

Hi, I am Alvean Lyons

And I'm Doug Weiss

And this is Love Life

Alvean

Douglas, this is, this is one of those, it's it's aging. We're we're getting older. We're getting older faster than most of us want to get older.

Doug

Tell me about it.

Alvean

Okay. So our audience wants to talk about this aging thing. And we've gotten some different voices from both men and women. But both of them are very aware of that reality. And it means something a little bit different. So they want to know, you know, how do you learn to embrace this thing, rather than just tolerating, getting old kind of suffering through the getting older process? Yeah, but can you actually lean into this in a way that feels good in a way that creates some measure of comfort with what is quite frankly, the inevitable and certainly we don't want the alternative, which is we didn't even make it right. You're getting older. So you have been around for 25 years? Douglas, can you tell

Doug

If only. So I should add as a parenthetical, that both Alvean and I recently celebrated another journey around the sun. Yes. As someone said Natal anniversary.

Alvean

Happy birthday. We're both Geminis. Yeah, and I turned 43

Doug

And I turned 71 just so that we're being accurate here. I've lived a longer but not necessarily wiser than Alvean,

You know, from the perspective of that age. I want to say a couple of things. First, that at age 30, the idea of being 70 was anathema. I couldn't envision it. I didn't want it. I thought my life would be kind of over. At the age of 40, the possibility of 50 seen terrifying. At age 50. I thought, well, at least I'm not 60. When I turned 65. I thought, Okay, this is it, I made it we're here. Okay. I'm 65..I didn't really want to be there. But I'm there. Okay. Now at 70. I'm kind of cool. So the reason I tell you all of that was to suggest that no, for a long time, the idea of getting older, was not something that I relished. I mourned in a certain way, the loss of things. So as you get older, you know, some things go away. I can certainly change, right. So I take myself to the gym a couple of days a week and I work out, and I work out hard, you know, for all

the work that I do. You know, I should look a whole lot better than I do. I don't, because, you know, you can't fight certain things that happen you know, But then other things have come that I didn't have, a certain mellow quality I didn't have when I was younger. Perspective, the ability to sort of step back and, and not be pulled and pushed by what happens around me. So, you know, from my perspective, growing older is not a bad thing.

Alvaen

Okay. Well, from my perspective, it kind of sucks. To be honest, it's not the same, okay. And I'm in I'm not speaking as a physician announced speaking with my DRs for this particular point. This is just my perspective as a woman, okay. But it kind of stinks sometimes that by the time you find you finally figure you're out sort of in your mind, you know who you want to be leading into that feeling great about all of that, that's the same time that your metabolism comes to a screeching halt. And you have to climb out of Mount Kilimanjaro to lose five pounds now and you know that beautiful you know flawless skin you have to work so hard for and all of these things that quite frankly you took for granted in your you You now have to put so much effort into at the point when you finally get your insides right outside start going in a different direction. So I can't say that I love it all the time. I mean, I love I love the maturity I love the wisdom of life experience. I love the fact that there's some things that I get about what it means to be a woman and embracing that I mean I swim in it Some days I just I really like being a woman but I love what gravity does to womanhood. There's certain things that I just I don't love. You know, we get cellulite in places that you didn't know you could get cellulite it just sometimes it's not the hottest thing in the world, that list is just not and for women. I think that sometimes we feel a different level of pressure in that our beauty is so relisted So, you know, we're we're worshipped for our beauty rather than our content very often. And maturity. And aging often helps you to become rich in content. But you lose the youthfulness in terms of your physical visual youthfulness in some way. And you know that that's the thing that the world tends to value. So part of us in this little wrestling match on the inside about being happy about what really matters, quite frankly, which is the inside while not being bothered by the fact that the outside is changing. And that's the thing that everybody else seems to value. So I'm going to let you in on a little secret.

Doug

Well, I don't think that this is something that's unique to me. But as I've gotten older, my my sense of beauty changes. Yeah,

Alvaen

Really,

Doug

Very candidly, you know, I can look at a 20 something year old woman in full bloom, right, you know, just physically emanating health and gorgeous, right? Yes, and I can recognize that that's you know, I can recognize that as a beauty. Okay. But I don't find it nearly as attractive as someone closer to my age, there's a different kind of beauty. And it's not, it's not that it's less physical, but it's, I would say, it's more holistic, it's more about who that person is. I don't want

to say about their inner beauty, because that sounds a little trite. You know, I haven't, my eyes haven't, you know, failed me, I can still see. But I don't look for specifics. I am looking at the whole person. And I literally, you know, maybe this is some change in the way that I'm processing things. But I, see the whole person. So when Peggy and I were in Italy last year, we had great good fortune to spend the day walking through the Uffizi. It's just an amazing place. And it was interesting to look at how different painters of the Renaissance treated women, and a lot of the paintings, of course, they're all very idealized, but it was interesting to me that the paintings that I found myself spending the most time standing in front of being drawn into pictures of women who were in their 40s, 50s, 60s, and not so much, you know, the younger, so there was an example of art emulating life. It's the same experience that I have my sense of what is beautiful has changed. And I don't think that I'm alone in this. I've talked to other men my age now who will admittedly say, you know, when some young gorgeous woman walks by they haven't been robbed of their senses, they're still attracted, but not in the same way.

Alvaen

That's so interesting, because I have the experience very often being places with Matthew and older men walking with their wives, gawking at me. And I always say,

Doug

well, you're gawkable. I mean, well, let's be honest, you know, to our audience here who can't see us right now.

Alvaen

But he says, I hate him for this. And I always say to Matthew, when I get in the car, I will kill you. When we get older, like, I will kill you. Because it's you're walking with your wife, who has perhaps loved you, for God knows how long you know, and she knows that you can never get your shoes in the closet. And you can't find your clothes, she knows all of those things. And she loves you anyway. And, you know, don't know anything about me, besides the fact that you find me physically attractive, and you Your, your wife practically ran into a wall because you weren't paying attention to her looking at someone just because I'm younger, you know, and, and I, it bugs me a bit. Don't get me wrong, I get that we all appreciate beauty, various form, but it bugs me a bit. The thought that you could ignore the content, the substance the longevity of the beauty of your wife, just because something younger walks by, you know, and I would just never want that to be true. And I'm not an insecure woman. I'm the first woman to say to Matt Oh, my god, she's gorgeous. You know, look at her, you know, just so it's not that at all. It's just that it seems wrong to me on some level that and admittedly it could be a character issue for those particular kinds of men. You know, so then not saying that the whole swath has that experience. But I would hate to think that that was a reality for more than the men that I have to deal with. Sometimes, you know, I would just hate to think that that was the case because God knows I adore Matthew and I find him hotter every year that he gets older. And I'm much like you, I look at men differently now. And what I find about a man is not the same thing that I found when I was 25 years old. Yeah, you know, so it's a not because they're not beautiful,

because they are still very physically attractive men. But my scope is broader in terms of what what really looks good. I mean, I look at men and.... don't laugh audience.. but I look at some men sometimes, and they're really attractive. And I think to myself, his credit score is probably a 450. I am not a very materialistic woman, I don't need jewelry you know, like, I'm not even that type. But there's certain things... all the muscles aren't enough, you know, and I want to know, could we have an intelligent conversation? Could we, you know, would we really laugh together? Do you have any idea what's going on in international politics you know, the stock market. I think about other things now, too, so, you know, I just hope that it's not just the physical as people get older

Doug

Well, I won't deny that I think that there are men who are attracted to a kind of superficial quality, to just looks, just physicality, and often to younger physicality. That transference if you are with a younger woman, you are younger. I don't get that. When I was single, I had rules, amongst them was, you know, never date anybody that you can't have cultural reference with but I think that for those guys who are in that place, and I am not condemning them, I mean, that's, that's their thing.

But, it's a lot like a dog chasing, you know, an automobile, what's it gonna do if it catches it?

Alaven

Really

Doug

And I do know, someone, a former colleague of mine who would spend an inordinate amount of time talking about his relationship with vastly younger women. And I often wondered if that was the best part of it for him, the not quite locker room but pretty close to it boasting about his latest relationship with someone literally 25 years younger, half his age, and, frankly, when I looked at them together, it wasn't pretty, it wasn't something where I felt, wow, Lucky guy.

Quite to the contrary I thought boy, there's something wrong on both sides of that equation. You know, maybe there are those kinds of relationships that are healthy, and I'm not knocking it if there are, but for the most part, when I see that I don't have a good feeling. I understand. You know, love is such an interesting thing. Aging is such an interesting thing, but substance, is the one thing that time does not change.

If we can learn to lean into the substance and not the superficial.

That's what our show is about, substance

Alvaen

and not superficial, right,

Doug

Next week, we're gonna bring some more, but we want to thank you, our listeners for keeping us in mind, listening so faithfully to the show. If you have some thoughts about the topic that

we ought to talk about, questions you want to send us you can write to Alvean at Alvean@lovelife.digital.

Alvaen

Or you can write to our own personal Sean Connery doug@lovelife.digital.

Doug

We want to thank Kamaria, our producer and Todd, our recording engineer and you our listeners. We will be back with you next week with another interesting topic. See you then