, you can expect to have aches and pains. At this age you can expect to have low and all of those things, I'm thinking *"Yeah, no I'm not doing that. I'm not doing that."* So, it's also a question, I think, of thinking for yourself and not listening to all of that that's going on in the media and even perhaps what your friends are saying. *"Are you sure you want to be doing this at this age in your life? Are you sure that this is a time to be getting into another business? I mean, you don't have much time left to make this business a success?"*. Well, who said so? It's... it's your mindset. This is a successful business. I am doing good and I will continue to do good for as long as I can. So...

[Gemma Serenity Gorokhoff]

Because you have understood that, it gives you the power to keep on going and to create...

[Carolyn Boras]

Yes.

[Gemma Serenity Gorokhoff]

...good, happy amazing memories. And to create to do good to others – to help and to inspire, as you said.

[Carolyn Boras]

Yes.

[Gemma Serenity Gorokhoff]

That is amazing.

[Carolyn Boras]

Yeah, I... and I think that not everybody, of course not everybody. But there... there might be a segment of your listeners who are in maybe mid-50s, early 60s. You know, contemplating what to do well. Should I retire? Should I not? And not knowing what direction to take. And I think it's an important message to get out there that you can do whatever it is you want to do for as long as you want to do it. When you're 90, when you're whatever, right? You have to, I think, keep going. You have to keep moving forward because I think if you stop, then that's when your ideas seize up, your joints seize up. If you stop moving forward in your thinking, you stop moving forward. Period. I think because your thoughts create your reality. So, we have to I have to keep moving forward, keep moving forward, keep moving forward as long as I can keep moving forward.

[Gemma Serenity Gorokhoff]

I'm sure that because you have chosen this outlook, you will continue to have an amazing, uplifting, beautiful, healthy life... a very, many, many decades to come. Many decades to come. Because you...

[Carolyn Boras]

Thank you very much.

[Gemma Serenity Gorokhoff]

...objectively, you just mentioned it before and that is true when you accept the idea that aging is happening anyway. And as of 25 years old, we are already starting to age and then we just end up like completely crippled. And... and nobody wants to live in that... in that nursing home, just waiting for the last day. Nobody wants that. I mean, when you think about that from the outside perspective, nobody wants that. However, when you choose to not consider aging as being inevitable. But as saying, hey, many more decades of happy, healthy joyful, amazing experience – mentally, physically, relationship wise, with community people around, meaning and... and all of that. It's like you have so many amazing reason to get up in the morning...

[Carolyn Boras]

Yes.

[Gemma Serenity Gorokhoff]

...and get on with your day and to rejoice in one more day...

[Carolyn Boras]

Yes.

[Gemma Serenity Gorokhoff]

...and one more day so many times. It's like, yeah!

[Carolyn Boras]

Yes.

[Gemma Serenity Gorokhoff]

But you also know very well that tomorrow may or may not happen in physical form for us.

[Carolyn Boras]

Yes.

[Gemma Serenity Gorokhoff]

Because we see when suddenly we lose someone, it's like oh, from one split second to the next the entire landscape has changed.

[Carolyn Boras]

True.

[Gemma Serenity Gorokhoff]

And you know that with your sister who just passed, and that is... that actually allows us to change our perspective and to choose to rejoice in the life we have and to make it last long healthy.

[Carolyn Boras]

Yes.

[Gemma Serenity Gorokhoff]

Mentally, physically, everything.

[Carolyn Boras]

Yes. Yes. Yes. And I think... and you know you made a mention an important point – to think and rejoice in what you have. Lately I've been thinking about the really amazing experiences I've had over the last 20 years – I've been an international educator for the last 20 years; I've been based in Southeast Asia for the most part. And when I think of the traveling that I've been able to do and the experiences that I've had when I was traveling – when I was trekking in Nepal, when we went to Bhutan. And I was just thinking the other day, *“I have had a really great life! I've had some just outstanding adventures and experiences!”*. I mean when else in my life am I going to get a blessing from the Bhutanese Dalai Lama but the day that I was there in the monastery when he was nine years old? And that's the only time that he will ever... in his lifetime... he'll ever be in that particular monastery? Or, I have had a great life. And how many... how many people can say *“Well, when I was contemplating turning 60... 60 was a big number.”*? I thought, well, I need to readjust my thinking for turning 60. So, I decided that I was going to go and do a yoga retreat in Bali. Well, Bali would be a great place to absorb some of that really great energy and so well I went to a yoga retreat in Bali for a week to reshape my thinking. So, I think that and I'm so grateful for that. That was such a beautiful experience. So, I think it's being... noticing what you already have and have had, noticing what you're about to have. Being grateful for those opportunities. And then, that allows you to think of the positive things coming. But if you're mired in the self-pity of *“I'm 69 years old and this is going to happen and this is going to have.”*. The next thing you know, this is going to break down in my body and that's going to and then this... you're... you're done. You're done. And I think also the... the people that you surround yourself with is so important. And I think one of the things that keeps me moving and keeps me young and energetic is, as I mentioned, I'm still teaching full-time. But I'm teaching drama to... from... to 3- to 11-year-olds. So those little kids they keep you hopping, you've got to hop to do the job. So, it's that kind of energy that keeps me going as well. But you don't have to be around kids, you can be around who whatever else gives you that kind of energy to keep you going. You've got to keep moving forward, otherwise you're done.

[Gemma Serenity Gorokhoff]

That is true. That reminds me the story of... I think I heard that when we were at a... at IMD in California. We were living we were regularly living in Switzerland. IMD is really a huge leadership development business school based in Switzerland, but actually is everywhere including Singapore and other places. And one of the stories I heard during those five days of intense training, it was high performance leadership training 2014, was okay... we have that elderly man. He's doing amazing. He was diagnosed with cancer and he couldn't care less. He

was just enjoying every part of life he could. He decided to go on a cruise with his new wife who was a lot younger than him and it was like rejuvenating him and experiencing so many things and all great things. And he had a regular contact with the professor teacher of this course and that contact was *"Hey, I keep... I know where I'm going. I hear constant music and I'm following the sound of the music and it's just amazing to dance."* And he was dancing on the boat and I was happy. Of course, cancer dissolve and dissipate. There is no more cancer even though he's advanced and advancing in age. But, I mean, with such a shift in mindset...

[Carolyn Boras]

Yes.

[Gemma Serenity Gorokhoff]

...there is no room for cancer for that.

[Carolyn Boras]

Yeah. Yeah, exactly.

[Gemma Serenity Gorokhoff]

And... and he continued and continued and continued and it went on for some years. And one day, when he was just checking in with... with that man he heard *"Yeah. I did everything that I said I would do and I don't hear the music anymore, okay? And now what? I don't know, okay? So, call me back when you know. But there is something more, okay?"*. But next thing we knew was his funerals. The music stopped, expecting something better stopped. And that was welcome death. There is no reason to continue anymore.

[Carolyn Boras]

Right, right.

[Gemma Serenity Gorokhoff]

So, changing your outlook and choosing to live to the fullest? Yes.

[Carolyn Boras]

Yes. Yes.

[Gemma Serenity Gorokhoff]

One of the beautiful thing I love to say is that I'm going to live until 130 years old to make sure that I'm like three decades beyond 100.

[Carolyn Boras]

Yeah, exactly. Exactly.

[Gemma Serenity Gorokhoff]

I always add healthy, beautiful in mind, in spirit, in mental. Everything works perfectly well. So, you keep me in a great shape and then yeah absolutely I will live very, very long.

[Carolyn Boras]

Yeah, exactly. Exactly.

[Gemma Serenity Gorokhoff]

I mean not exactly old and I don't know what you know. And...

[Carolyn Boras]

And...

[Gemma Serenity Gorokhoff]

You were saying?

[Carolyn Boras]

Sorry. No, I was just going to say... and I know that there are some cultures in the world where they don't even have the word retirement.

[Gemma Serenity Gorokhoff]

Yeah, it doesn't exist.

[Carolyn Boras]

They don't know what it is. They just, you know... they just keep doing their thing – they keep working, they keep going in the garden, they keep running the restaurant, whatever – and you know... I, now I don't have any research, on this but I am guessing that they're living happy lives.

[Gemma Serenity Gorokhoff]

Yeah.

[Carolyn Boras]

They're... they keep on going.

[Gemma Serenity Gorokhoff]

There... there is a... a documentary on Netflix about blue zones and there is six different places on earth. I don't remember all those places, you know.

[Carolyn Boras]

Yes.

[Gemma Serenity Gorokhoff]

One of them is in California, very close to where we were living.

[Carolyn Boras]

Oh, I see. I see. Yes.

[Gemma Serenity Gorokhoff]

And actually, what is shown is that because with age advancing, you keep in touch with life with loved ones – can be your family or not, but loved ones.

[Carolyn Boras]

Yes.

[Gemma Serenity Gorokhoff]

Community. You keep on going with activities such as gardening, such as cleaning, such as sometimes artisan just create things with your hands. That gives so much meaning. That it's a joy to... it's a joy to get to... to get up every day.

[Carolyn Boras]

Yes.

[Gemma Serenity Gorokhoff]

It's a joy to keep on going.

[Carolyn Boras]

Yes.

[Gemma Serenity Gorokhoff]

And that kind of people they live past 100. Easy!

[Carolyn Boras]

Yes. Yes. Yes. Because there's a reason to get up in the morning.

[Gemma Serenity Gorokhoff]

Exactly.

[Carolyn Boras]

There's a reason to put on your clothes. There's a reason to have a shower. There's a reason to have breakfast. And it's so... mindset is just so important. I want to use my... my one sister as an example. She recently retired from the corporate world but all throughout her life she was good at art. But never really did anything with it because she was in the corporate world. And so, about a year and a half ago, she retired and just recently she gave herself permission to call herself an artist and to be an artist. And as soon as she changed her mindset, the floodgates of creativity have opened. She is non-stop painting, like practically... like all day and during the night. And it's just pouring out of her. It's pouring because she had this mindset... mind... mindset shift and she gave herself permission to do it. But so, you also have to give yourself permission to live a long and healthy life and to not buy into all of the social media, the things that everybody else is saying. You have to give yourself permission to walk your own path and say *"Yeah, I'm not doing that. That's not me. That's really not me. I'm doing this. Regardless of whatever. What... regardless of what anybody else is saying."* So...

[Gemma Serenity Gorokhoff]

Yeah, fantastic! Carolyn, how can people reach out to you? Because I know people really want to have someone like you in their lives. What's your website or anything?

[Carolyn Boras]

Yes, my website is carolynborashypnotherapy.com. Yep. That's it.

[Gemma Serenity Gorokhoff]

Perfect, carolynborashypnotherapy.com. Carolyn, l-y-n? L-y-n at the end?

[Carolyn Boras]

L-y-n, yes.

[Gemma Serenity Gorokhoff]

B-o-r-a-s?

[Carolyn Boras]

A-s. Correct.

[Gemma Serenity Gorokhoff]

Okay and hypnotherapy.

[Carolyn Boras]

Yes, thank you.

[Gemma Serenity Gorokhoff]

That is amazing! Thank you for having come today. Thank you for uplifting, inspiring. Tell us again... last word... what is again the name that you gave to your 70s decade?

[Carolyn Boras]

My, my 70s are the decade of my second brilliant career. My 80s are my Yoda years.

[Gemma Serenity Gorokhoff]

And tell us a little bit more about Yoda years, what do you mean by that?

[Carolyn Boras]

Well, Yoda as in the Star Wars movie was the wise one. So, I'm thinking that my 80s are going to be my wise years or maybe even my wiser years. Because I decided when I first started international teaching, was just turning 50 and so I decided my 50s were going to be my decade of adventure. Then when I was looking at turning 60, I thought well "*Yeah, like now what?*" and so I decided my 60s are going to be my decade of more adventures. And my 70s are going to be second brilliant career. My 80s are going to be Yoda years. And then my 90s are going to be... I don't know I haven't decided that part yet. Celebratory years? I don't know, more dancing? I have no idea. Exactly.

[Gemma Serenity Gorokhoff]

Oh, that's amazing. You will find out something amazing. I look forward to keep on... on staying in touch with you for so many decades to come. thank you so, so much.

[Carolyn Boras]

Thank you. Thank you so much.

[Gemma Serenity Gorokhoff]

Truly amazing.