

Natural Aging

by Machaelle Wright

Within a full life cycle, we experience six aging stages: birth to young child, adolescence, young adult, middle age, post-middle age, and elderly to death. Each stage has specific life lessons and experiences that are activated and expressed through our physical, emotional, mental and soul levels (pems levels). Perelandra's Natural Aging connects us to the developmental and maturation process we move through on our four pems levels for each of these stages. In this way we can embrace the learning opportunities and experiences each stage offers us. And when we move to the next stage, we have a solid, strong foundation upon which to build the new stage.

I wish I could give you specific age ranges for each of these stages but the only sure moments in the aging process that we can all agree on are birth and death. The other age ranges depend on the individual's timing and rhythm during their life process. We can use society's "conventional wisdom" to give us a general idea of each of the age ranges for the six stages. For example: birth to young child: birth to 12 — adolescence: 13 to 18 — young adult: 19 to 29 — middle age: 30 to 49 — post-middle age: 50 to 69 — elderly to death: 70 to death. Now, I'm sure we can all debate the numbers I've listed, but they give us a starting point and general range for each stage.

When personally defining these stages, it is important to step back from society's definition and allow for each person's individuality to complete that definition for himself. I'm sure many of us can point to a six-year-old and say, "That's an old child." And we can point to a few sixty-year-olds and say, "That person never left adolescence." Natural Aging helps us develop our full potential in each of these aging stages so that we can move through life in "age appropriate" ways. This does not mean that eighty-year-olds will suddenly stop skydiving and fifteen-year-olds will stop giving their parents grey hair. It means that if it is within the natural timing and pattern of an eighty-year-old to skydive, Natural Aging will support this on all his pems levels. "Age appropriate" is defined by the soul and Natural Aging assists in moving these impulses through the individual's pems levels so that each stage is fully experienced and creates a firm, strong foundation upon which the person can build the next stage.

A SPECIAL NOTE TO THOSE EXPERIENCING THE POST-MIDDLE AND THE ELDERLY-TO-DEATH AGING STAGES

Although Perelandra's Natural Aging is helpful for all stages, it is especially important in these two later stages. Natural Aging will not prolong your life because it is not intended to override your soul patterns and rhythms. However, it does improve and deepen your understanding and quality of life and it helps you to see how you can remain connected to your family, friends, community, country and world in practical and rewarding ways. Our society tends to sideline those who are in their later aging stages. But this is unfortunate because it is the time when true wisdom can develop based on the totality of our life experiences and knowledge. After all, it takes seventy years for a person to develop seventy years of experience and understanding. In the first three stages, we simply do not have all the pieces that make up the sum total of experience and understanding in place that we have during our last two stages. In short, a person's life foundation at age seventy looks very different than the foundation he or she had at age thirty.

Natural Aging helps open the door for each stage's unique qualities, experiences and knowledge. This allows the person to both understand and express these important elements through each of the four pems levels, thus moving the individual and those he or she touches further along in their maturation and human potential process.

ONE OTHER POINT

Although our pems levels — physical, emotional, mental and soul — embraces the opportunities that come our way with each aging stage, Natural Aging does not address specific illnesses or disease that might appear during any of the stages. However, by assisting our pems levels to operate and develop fully in each of the aging stages, the four pems levels are more fully strengthened and stabilized. This results in fewer instances of pems-level breakdown during any of the six stages and we have fewer physical, emotional and mental problems to deal with as we move through life.

DOSAGE

10 drops, one time daily, last thing in the evening at bedtime. When taking more than one Perelandra Solution at bedtime, take all the other Solutions as directed first. Then wait *two minutes* before taking the Natural Aging. Do not dilute. Should the dropper come in contact with your mouth or any other surface, be sure to wash the dropper off before sticking it back in the bottle.

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