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# Busy Being Born?



**I** like the concept that “60 today is the new 40.” It makes me feel good. If it’s true, that means the Boomers—those born between 1946 and 1961—are experiencing, for the first time, the realities of middle age as they approach 60.

Many people in that generation did not experience “the crisis” 20 years ago; they have not found or settled into their life’s true role in comfort and are perhaps not yet resigned to their own mortality.

The stereotypical aspects of “middle age”—health problems, changing partners, life direction, and spiritual questing—seem to have been delayed for many people. I contend the reason for this delay in focus—and possibly maturity—is because of communication and the new knowledge communication brings.

## A Few Points to Consider

As knowledge explodes, choices multiply. Our minds are challenged to focus continually on what has meaning.

The implication on our health alone is staggering. New food guides and edible options give us resources to combat behaviors detrimental to our living long and prospering. When we watch TV or Google our recent ailments on the Internet, we are presented with new information we can use immediately to help alter our health and lifestyles and effect personal change. We can live longer!

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In education, communication empowers us to adjust to the economic realities and new assumptions brought about by the shift from the Industrial Age to the Information Age.

At 60, our relationship toward work is that we need to do the work we *want* to do. Educational options in a vast array of fields can make that happen.

Boomers today have grown up with a range of cultures through access to vast amounts of information in “traditional” media—newspapers, TV,

radio, film—and “the new media”—computers, the Internet, DVDs, cell phones, etc. The new options stimulate thinking and can provide personal empowerment at 15, 55, or 75.

Plato’s *Simile of the Cave* explains that many individuals do not want to walk away from the familiar-yet-enslaving shadows on the walls of the cave for the bright light, excitement, and opportunities outside the cave.

Today, many individuals do not want to leave their comfortable assumptions behind. It is hard to leave the certainty of the nest—the number of adult children residing with Boomer parents attests to this fact. And being a “senior” did not used to embrace raising grandchildren.

Personal growth, longevity, and new opportunities have resulted, in part, because of communications. Being 60 in 2010 will be dramatically different than being 60 in previous generations.

Lament these changes all you want, the reality is that this is a communication era.

- When your assumptions die, personal growth happens.
- New possibilities will emerge

