

## Day 20 - Living Agelessly

**21-Day Meditation Challenge** <meditationchallenge@chopra.com>

Sat, Mar 30, 2013 at 1:14 AM

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*"Wrinkles should merely indicate where the smiles have been." —Mark Twain*

### Quick Links

[Access today's meditation](#)

[Meditate for 3 Months - Download The Life Wisdom Trilogy](#)

[How to Change Your Life at Any Age](#)



### Welcome to Day 20—Living Agelessly

Today, we explore the concept of living agelessly. It may be challenging to see ourselves as ageless beings that grow in wisdom and spiritual fulfillment in each passing moment. Yet, living in the present enables us to literally stop time. Meditation helps ground us in the present and, physiologically, increases growth hormones, which slow down the external signs of aging.

As we engage in activities that bring us joy and choose to live from an open-heart awareness, we approach our lives with a new, positive perspective and truly live agelessly.

Our centering thought for today is:

**I am ageless and timeless.**

We look forward to enjoying the stillness with you today.

Blessings,

A handwritten signature in black ink, appearing to read "Paul & Jeff". The signature is written in a cursive, flowing style.

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#### **MINDFUL MOMENT**

Consider an activity that really excites you. Make the commitment to engage in that activity for some time every day. Witness how time stands still when you indulge your passion and you become firmly rooted in the present.

[Need help? Click here.](#)

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