

# HIGHER SCIENCE OF LONGEVITY



A complete handbook  
to live longer, feel good,  
reverse your aging and  
extend your youthful life  
applying the secrets of  
**Supercentenarians** and  
**Asian Masters**

**Master Del Pe**

**Master Del Pe** invested 36 years of his life traveling to over 100 countries, researching the secrets of longevity and immortality. Here is why this book is a must-have for you and your loved ones:

- Learn the **9 pillars of universal wisdom** taught by the author under the Higher Science of Longevity
- Study the **8 best practices** to awaken your sexual fire and alchemize your sexual elixir for extending your youthful life miraculously
- Know the **7 formulas** of how supercentenarians lived very long and dynamic lives over 110 years
- Check the **photos of the centenarians' palms** and compare their life lines with yours
- Understand how **Eastern Wisdom beats medical science** in the search for longevity secrets
- Discover the **4 secrets of longevity** known only by Asian Masters and Immortals to stay alive even without food
- Explore the **6 principles of karma and dharma** to attain longevity and immortality

Master Del Pe has integrated in this book the practical wisdom from his immortal yogi mentor, aged 400+, and his 3 other Asian mentors with the wealth of knowledge from his research on supercentenarians.

The **Higher Science of Longevity** is beyond the faddy diets and anti-aging claims of the noisy age-reversal industry.  
**It really works!**

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Mind-Body-Spirit

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# MASTER DEL PE

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Master Del Pe, author of 9 books, international speaker and creator of over a dozen CDs/DVDs for self-mastery, longevity and self-healing, is also the founder of 3 USA-based organizations: BElife Institute for Higher Consciousness (BIHC), American Institute for Leadership Advancement (AILA) and the MDP Foundation, his non-profit organization.

Of a Chinese-Filipino descent, he was born in the Philippines, worked as an engineer in the oil fields of Saudi Arabia for a decade, became a Martial Arts Master and Chief Karate Instructor at age 24, and retired from his businesses and engineering career when he was 31 years old to pursue the spiritual path. Then, he found his 2 mentors of spirituality and healing in the Philippines who guided his inner life.

Earlier in his life, he was fascinated by the healing arts, martial arts and spirituality. Later, his passion included the search for immortality which inspired him to study many healing modalities, yoga and divine alchemy. He travelled to over 100 countries researching and teaching the secrets of long life, while he persistently searched for immortals. He even risked his life exploring faraway caves said to have immortals, trekked at least 5 of the planet's major mountain ranges and explored 4 major deserts of the Earth.

While teaching in India in 1989, he found his third mentor who was a globe-trotting Korean Master, living in Nepal at that time. One year after, he finally found an immortal yogi in the highlands of the Indian Himalayas who was said to be more than 400 years old. He became Master Del Pe's fourth mentor. Through the mentoring of his 4 teachers, Master Del Pe became a spiritual master himself after he achieved enlightenment. He synthesized all his international research and esoteric studies to create a vast body of knowledge that is distilled in his 9 books and over 200 courses taught by his 3 organizations. The *Higher Science of Longevity* book is one of his latest gifts to humanity.

Currently, he spends most of his time healing the sick, mentoring leaders, training his students from around the world via online programs, writing books and conducting retreats at his World Longevity Center and resort in MDP Village, Philippines.

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# PREFACE

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I would like to share with you this book on the Higher Science of Longevity. I hope it will serve you as a handbook for living not only a longer life, but a more meaningful one. It synthesizes the best insights from the marriage of Western Science and Eastern Wisdom. Most of these teachings were formulated by me and already taught to countless students around the world. This book has simplified all the longevity techniques in a ready-to-use format and even organized them into a weekly schedule. For readers who are very scientific, clinical and data-driven in approach, I encourage you to open your abstract-mind a little bit to penetrate the possibilities of longevity which are not grounded in the world of diet, food supplements, surgery or hormonal therapy. Explore other directions as well, and study the Asian philosophy involving the world of energy and the use of Life-Force to sustain life.

The subject matter of this book is synthesized from my international research and more than 25 years of experimentation and study on longevity and immortality. This body of work provides you with my humble conclusions which you cannot get on your own, even with all the money in the world.

I am delighted to offer you this book as a valuable gift to hopefully help you to add more decades to your life. My earnest wish is that you will study this book diligently. In return, I hope it may provide you with the platform of confidence to spend the remaining years of

your life doing your best to honor your incarnation and the one who awarded it.

This book is not only a gem to me, but it holds a value even greater than a diamond, for gems and jewels can be bought with money. I paid for the conclusions and techniques in this book with my life. More than money, I had to sacrifice my life away from my family and businesses during my trips to more than 100 countries, as I embarked on my quest for the complete recipe for longevity. My perilous expeditions and almost near-death experiences, while trekking numerous mountains which were suspected to be inhabited by immortals, are a part of the tuition fee I paid to purchase some of the secrets of immortality mentioned in this book. Through my relentless pursuit, I found my spiritual mentors who became my spiritual fathers.

***“I searched for the secrets of immortality, but I found the path of enlightenment. This was the real jackpot.”***

My teachings in this book require an open-minded approach and an intelligent study to verify the possibilities that it presents. Before I teach my new students in my classes, I always advise them to not be fanatical about what they are about to learn. So, I say to them as I say to you who read this book:

***“My first rule: Do not believe anything I teach.  
My second rule: Do not disbelieve anything  
I teach until you verify it through  
experimentation and direct experience.  
Then you can conclude.”***

Enjoy the book!

- Master Del Pe

*“Never utter these words:  
‘I do not know this, therefore it is false.’  
One must study to know, know to understand,  
understand to judge.”*

**- Indian Proverb**

# INTRODUCTION

---

I am writing a book on longevity science and typing the manuscript on my personal computer, so maybe I am shortening my lifespan by exposing myself to this EMF (electromagnetic field) on a daily basis! Many studies have been done about the long-term negative side-effects of EMF. My fingers and palms don't like the EMF because I am sensitive to this electrical radiation. My force-field, called the human aura, sometimes makes the computer stop working or shuts off the electrical connections, so I did not use computers or laptops for as long as 2 years. In our daily life, there is a constant battle between our body's defense and the ecosystem we live in. The question is, who is going to win in the end?

The EMF is probably my last worry because around us are even more toxic chemicals and negative people. Inside us are viruses, yeasts, pathogenic bacteria in our guts and even free radicals that sometimes overwhelm our body. On top of that, we have unhealthy food and bad eating habits that create internal acidity. In the long run, the healthy bacteria in our guts that serve as our internal saviors and defense system usually get reduced to a low level, while the pathogenic and bad bacteria rule our intestines resulting in many diseases. Then, we have stress, which is an invisible but known enemy with all its ramified side-effects on our health and personal relationships. We are also constantly bombarded with negative emotional and mental stimuli during emotional conflicts and times of crises. These situations

also weaken us in many ways. Many people are also born with poor genetics, because their parents and forefathers probably had lifestyles with some vices or negative habits that worked against the best practices of longevity.

More often than not, we also experience several international or world crises that pressurize our society from many angles, while we are subjected to daily tribulations as part of the evolution of the human race. As citizens of the world, carrying the *karma* of planetary change, we are crossing over to a new world that is more complex. This shift is impacting our consciousness, whether we know it or not. Such common and uncommon triggers brought by modern life cause our aging and the wear and tear of our bodies, emotions and minds. The list of predicaments and reasons can go on and on.

How can we win over the odds without being paranoid about the toxicity and pressure around us? How can we overcome the dying process of creation? Let us find out in the following chapters.

***“When there is a problem, there is an antidote!  
And where there is a will, there is a way!”***

I am in the MDP Village, my mountain resort in Asia, which I have made into a World Longevity Center. I moved here in 2015 from my residence in Texas, because it is a natural place where you can find all the ingredients for living a higher quality of life. The ecosystem presents the true recipe for longevity. (I will discuss the formula for longevity in later chapters.) I live on a hill surrounded by a river which circumnavigates the MDP Village for about 220 degrees. So, there is a lot of flow of energy and a constant breeze flushing the resort with abundant healing ions. It is nestled in a robust valley full of flowers and fresh fruits throughout the year, and surrounded at 360 degrees by grand mountains which serve as the watershed for the whole area. This area is as beautiful as the mountains I have climbed in Tibet and Nepal. That is why I sometimes call it the “Philippine Himalayas”.

The view from my house is more than spectacular. It is awesome and magnificent. I can say it is both a fantastic and fabulous place to be

in because, from the sheltered overview where I meditate and write this book, I can witness the foggy mountains to the south, the rains in the west, the thick clouds in the north, a double rainbow in the east and a clear blue sky above the MDP Village.

My group of disciples here definitely have a stress-free lifestyle. We enjoy very clean air and lots of fresh mineral water, organic vegetables and fruits. The local folk harvest wild honey from the thick forested mountain in front of my house. We practice organic farming and have the luxury of cooking vegetables directly from our garden. We also have a mini-golf course, gym, basketball court and lots of riverside walking trails. I created many platforms for martial arts and yoga where one can perfect their forms and get as internally deep as one wants. We are surrounded by 3 natural hot spring bathing areas suited to rejuvenate the body, emotions and mind anytime we want.

In this hidden valley named Cervantes, of the Ilocos Sur province in the Philippines, are rivers so pure that you can still drink directly from them. Among the many flowing waters in Cervantes, there is one river which comes from the overflow of our drinking water source, emanating from the watershed mountain at the south-west of the valley. The water from this river is still clear and so pure that we enjoy drinking from it directly while swimming in its lagoons. To arrive here in Cervantes Valley, you cannot escape the striking views of as many as 30 waterfalls and creeks along the zig-zag road during the rainy season. When it rains for a day, the waterfalls sometimes overflow onto the road and the passing cars have to drive through the downpour and misty spray of the water. Most visitors who came as tourists or guests to our town and valley proclaim it to be the Asian Shangri-La. Indians who visited our area also declared it to be like Kashmir. Ecuadorians have associated this place to Vilcabamba, a popular longevity spot in South America.

Speaking of Vilcabamba, it is acclaimed as one of the four places on Earth which produced the most supercentenarians or people who lived over 110 years. This beautiful valley where I reside reminds me of Vilcabamba, Ecuador. It has a similar feeling of healing ions in the air. I visited Vilcabamba at least 7 times while doing research on the



Figure 1: Master Del Pe With 2 Supercentenarians From Vilcabamba, Ecuador

supercentenarians and even got the chance to perform healing for them. The quaint little village of Vilcabamba was my first choice to establish the World Longevity Center because of its good reputation for the supercentenarians and healing energy. But, after I discovered this new location where I have now put the MDP Village resort, I scanned and found the energy here to be far better than any place I have experienced in the more than 100 countries I travelled to and explored.

Many very old people in Cervantes and Vilcabamba have not visited a medical doctor or a dentist in their whole life. Part of their secret is living a certain lifestyle that allows the natural flow of energy and usefulness to succeed in life without the unnecessary stress or pressures that burden the modern urban human being. These two valleys can be a paradise for those who choose to live longer than normal and a haven for those who want to enjoy a dynamic but stress-free and “fresh” lifestyle.

I was exposed to the severe wear and tear of the commercial lifestyle, travelling an average of 90 flights a year around the world for over 15 years, eating airline food, drinking bottled water, consuming a cocktail of multivitamins and serving my clients for over 15 hours a day from different time zones. I realized that enough was enough;

it was time to live my greatest life where I have the amenity to serve without being punished by commercialization. In this book, I will share some of my findings about why a group of people live longer than others to over 110 years.

What is common between the Cervantes Valley in the Philippines and the Vilcabamba Valley in Ecuador, is the constant flow of healing ions and an alkaline freshwater source. Both valleys also have organically grown fresh fruits and vegetables, available straight from the backyard gardens of the locals, which they take as their daily food. The biggest common denominator of these two valleys is the functionality of their people.

The old folks and senior citizens in these places still work actively, doing either household chores or social projects, even after retirement from their careers. They feel good when they are useful and functional. This dynamic functionality stimulates their lucidity even at a very old age. Their longevity and lifespan are not by-products of the typical western style of long life, which includes yearly medical and dental treatments and high maintenance on cocktails of pharmaceutical pills.



Figure 2: A Supercentenarian From Vilcabamba, Ecuador

Since an early age, I was fascinated by the secrets of longevity and powers of the body. My first subject of fascination was my great

grandfather, Boron Abaya. He was active and functional well up in his nineties, and still repairing our fence when I was a young boy of 8. He was the oldest person in town during his time and everyone respected him. He was like the notary public of the town, by default. He helped settle any disputes because he was the most trusted living witness of property demarcation lines. He also held the post of the town's storyteller for a few generations, which was a cherished role, because our town did not have electricity, television or newspapers until 1991. He lived to almost a hundred years without ever visiting a medical doctor. He was still lucid and active till the very end of his life. He died in his sleep, a peaceful exit from this physical earth. Even as a young boy, I observed and studied some of his rituals and ways of life.

My grandparents lived and were functional even after the age of 90. I was lucky to have lived with them until they died and have the opportunity to observe their ways of life, which contributed to their longevity. They were always cheerful, did manual labor of some kind, like gardening, and used their minds daily, till the very end of their lives. I studied their food, attitudes and habits as well. Some of my findings about their best practices in life, which I think are important factors for longevity, are also included in this book.

I have told you some of my experiences with centenarians, supercentenarians and also with my great ancestors. So, maybe by now, I have stimulated you to look forward to unravelling the science of longevity. What if I tell you about one of my mentors in the Himalayas first? He is known as Babaji, a term for a respected elder or guru in India. He has a name but I chose not to divulge it, because he told me not to reveal his actual identity. He wears a loin cloth on his groin, which is the only garment covering his body. He is always that naked - snow or no snow. Babaji has transcended the body's limitations and has total control of its physical temperature and desires. He is said to be over 400 years old. There are no wrinkles on his body or face. His body is very toned and strong. He does not have any shoes but only wears a simple wooden sandal which is typical of yogis and gurus. He lives in the highlands of the Himalayas.

I was blessed to have studied with him and visited him 4 times in

the far recesses of the Himalayas. During these visits, I learned several breathing techniques and yogic methods from him. Babaji taught me how to control my temperature and melt snow on my body by heating the “fire in the belly”, using his special breathing techniques. So, if you are talking about the longevity of the more than hundred-year old people, here we are talking of an immortal!

One of my other spiritual mentors also sometimes talked about 30,000-year-old immortals in China or India. He told me that there are human beings who are incognito in the remote caves and who are that old. I cannot validate whether this is true or not because I have not met those immortals personally. Perhaps I will write another book on immortality when I come across such rare beings.

### **MY PURPOSE IN WRITING THIS BOOK IS AS FOLLOWS:**

1. To present a comprehensive book on the Higher Science of Longevity.
2. To study and understand the nature of life and how to extend it further than normal, while maintaining a good quality of life.
3. To offer a brief introduction on the patterns of long life, based on current human beings that are a century or more old and are still active and lucid.
4. To offer an integrated study to explain a long-life approach and how to reverse the aging process.
5. To present the uncommon knowledge and esoteric secrets used by Asian immortals.
6. To introduce several techniques of life extension, rejuvenation and anti-aging, and how to creatively adapt to a new lifestyle that works for busy people.
7. To offer a weekly schedule for the anti-aging, life-extension and longevity program.

There are a growing number of books geared towards extending our lifespan and reversing the aging process. Their recommendations and fads range from using growth hormones, antioxidants, probiotics, special exercises like the Tibetan Rites to certain yogic methods like

*pranayama*. But, I have not seen a comprehensive approach that can be easily synthesized as a way of life.

Among the multitude of anti-aging proposals, I did not find any practical weekly schedule that combines the best of Eastern Wisdom and the secrets of the Asian Immortals with the best of Western Knowledge and food science. Therefore, I am endeavoring to present a treatise on longevity science which has not been written in this form yet and which may be beneficial to both our current society and the generations to come.

I have integrated the wisdom of past diets enjoyed by long-lived human beings and their ways of life, with the latest discoveries of alkaline water and the magical uses of probiotics and antioxidants, in a manner which can be understood by even a layman without any medical background. I endeavor that someday even children and youth in schools may read this book and understand the significance of simple, healthy diets and living an aligned lifestyle, combined with the right exercises and breathing techniques.

This book is not designed to preach any kind of sermon about kitchen pharmacy or eating habits to readers. The strategies shared here go further and deeper than that. This book will chart comprehensive weekly schedules that you need in order to stay youthful and follow a lifestyle that suits different human temperaments, even for busy people.

In the later chapters, I have demonstrated several oriental martial arts techniques and meditation strategies to develop an aligned and balanced state of consciousness, which will not only bring tranquility daily but also boost your level of stress and fatigue tolerance. In following the different techniques, you will get spiritually vaccinated with Soul energy which preserves the highest integrity of human culture and will bring you beyond the powers of the mind or the domains of physical limitations.

Are you ready to embark on a journey and discover the hidden secrets of longevity, in both the natural and the scientific ways? Are you ready to explore the uncommon but easy ways of the Asian Masters which gifted them long life with sustainable power and energy? I encourage you to read every chapter carefully and use this comprehensive

handbook of longevity as your treatise. It holds the secrets to sustaining your youthful power and extending your life, so that one day you may play with your great grandchildren and enjoy the harvest of your life to the fullest. You deserve to have a long and fruitful life not only for yourself but for as many people as you can touch and serve.

Happy journey to a long useful life!

# I WHO CARES FOR A LONG LIFE?

---

**W**ho cares for a long life? Do you care to be a supercentenarian and join the ranks of those who live to be 110 years or older? According to the Gerontology Research Group (GRG), there may be up to 300-450 living supercentenarians of ages 110 and above, of which 45 have been found and validated to be alive today (43 women and 2 men as of October 21, 2016). They have also officially recorded an all-time total of 427 supercentenarians to be either alive, deceased or under unconfirmed status. Considering that our current world population is around 7.4 billion today, this group seems to be quite a small group of privileged individuals. Would you want to be one of them?

## **MONEY OR INTELLIGENCE CAN'T BUY LONG LIFE**

Did you know that it is easier to be a billionaire than a supercentenarian? Would you believe that a person over 110 years of age is even rarer than the super-rich? If longer life could be purchased for one billion US dollars at today's value, there could be potentially around 1,810 supercentenarians. According to the international ranking by *Forbes* magazine, as of March 2016, there are only 1,810 billionaires in the world holding a total net worth of 6.5 trillion US dollars as a group. These super wealthy individuals may need a few hundred years or perhaps many lives to spend all their money. Unfortunately, even with their excess money, life extension cannot just be bought on the stock market or in shopping arcades.

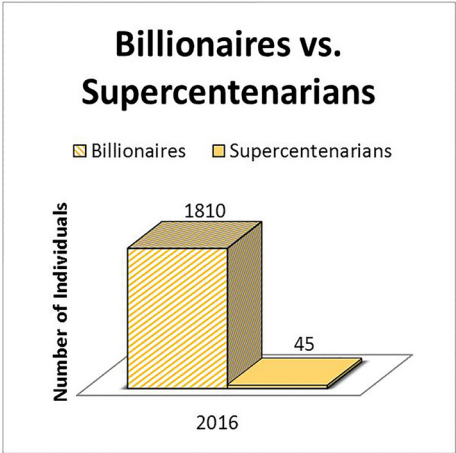


Figure 3  
(Source: Gerontology Research Group and Forbes Magazine, 2016)

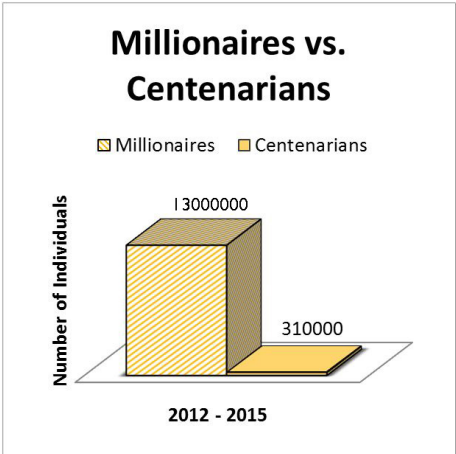


Figure 4  
(Source: Gerontology Research Group and Knight Frank Wealth Report, 2015-16)

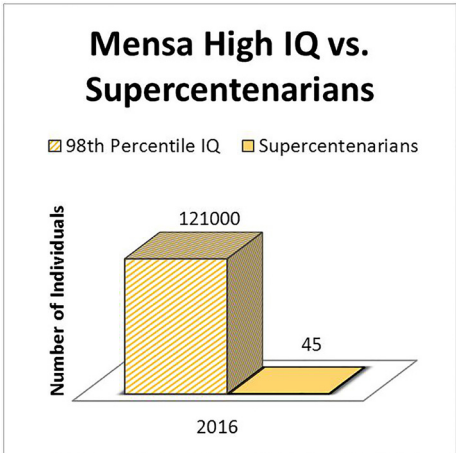


Figure 5  
(Source: Gerontology Research Group and Mensa International, 2016)

If life extension to reach the age of at least 100 years could only be purchased for 10 million US dollars, there would potentially be 510,000 living centenarians today, because that is the total number of multimillionaires with a net worth of 10 million US dollars or more, according to the Knight Frank Wealth Report of 2015.

Today, becoming a millionaire is not the biggest deal. At the end of 2015, there were over 13 million US dollar millionaires or high net worth individuals in the world, according to the above report. Therefore, it is obvious that to live a very long life is not about money, neither intelligence nor IQ, as of the time of writing this book. But, I have a strong sense that in the near future, longevity will be a function of the interplay and balance of will-power, love and mind of an individual. Whoever has more balance in life and spiritual essence will live longer.

Mensa International has over 121,000 members with a very high Intelligence Quotient (IQ). Mensa is a non-profit organization whose members are accepted only if they score in the 98th percentile or higher on a standardized IQ or approved intelligence test. If you think they are an elite and special group of individuals, then you may be surprised to know that there were only 45 verified supercentenarians in 2016. How special is that!

### **THE LONGEST-LIVED HUMAN IN HISTORY**

The human life span as of 2017 is bench marked from the documented record of the oldest person to have ever lived – the French supercentenarian, Ms. Jeanne Calmet (1875-1997) who lived for 122 years and 164 days. She lived in Arles, France all her life, and outlived both her daughter and grandson. According to the Guinness Book of Records, she is the longest living human being ever documented. French media reports noted that in her last years, Calmet ascribed her longevity to a diet rich in olive oil, but she was also known for occasionally eating over one kilogram (or 2.2 lbs) of chocolate per week!



Figure 6: Master Del Pe Healing A Centenarian From Ogimi Village, Japan

### LONGEVITY HOTSPOTS

Today, we have many people around the world who are centenarians, i.e. 100 to 109 year olds. Most of them are concentrated in four major areas on earth: Japan (Okinawa), Ecuador (Vilcabamba Valley), Pakistan (Hunza Valley) and Abkhazia (in the Caucasus Mountains). Many centenarians are also increasingly found in the United States. Sardinia, an island in southern Italy, has also been noted to have a high prevalence of male centenarians according to articles by Deiana et al. 1999, Passarino et al. 2002, Caselli et al. 2003 and Poulain et al. 2004.

However, Okinawa in Japan tops the list for the most centenarians in the world per population, with an estimated 50 centenarians per 100,000 population, of which 90 percent are women (as per the 2006 estimate by the Japanese Ministry of Health, Labor and Welfare).

### DIFFERENT STROKES FOR DIFFERENT FOLKS

What fascinates me is that many of the centenarians and super-centenarians have markedly different living conditions, and some even smoked cigarettes and ate bacon for breakfast. They come from different cultures, religions, and careers or professions. They have different hobbies, diets and daily activities, as well as varied or no accessibility to medical/pharmacological facilities. But, there are still a

few similarities that I want to share from the points of view of common sense and science, as well as from the unknown esoteric science and emerging energy medicine.

## THE PROCESS

Since Energy Medicine (also known as Energy Healing), and Esoteric Science are my expertise, I can contribute much new information which is not yet available in any others books or published articles. As for the scientific research on longevity, I have consolidated and synthesized the spectrum of leading information available in books, published articles and selected interviews from experts on genetics, food and diets for longevity.

You will also encounter my own findings based on my interviews with centenarians from Vilcabamba in Ecuador, Ogimi in Okinawa, Japan and other parts of the world. To find pearls from an ocean of information and diamonds from mountains of dirt, from vast published data in books and on the internet, is a massive undertaking. Too many claims and unconcluded research data bring much confusion to the normal reader or seeker of longevity. I had to screen tons of information and even interview several experts on this subject to be able to distill the right information included in this book. I did my own experiments to validate many claims that appeared to be borderline truths. I even consulted some think-tanks and medical experts to make sure that what I have included here as data is sound and clear.

## WHAT CENTENARIANS AND SUPERCENTENARIANS SAY

I would like to share with you what many researchers and writers have recorded from centenarians and supercentenarians around the world. Mark Stibich, PhD compiled some remarks from the exceptionally long-lived folks. Here is what the centenarians and supercentenarians had to say about their secrets of longevity:

**Euphemia Cameron** from Dumfries, Scotland, turned 100 years old in 2009. The Dumfries and Galloway Standard reported that she was a signaler during World War II as a member of the Woman's Auxiliary Air Force (WAAF). She said that her longevity secret is,

***“I just like to keep active. I don’t like to sit about. I keep myself busy. I don’t know what a hobby is – I’m far too busy!”***

**May Wyatt**, 107 years old. She was born in 1902 and migrated to British Columbia when she was 6. CTV News reported that May always had good health until 106 years of age, after which she broke her leg and has been using a wheelchair. Her advice: ***“Take it day by day.”***

**Myrtle Jones** lived independently until she was 109 years old in Colonial Victoria, South Africa (1897 – 2009), as reported by AdelaideNow. She did not smoke or drink, and relatives talked about her sense of humor and good memory. She had 27 grandchildren, 12 great-grandchildren and 7 great-great-grandchildren. She was 111 years old when she died. Her advice was, ***“An apple a day keeps the doctor away. An onion a day keeps the cold away.”***

**Beatrice Farve** lived in Georgia, USA in the same house for 92 years and died in 2009 at the age of 113, according to the Sun Herald. She was still selling beauty products at the age of 100. Her daughter described her as a soft, smiling lady and they called her “Mama B”. It has been said that Beatrice did not use any medication and had no known health problems. Her philosophy, according to her grandson, was ***“work hard and eat a good breakfast.”*** In her case, her breakfast consisted of fried bananas and bacon.

## WHAT IS THE SECRET?

Based on the advice of the centenarians and supercentenarians, there is nothing that can be called a common secret or special formula. Their words are more of insights and anecdotes, but they do not give any formulated procedure that could be systematically followed to have a very long and healthy life. Their insights did not even mention how to delay the aging process. So, my job is to unravel these hidden secrets and devise an empirical formula to make the book’s recommendations useful to the reader. This is the challenge. I have accepted the task to find the synthesis of the known and the unknown science of longevity, and how to live not only a long life but also a healthy, productive and legendary life.

## WHAT IF YOU LIVED FOR 100 YEARS?

How do you envision the end of your life? Whom are you living with at that time? How long do you want to live? At what age would you want to exit from this physical world? And why do you want to live that long? Whom do you want to spend your life with for that long? What state of health would you like to be in and what are the functional senses and feats you would want to have until your very last breath? Let's have a checklist:

### Feats or Capacities:

1. Spiritual inspiration
2. Wisdom and intuition
3. Mental sharpness, lucidity and memory
4. Peace of mind
5. Emotional stability and happiness
6. Vitality and mobility
7. Voice and ability to speak
8. Lots of money
9. Good reputation and social status
10. Sexual potency and romance

### Senses:

1. Sense of sight
2. Sense of hearing
3. Sense of smell
4. Sense of taste
5. Sense of touch
6. Inner sense or the sixth sense

If you were entitled to only 2 of the above feats or senses, which would you choose for yourself in the very last years of your life?

- I. Most important feats or capacities (from items 1 to 10).

My wish list for the top 2 feats:

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2. Most important senses (from items 1 to 6).

My wish list for the top 2 senses:

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3. Why did you choose these instead of the others?

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### WHAT PEOPLE WANT

You will be surprised by the answers of the interviews and surveys that I did from different cultures. In fact, they will be published in detail in my upcoming book *Relationship Alchemy*, but I just wanted to share some relevant information for now. It is amazing what people really want in life for their very last days.

The Brazilians are predictable: the survey revealed that they wanted the feats of mobility with sexual potency and romance, along with the senses of touch and sight. The Italians are also easy to predict: they wanted emotional stability and happiness, along with their voice and the ability to speak as desired feats and capacities. They also wished for the sense of taste, perhaps because they enjoy it as a priority, as well as the sense of sight as their chosen senses for their very last days. It is not a surprise that the Japanese, Korean and Chinese cultures preferred vitality and mobility as their priorities along with the sense of taste, because like the Italians, they too love food. As for the Indians, they were also predictable; their first priority was emotional stability and happiness, along with the sense of taste because they love to eat.

Just wait for my next new book to reveal what people really want as prevailing desires or wishes for their life. How about you? Why did you choose your selected feats and capacities? And how important are they to you? How long would you want to live if you only had a few senses or feats left to enjoy?

I have talked to several centenarians and I was quite surprised because most of them were still very sharp and playful. Their senses

of sight, hearing, touch, mobility and communication were still intact and equivalent to any healthy 80-year-old. They still have a cheerful attitude. In fact, one of them still looks forward to marrying her third husband - after outliving two of them!

### **HARVESTING THE FRUITS OF YOUR LIFE**

When you have a great family, have studied so long to become highly educated, worked so hard while almost killing yourself from stress and fatigue, become reputable in your chosen field and have social recognition because you are such a wonderful person, you deserve to live a long and healthy life. Some of you who are reading this book might have built a business empire and saved the money you need for retirement at an early age. But, no matter what background or place you are from, you must enjoy the fruits of your long labor and harvest what you have planted over a long time.

What is your best wish for the remaining years of your life, aside from becoming a wise grandfather or grandmother, if you are not one yet? Is it more money, more corporations to buy or new projects to be added to your inventory of success stories? Or is it longevity and the ability to have a good quality of life with independent functionality until the very end? Perhaps you don't want to live long while being bedridden, paralyzed or struck with any chronically painful conditions and dependent on medication for life? Such would be a dreaded end!

### **IT'S NOT EASY TO CHEAT DEATH**

Steve Jobs' death was a shock to many because he died of pancreatic cancer at the early age of 56 (born February 24, 1955 in California). He is looked up to as a champion of creativity and an entrepreneurial genius for creating the Apple super-products. In just 56 years, he achieved what many centenarians would not have achieved in many lives altogether by revolutionizing at least six industries: personal computers, phones, music, animated movies, tablet computing and digital publishing. I wish he had lived a longer life to add one more revolution: the technology to heal cancer, which could have been his graduation.

It is sad that a gifted person who did such magnificent things

couldn't be saved from the failings of his small pancreas, even though he had all the money in the world, lived in the most scientifically and technically equipped society, with the best hospitals and most educated medical professionals, surrounded by the most advanced thinkers of new diets for longevity in California.

### LIMITATIONS AND OPPORTUNITIES

I think it is a blow to the ego of medical science and the best researchers in the healthcare industry to lose this great individual. For many, this has brought a realization about the limitation of medical interventions and pharmacological solutions for extending life. Because of the continuous loss of many modern legendary icons, such as Steve Jobs and Michael Jackson, many have inferred that there is a ceiling to the intelligence and smartness of our modern science.



Figure 7: Master Del Pe Walks To Church With A Supercentenarian  
From Vilcabamba, Ecuador

So, there must be some secret strategies that modern scientists can learn from the less educated Vilcabamba centenarians in Ecuador who are still disease-free, walking unaided to church from their homes, and are still so cheerful when telling their jokes or reciting poems with strong voices. We can be inspired and learn from the very aged martial arts masters who are still able to demonstrate flying kicks and

break boards in Japan and China. For example, Lu Zijian from China lived to the age of 118 and was renowned as a master of martial arts, qigong and Chinese medicine. These are still relatively known groups and individuals whom popular media, newspapers, internet sensations or government documentations have covered. But, unknown to even the most avid researchers of longevity are a few yogis who are regarded as immortals, and not just supercentenarians. They are incognito and are not easy to find. If you find them, they do not want to be interviewed.

### THE IMMORTAL YOGI OF THE HIMALAYAS

In the introduction, I mentioned one of my mentors with whom I studied and interacted four times between 1997 and 1998 in the deep recesses of the Himalayas, near the borders of India and China. This extraordinary man, or rather extraordinary master, is a yogi who is believed to be over 400 years old. It's hard to verify his age because there is no birth certificate or documentation from 400 years ago, but when you see him, you forget the need for paperwork. He has superpowers.

He can withstand the very cold and cruel climate of the Himalayan ranges with heavy snow and does not need any clothing except for a loin cloth covering his hips and genitals. During the harsh winter months, when the snow is more than 30 feet thick, he hibernates in the caves or a shelter of some kind with a snorkel-like tube to breathe air. So, to survive for a few months before the snow melts, he becomes a breatharian with a diet of "air vitality" or "air *prana*."

### EASTERN AND WESTERN LONGEVITY INGREDIENTS

Western Science definitely must be appreciated because of its medical and pharmacological advancements. Medical scientists and specialists have been at the forefront of responses to emergency health situations, especially in the last few decades. Their technical expertise in the precise evaluation of health problems and physical-biological conditions is unmatched for now.

However, Western Science still needs to be augmented by the life extension strategies of the supercentenarians from Vilcabamba and

Hunza Valley. We must also consider the new longevity diet strategies such as the controversial CRON diet (Calorie Restriction with Optimum Nutrition) used by the Okinawan centenarians and studied by Dr. Roy Walford. We still have to consider the emerging probiotic diet solutions of naturopaths and especially, the inner power development techniques of the Oriental Masters and immortal Indian Yogis.

**PRO-LONGEVITY OKINAWAN DIET**

One of the ingredients in the recipe for longevity is a pro-longevity diet. We must take serious note of the Japanese diet, especially the diet of the centenarians from Okinawa. Various studies have profiled the Okinawan diet as one of the healthiest diets on the planet. Senauer and Gemma (2006) of The Food Industry Center have indicated that the Japanese have one of the lowest obesity rates in the world and the longest lifespan of disease-free aging. Obesity in Japan is only 3 percent, compared to USA where the population is plagued by a 32 percent obesity rate. This is 10 times more than in Japan! So, they must be doing something right, beyond just the assumption of good genes. From an early age, they teach their children how to eat and what to eat. Okinawan kitchen wisdom advocates the consumption

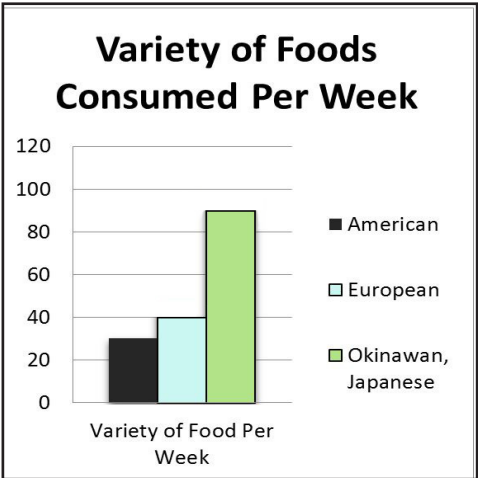


Figure 8: Cultural Differences In Food Consumption Per Week

of many variations of food in every meal and following a rainbow-colored model for your plate, with a lot of vegetables.

In my travels to over 100 countries, I have taught more than 300,000 students globally and met people from various creeds, castes, cultures and nationalities. Every time I shared a meal with groups from different backgrounds and countries, I was interested in what our table looked like during breakfast, lunch or dinner. Based on my observations and talks with the locals, I found that the average American gets about thirty different types of food per week, the average European about forty, whereas the average Japanese gets about ninety different types of food every week. Thus, the Okinawans set themselves up with the best chance to get the most nutrition. The sheer variety in their meals is so large and expanded compared to other cultures, that they cover more ground than most when it comes to nurturing their bodies.

Most obese people consume foods centered around a few unhealthy food groups with lots of sugar, salt and empty-calorie intake, often including soft drinks. Empty calories are considered those which do not provide substantial nutrition, but only a temporary spike of energy. Such a diet is calorie dense but nutrition deficient. It is unfortunate that more life-threatening diseases are occurring at earlier ages due to obesity. This is an ongoing crisis and daily battle for our society, especially for the younger generations. Today, young generations are generally picky eaters and poorly educated in right eating habits and healthy nutrition.

In striking contrast to this, and possibly as a novel solution, the Okinawan-Japanese diet is a naturally CR (Calorie Restricted) food model with high nutrition value. This traditional Japanese diet includes unsweetened green tea and no soft drinks. In fact, they don't have many sweets and desserts. The original Okinawans eat lesser quantities with higher nutrition and are advised to stop eating when they are about 80 percent full. This practice stems from the advice of Chinese historical icon, Confucius.

Since Okinawans use chop sticks, it also allows them more time to chew and more time for their body to register their satiation level.

This lessens the quantity of food consumed in comparison to the food intake of other cultures which use forks, spoons or their own hands to eat. The Okinawans' habit of taking time to savor and enjoy their meals allows them to feel full sooner instead of eating hastily and shoveling more food into the mouth, which doesn't register one's satiation level until one has already overeaten. I will discuss my observations about the foods, habits and attitudes of other high centenarian cultures in the later chapters of this book.

*“When you love yourself, you love others and others love you, and when you have worked so hard to earn a place in society where you can contribute something that improves the lives of countless beneficiaries, impacting not only their present but their future, I say you need to live longer and keep on serving until your very last breath.*

*Don't retire, especially not in a wheelchair or bedridden, unless you don't have a choice. If the bed or wheelchair has chosen you, keep on doing whatever you can do and don't mind what you cannot do. This is the path of longevity, unpredictable and sometimes genetically endowed. But, we can make choices today affecting the way ahead, by doing the right thing.”*

I encourage you to read this book from cover to cover. You will find antidotes to aging and a higher science to longevity.

## CONTACT MASTER DEL PE AND HIS ORGANIZATIONS

### DISCOVER MORE ABOUT MASTER DEL PE

Visit Master Del Pe's website at:

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