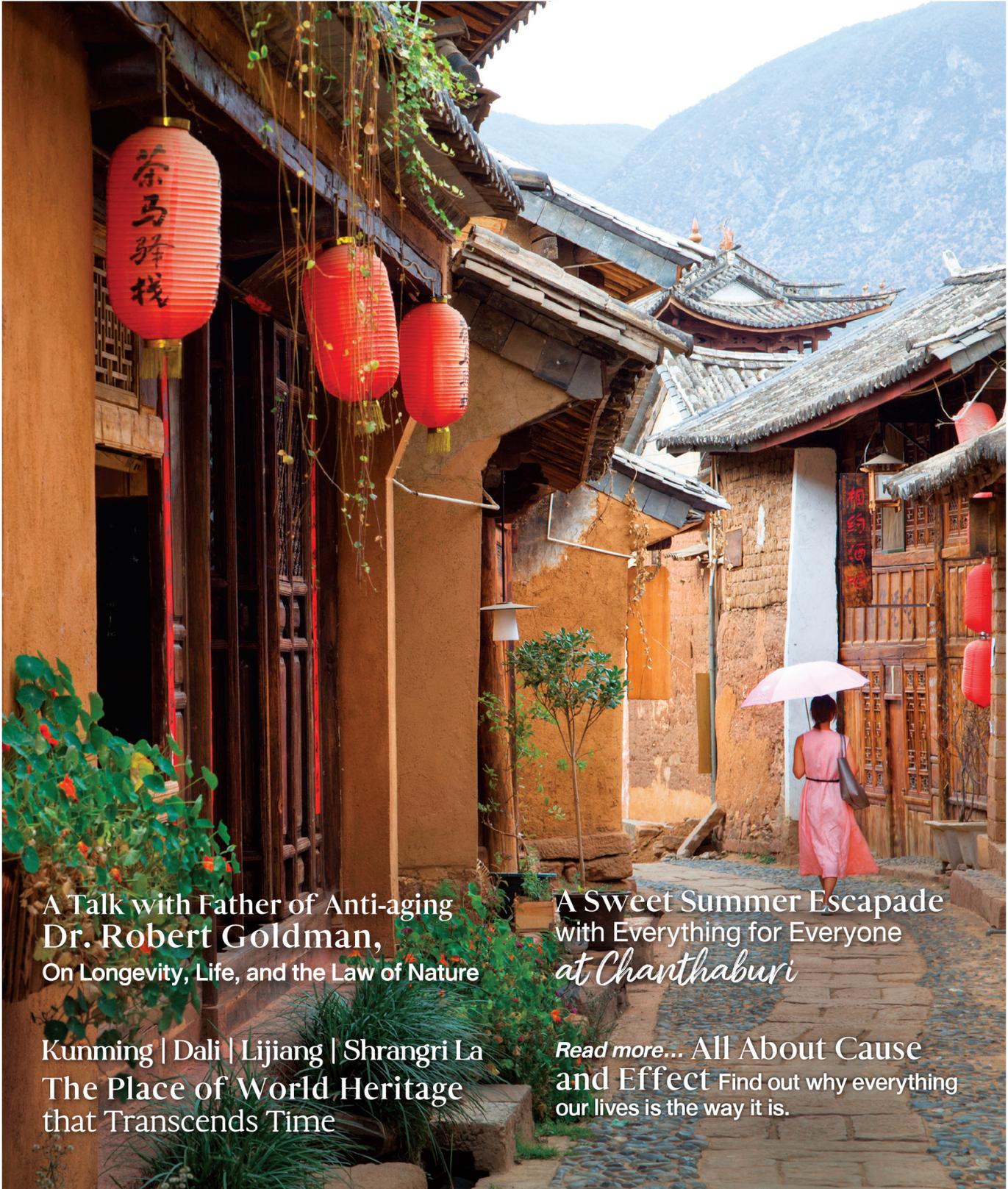


Modern Living with Modern Dhamma

# 5000s Magazine

CAUSE AND EFFECT ISSUE (MARCH-APRIL 2024)



A Talk with Father of Anti-aging  
**Dr. Robert Goldman,**  
On Longevity, Life, and the Law of Nature

Kunming | Dali | Lijiang | Shrangri La  
The Place of World Heritage  
that Transcends Time

A Sweet Summer Escapade  
with Everything for Everyone  
*at Chanthaburi*

*Read more...* All About Cause  
and Effect Find out why everything  
our lives is the way it is.

# the CAUSE & EFFECTS

MARCH - APRIL  
2024

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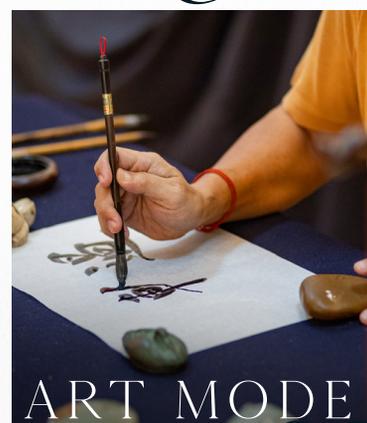
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# ดร. โรเบิร์ต โกลด์แมน

จากแพทย์ที่สู้เพื่อความปรารถนา  
สู่การยอมรับความไม่จีรัง

## The Father of Anti-aging Dr. Robert Goldman

On the Discovery of Vipassana Meditation  
and the Law of Impermanence

สัมภาษณ์ และ เรียบเรียง สำเร็จ ทองรอง, ธัญยธรรณ นาราตีเมททิพย์

ในโลกของวิทยาศาสตร์การแพทย์ “เวชศาสตร์ชะลอวัย Anti-Aging” นับเป็นศาสตร์หนึ่งในวงการที่ผู้เชี่ยวชาญต่างหาวิธีเพื่อความปรารถนา ด้านความเสื่อมและกฎแห่งเวลา หนึ่งในผู้เชี่ยวชาญลำดับต้นก็คือ ดร.โรเบิร์ต โกลด์แมน (Dr. Robert Goldman) ผู้ร่วมก่อตั้ง The American Academy of Anti-Aging Medicine (A4M) ตั้งแต่เมื่อปี ค.ศ. 1992 แต่แล้ววันหนึ่งเมื่อเพื่อนรักชักชวนให้มาปฏิบัติธรรมที่ประเทศไทย นั่นอาจเป็นการพลิกชีวิตของดร.โรเบิร์ต จากผู้ที่เห็นพระพุทธรูปเป็นเพียงแค่งานศิลปะ ก้าวข้ามมาสู่ผู้มีความสนใจในคำสอนพระพุทธรูปเจ้าและการปฏิบัติธรรม และต้องการเผยแพร่ธรรมะของพระพุทธรูปไปยังชาวตะวันตกให้มากขึ้น จุดพลิกบนเส้นทางชีวิตของดร.โรเบิร์ต โกลด์แมน คืออะไร มาหาคำตอบไปพร้อมกัน

From the fabled fountain of youth in ancient Greek mythology and the blood of virgins in medieval Europe to stem cell therapy and cryonic preservation in the modern world, the quest for immortality has been part of civilization for as long as humans came to existence.

Over the last few decades, scientists have made several groundbreaking discoveries, particularly in medical sciences, raising hopes about the possibility of living forever or at least celebrating the 100th birthday with the face of a healthy 30-year-old. And we cannot dismiss them as nonsense. Since 1900, human life expectancy has more than doubled with numerous studies confirming that our genetic makeup, allows us to live up to 120 years and beyond with the help of sciences.

...To be continue Page 96

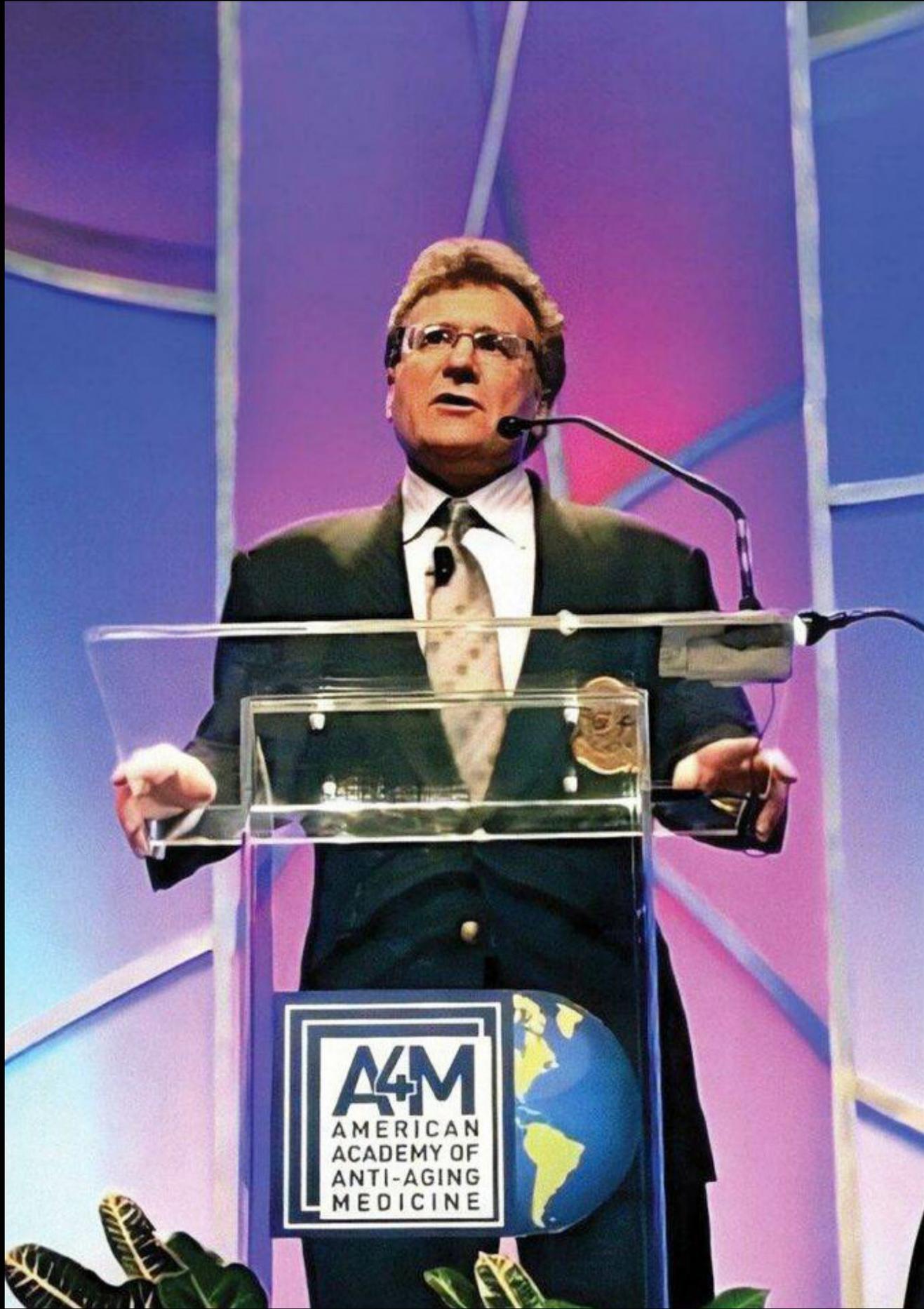


Image: FB, DrRobertGoldmanMD

“

This was the hardest, most challenging experiences ever because it was internal...staying focused, trying and concentrating ”



DR. ROBERT GOLDMAN MD, DO, PHD  
CO-FOUNDER & CHAIRMAN WORLD ACADEMY  
OF ANTI-AGING MEDICINE

Among the leading proponents is Dr. Robert Goldman, a physician, co-founder and Chairman of the Board of the American Academy of Anti-Aging Medicine and Chairman of the World Anti-Aging Academy of Medicine. Nicknamed the 'Father of Anti-aging', Dr. Goldman's final legacy goal is to find a cure to the 'disease of aging'. For over four decades, he has dedicated his life to help people achieve optimal healthspan and well-being through exercise, nutrition, and regenerative medicine.

A few years ago, a friend of his suggested he practice Vipassana meditation, saying it would help him gain a new perspective on life and longevity. After several attempts, he reluctantly agreed and enrolled to the Techo Vipassana retreat in Saraburi province. The retreat was founded by Vipassana Meditation Master Acharavadee Wongsakon, Founder and President of Knowing Buddha Organization (KBO).

After seven days of grueling meditation for almost ten hours everyday in absolute silence, the medical expert and martial artist with over 20 world strength records including Guinness Book of World Records admitted that the retreat was much tougher than the military camp.

But the most transformative change, he says, is his view about life and the essence of being humans; that longevity and healthspan, while paramount in achieving good quality of life, are not the ultimate life goal. It is the understanding and acceptance of the law of nature that holds the key to true happiness.

From a man who views a Buddha image as an exquisite piece of Oriental art, Dr. Goldman is now planning to help promote the Buddha's teachings in the West.

**Can you tell us more about your childhood growing up in New York?**

I grew up in a very poor and dangerous part of

New York City but everyone was poor so you didn't even know you were poor. The family unit was very important and you will be happy just as long as you had food and roof over your head. But we all viewed education as the key way to escape poverty so school was very important to us. I was also very close to my brothers and we were all New York City Champion Wrestlers. But I went the furthest in sports and broke my first world strength record at age 14.

**How did your family influence your views and who you are today?**

Both my parents were very hardworking, honest people and my dad came from a strict military background so discipline was key and hard work was taught from a very young age. Sports were always a big part of our lives.

Originally, martial arts and sports were just to survive growing up in such a dangerous environment. But over time, it was the goal-seeking behavior. The discipline and teaching others took over as the passion.

**You're a huge fan of achievements and that your life has been dedicated to sports, martial arts, health, medicine, and teaching others to become healthier.**

I take great satisfaction in helping and teaching others. Passing knowledge and skills to others brings the most pride and satisfaction. I am many times asked how do you feel when someone breaks your world record. My answer is I'm happy about it. Records were made to be broken.

**As the person who has coined the term 'Anti-aging', what made you interested in this field?**

I created a lot of the technology around sports medicine so anti-aging was merely the next generation of sports medicine, peak performance at all ages. When we established A4M in 1992. We started with only 12 doctors as

the professions did not exist. Today, we have over 26,000 members from over 120 nations.

**After your experience in Vipassana meditation and better understanding of Buddhism, has your goal changed?**

I would still like to go for 100 years and beyond because then, I can teach and help many more people. But Karma will decide the time frame for me. It is beyond my power to change Karma. Still, I can modify the Karma through meditation practice.

I am also slowing down and spending far less time in standard works and more on my personal interests like meditation and my charitable activities.

In the past, my biggest success was creating the personal trainer and antiaging industries. But I do not consider any of failed projects or endeavors failures. Without failing a LOT, you can't move to legacy and true success. You learn your most from failure. But I never get cocky and overconfident about success. It can quickly turn to failure. You must always keep focus and discipline or you can take success and throw it into the jaws of failure.

I also had some great mentors like Ben & Joe Weider who created the sports of body building, Jack LaLanne, the fitness icon whose world records I broke, Arnold Schwarzenegger and many others and now Master Wongsakon, my Vipassana master.

**Speaking of meditation, why do you think the Vipassana meditation retreat is tougher than military training?**

I've done special forces training in the Middle East. I've done several trainings breaking many world records. This was the hardest, most challenging experiences ever because it was internal...the internal part is the hardest, staying focused, trying and concentrating without having your mind wander. Westerners are used to thinking and multitasking a lot so it was very difficult.

**What was your expectation when you first joined the retreat?**

I had no expectation at all. I came because my friend suggested I try it. After my first course, I swore I would never do it again. But as time passed, I saw it as a calling. I'm getting much better at it but it's still challenging.

Now meditation has become a part of my life. I know I have a very long way to go but I'm sticking with it mostly because I have such a great teacher and I've seen meditation has improved him as a person in a huge way.



**How do you manage your hectic schedule to have time for regular meditation?**

I usually do my meditation at night to calm myself and end my day. I know it is preferred to be done in the AM but I mostly do it in the evening at the end of my workday. Before the first retreat, I had no meditation experience at all. I only appreciated Buddhism for the beautiful art and I collect rare antiques obtained from holy places like Shwedagon Pagoda in Myanmar. I have visited the place 50 times in the 1900s when it was a very dangerous place to visit.

**We've heard that Vipassana meditation has recently given you an answer on the passion for those antiques and Myanmar.**

I've come to realized during the meditation on why I have strong interest in the pagoda, bibles, weapons, swords, metal helmets, and fossils. Everytime I went to Myanmar, I would visit the Pagoda. I didn't know why I really enjoyed looking at it until I started practicing Vipassana meditation. The reason was because I was one of the architects for the pagoda. It has been very enlightening and helped me understand my passions.

**Any other experiences that made you believe there's deeper layer of mind-body connection?**

There was this small wooden Burmese Buddha statue. How I received it was just amazing. I didn't purchase the statue, but somehow in the 1990s, this statue found its way into one of the containers with other art pieces imported from there. The statue was always one of my favorite pieces out of tens of thousands I have collected over the years and I knew of its great value. I wanted to give the statue to my friend, but he suggested I give it to my Vipassana master as it would be more useful. I didn't hesitate at all to give it to her when she asked me to ship the statue to Thailand immediately. The story behind the statue that there were millions of trapped spirits of soldiers waiting to be released was a shock. The incident has played a strong role in my new goal to help globalize Vipassana meditation.

I've also discovered why I'm passionate about martial arts so much. I was a Roman soldier and gladiator. It was hard to believe that I was a brutal killer both inside and outside the colosseum because I couldn't imagine myself killing any living being. I'm a doctor and my goal is to help people.

**What's your thoughts on religious beliefs and phenomenon like this in relation to your anti-aging work?**

I consider myself a spiritual, not a religious person. I am also a bit less afraid of death but I have so many important things to do. So I hope I get the time to do them. My life goals are to continue to create new industries to help others and continue to better myself.

**Any advice to those interested in meditation retreat?**

Prepare for the most challenging and most difficult task of your life, but also one of the most rewarding. Go in with no expectation but do try to practice before going. ■



SAMUEL KWOK

# MARTIAL ARTS

is the Art of fighting with Enemy

คือศิลปะการต่อสู้กับศัตรูภายนอก

Image: kwokwingchun.com, men.wikifeet.com,



ERNIE REYES SR.



DR.ROBERT GOLDMAN

“  
การปฏิบัติธรรม  
คือ การต่อสู้กับศัตรูที่ภายใน”



**VIPASSANA MEDITATION**  
is the art of fighting with the enemy within

# INNER PEACE



# 武道



CYNTHIA ROTHROCK



SILVIO SIMAC