

Ageing: Reflections from the perspective of Daseinsanalysis

Marina Genova

The topic of this forum - *What does it mean to be a Daseinsanalyst?* - invites us to reflect upon our work which many times brings more questions than answers, particularly if one is searching for conclusive and full of certainty ones. Under the reference of Daseinsanalysis we come across several questions which we often dismember in many others, rather than answering them promptly as we are used to in the era of technology, in which efficiency and certainty have power upon doubts.

In Daseinsanalysis we carefully welcome and listen to the questions, give place to their unfoldings, shelter the not-knowing of the answers, the uncertainties, the insecurities, be it our patients' or our own, Daseinsanalysts. In the era of technology control plays a fundamental role, and more and more, having power upon our oldness bears an important status. In Brazil, for instance, this stage of life is often called 'the best age'.

The theme of ageing has been explored by the media opening several discussion channels about how to better live this phase, attenuating the weight and prejudice that often come with it. A copy of *Vida Simples* magazine¹, edited in Sao Paulo, has brought on its cover the following headline: '*AGE WELL: What to do today to get there well and, thus, enjoy the best of life*'.

The heading provoked many unfoldings and questions in me, as if the matter had to be unravelled so to be more clearly understood. What would it be to age well? What parameters would define this possibility? Who are we and how do we find ourselves when defining it? Additional questioning was caused by the subheading: '*What to do today*' - What does *do* mean here: get prepared, plan, plant, organise? When would this *today* be? From what point would this time for seeding start? '*to get there*'... When does '*there*' start? '*and thus enjoy*' - harvest the fruits planted earlier? How long should we wait to enjoy the fruits of life? In what stage would the fruits be ready to be enjoyed? '*the best of life*'Best compared to what? According to whom?

1 VIDA SIMPLES, São Paulo : Editora Abril , edição 137 nov 2013