

# Celebrating 65: "The Age of Wisdom"

by Dede Lyons

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**W**ow it's hard to believe I am turning 65 years young this month! Sometimes I think its someone else's age since I'm feeling like I'm still in my thirties. It's a big milestone birthday and I'm going to honor it, own it and celebrate!

When many of my friends and I turned 64 last year, people quoted the famous lyrics (below) by the Beatles in their birthday greetings. This song, "When I'm Sixty-Four", is very familiar to us baby boomers and was written by Paul McCartney at age 16 in 1958, and later released in 1967 on their album *Sgt. Pepper's Lonely Hearts Club Band*.

"Will you still need me, will you still feed me when I'm sixty-four?"

When I first heard this catchy, upbeat tune I was 16 years old and thought that being 64 years old was very, very old, like my grandma. My paternal grandma, who we called Grandma Riley, was very wise, funny and loving and shared her many gifts with me; she truly showed me the way. I am very grateful to have received her unconditional and adoring love, guidance and wisdom.

Well, here I am forty-eight years later, a 64-year-old grandma and still feeling young at heart like I did in those Beatlemania years. Now when someone asks me my age I often reply, "64 years young."

However, those words "still need me" resonate with me in a new way. I've discovered over the past few years as I transitioned from my high demand corporate career to teaching and coaching how rewarding it is to feel valued, needed and appreciated for my life experience and wisdom.

I recently came across the "being valued in your elder years" theme in a newly released movie, "The Intern", with Robert DeNiro and Anne Hathaway. He plays a 70 year old retired widower who seizes the opportunity to enroll in an intern program for senior citizens at an online fashion site company; he subsequently reports to a high-strung 30-year-old Millennial female boss. The underlying message throughout the movie is that the younger generation can learn and grow from the wisdom, insights and experience of a senior baby boomer intern.

We all know the good feelings that arise when we are highly regarded and appreciated for our wisdom. It is even better when people openly receive and use our guidance, and then flourish with our knowledge. The icing on the cake is when we are validated and told that our enlightenment worked. I have been experiencing these rewards in my private coaching and Mother-Daughter Wisdom seminars and it's a wonderful feeling.

Passing on our maternal feminine wisdom and our "highest knowing" is our responsibility to the next generation. Paving the way, guiding and holding the torch for others to follow is a huge honor.

One of my favorite authors and spiritual teachers, Iyanla Vanzant, teaches that we are all clanswomen, and we are responsible to pass along and demonstrate feminine power for each of the age groups behind us. The clanswomen in their seventies look after the clanswomen in their sixties and the clanswomen in their fifties look after the forties clan, and so on.

She further states, "In ancient times, every tribe, clan, village and community honored and revered the wisdom of the grandmothers." The grandmothers would take younger women under their wings and teach them the secrets of stepping into their femininity to become powerful women.

I am feeling honored and grateful to be transitioning into the wisest and most rewarding years of my life... and I hope I get many opportunities to pass along my grandma's wisdom to my family, grandchildren, friends, clients and younger clanswomen.

Let's celebrate all our grandmas, the age of wisdom and staying young at heart!

As George Bernard Shaw states:

***"We don't stop playing because we grow old;  
we grow old because we stop playing."***

*If you would like more information on the Feel Good Express, please email Dede Lyons at [dede@feelgoodexpress.com](mailto:dede@feelgoodexpress.com) or visit her website at [feelgoodexpress.com](http://feelgoodexpress.com). You can also view her "Feel Good Tweet of the Day" on Twitter at [@dedefeelsgood](https://twitter.com/dedefeelsgood).*