

The Design Process for the Elderly is Progressing in Accordance with their Spiritual Needs

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The design process between problem and solution is overwhelming. The process naturally proceeds with the input and output of the artefact design process.

The design process — a daunting journey from problem to solution — is a natural one that can manifest in various ways. In this process, a realistic worldview plays a pivotal role, guiding the design toward a solution born of a clearly defined problem. As Hannah Arendt [1] suggests, a realistic worldview recognises the cycle of life, encompassing both impermanence and eternity. It is a worldview that engages our senses — seeing, hearing, touching, tasting, and smelling — and is a tool for conscious human problem-solving.

The design process can help the elderly find meaning in their lives. However, it is not straightforward due to the diverse needs, wishes, desires, and demands of the elderly. A philosophical view of the design process allows life to develop a world vision. Two art visions open by transforming realistic and inner life into new design solutions. Scientific knowledge and thinking in all forms give meaning to life and control its processes.

The input to the design process is described in terms of older people's wishes, desires, and requirements. Responsible and resilient designs are essential for all societies that aspire to peace and justice. Pahl and Beitz [2] describe the best-known design process. Designing for well-being requires an entirely different approach to problem definition and will yield great satisfaction among older people. However, social and cultural developments require innovative methods to engage older people in developing a culture centred on peace and justice.

A fresh perspective on older individuals leads to a redefined understanding of a life that contributes meaningfully to peaceful, joyful societies. This new understanding is based on the seven spiritual laws proposed by Deepak Chopra [3].

The elderly, with their unique and invaluable spiritual perspectives, play a crucial role in responding to global phenomena occurring here on Earth. Their divine unity, a source of life, offers a comforting guide for our daily existence, enriched by empathy and love, as we seek meaning and peace.

Giving and receiving are forms of energy transfer that provide a positive perspective on life without any expectation of personal favouritism. The energy vibrates at a specific frequency, which is the essence of a person's soul. It is crucial to be open in body and mind, as this open-mindedness facilitates connection and makes us feel included in a larger community. Given similar interests, older people can easily meet like-minded people. Shielding oneself from life lowers energy levels, negatively impacting one's ability to make a positive contribution to life.

The appeal of older people lies in their economic value and the life energy they possess. A conscious life lived in a way older people often do is what draws us to them. However, this appeal does diminish with age, leading to a decline in the life energy needed for a meaningful life. This decline, a natural part of ageing, is something we should all be empathetic and understanding towards. The key to achieving this balance lies in cultivating empathy and inner peace, which can inspire and bring hope to our lives.

Older adults are naturally inclined to weigh things, interests, and values against each other, with neutrality proving to be the safest option. Judgment requires taking a position that provides a sound balance of conscience. They understand that every cause has an effect, and these actions influence the judgment. This understanding should empower the elderly reader to make informed decisions. Choices are necessary to make decisions that give life meaning. Giving is good and makes receiving easier.

The life rhythm, a cyclical energy that older people should maintain through proper nutrition and lifestyle choices, is of utmost importance. It stems from the essence of life, connecting to our instinctual nature, where control functions automatically. Maintaining this life rhythm is not only crucial but also motivating, helping us commit to a fulfilling life.

A shift in lifestyle can significantly impact the well-being of older adults, affecting their energy levels and their ability to live a meaningful life. As people age, their available life energy often decreases, leading them to limit their activities and lifestyle choices.

While life rhythm can foster inner peace, it is essential to acknowledge that it also fluctuates with the seasons, causing energy levels to rise and fall. The elderly can cultivate happiness throughout the year, but the seasons' effects are particularly significant for them. Understanding these challenges is a step towards empathising with their experiences.

For example, winter often brings cold temperatures, short days, and longer nights, which can contribute to feelings of depression among older individuals. Natural light plays a crucial role in influencing their mood, highlighting its importance in maintaining overall well-being.

In summary, life rhythm is the power of cyclical energy that requires careful maintenance through a balanced diet and lifestyle. It originates from the essence of life and ties to the instinctual aspects of our existence, where control is largely automatic. Lifestyle changes directly affect older adults, influencing their available energy and overall well-being. Although life rhythm can provide inner peace, it is subject to seasonal variations, with winter posing particular challenges due to reduced light and warmth, which can affect mood and energy levels.

All efforts by elders bear fruit; regardless of intensity, they can achieve something sooner or later. Personal commitment is satisfying and makes a difference. Therefore, a commitment to peace can undoubtedly lead to a breakthrough in the long run. Peace can come from letting go of the pursuit of power. Love and empathy lead the way to peace; it only comes from a mutual surrender of gain. Effort rewards for achieving something based on honesty and trust in humanity. Nevertheless, the universe demands not only motivation but also love and empathy, and the results are inevitable.

The transmutation of energy in the elderly, a process that decreases with age, involves the conversion of their life energy into various activities and experiences. As they age, a certain amount of energy is naturally directed towards necessary daily activities. People's talents develop at an increasingly lower level due to limitations in the mind. However, all older adults are unique and contribute a human element to the universe. Their commitment to life, despite these limitations, gives them satisfaction and true fulfilment. It is essential to remember that older people can be completely drained nonverbally by others who focus solely on their everyday problems instead

of exploring the possibilities of the future. However, life has a future full of potential, embracing all possibilities for talent development and contributing to the universe.

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