

Ten Tips for a Long, Happy Life

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Sometimes one gets lucky and finds material that has merit and is worthy to be shared. I want to share the following that came through the internet. It is called 10 tips for a long happy life by Jiroemon Kimura who lived to 116. The article was written by Emina Bajra. Jiroemon Kimura died shortly after his interview with the author.

First of all, many of you have lived your lives quite fully and have come to some of the same conclusions as Jiroemon Kimura. For you younger ones, we'll share his tips, so you can get a head start in life.

Here is a summation of Jiroemon Kimura's Ten Tips for a Long Happy Life.

1. **Exercise Every Single Day:** It's important to make daily exercise a discipline - a habit. He always made sure his muscles stayed active.
2. **Eat small portions:** Eat until you're 80% full - hara hachibunme. He preached "eat less and live long." He took no medication at all.
3. **Let Adversity Make You Strong:** When something unexpected happened and things didn't go the way he wanted, he reminded himself that the experience is good for you, it helps you grow. He told people to never let worry or suffering consume them because "after every storm, peace always comes."
4. **Read the News Everyday:** Keeping up with the times not only exercises the brain, it also creates a sense of belonging to the larger world and connectedness to the human race.
5. **Eliminate Strong Preferences:** Kimura exuded a rare fullness, brimming with humility and passion that comes from being open to all things.
6. **Live Without Attachment:** Kimura learned not to attach his life to any one particular thing and draw from all things as a whole. His non attachment kept him from being devastated by grief, and by not being attached to their inevitable

mortality, he was able to let go. In essence, he did not search for a reason to live for living itself became it's own reason.

7. **Stay Close to Nature:** Born to a farming family and farming most of his life, it provided him with vigorous exercise, producing life and seeing the physical results of his work.
8. **Have Gratitude:** He embodied kansha, a Japanese value, which means gratitude. He claimed "I could not make it on my own strength. It's because of the strength of everyone around me." To anyone he came into contact with, he clasped his hands in prayer and bowed with sincerity - a touching display of gratitude.
9. **Laugh Often:** He chose to live his life with as much cheerfulness as possible. Studies have shown that a good laugh can boost the immune system, relax the muscles, and improve mental functions such as memory and creativity
10. **Break Life Up into Small Parts:** One of the things that make people overwhelmed when they are in a challenging situation is that they try to handle it all at once which releases stress chemicals. Breaking things up into small steps relieves much of this stress which Kimura did, by taking taking each day as it came.

The entire article is quite lengthy, but if you wish to read it in entirety, go to the website <http://northhollywood.patch.com/groups/eminas-blog/p/10-tips-for-a-healthy-life-from-the-worlds-oldest-person> and read it online. It will be worth your time.