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MIDLIFE-CRISIS – WHAT IS IT?

BY CHRISTOPHER BENJAMIN

How could it be explained? Where does it come from? And what does it signify the person who is plagued with?

This phenomenon is very widespread in our society and starts latest in the mid or end forties of a person's life. But then ... is this person really tortured by it or is it more that he detests his life, his environment, his job, his family (?) and anything he is involved in and wishes to flee, to be far away from it and to start a new life? A new life he never talked about or ... that could also be ... which was in his mind for years and never important for him?

What does it mean and where does it come from? What is the reason for such a change in people's mind?

I remember that I often heard that the change of hormones in women's body at this time are a suggested reason why women quit their family, children and husband, their whole existence and start anew! Men do similar or others things, but it is always a radical change which follows!

I discovered I observed it also very often then when I was in contact with people who changed their food-diet: from cooked to uncooked food, avoiding red and white meat by replacing it with fish. This alone is enough to help people to feel that there is something wrong in their life! Renouncing in addition fish allows you an even better, stronger connection with your Higher Self, who is responsible for this crisis!

Therefore people who changed life-style and food habits will start their search already with the beginning, in the middle of their thirties.

The reason is quite simple explained:

Your horoscope enfolds the first 72 years of your life and the first 36 years are under the influence of your past life or lives! You relearn and you re-experience everything you know and possess as personal talents, thanks to your efforts in earlier incarnations. So these first 36 years of your life could be understood as the time of apprentice and mastering your talents, your physical body, and to become able to accomplish your life-mission in the next 36 years, the second part of your life!

This second part, the next 36 years are under the influence of this present life-time!

Do you remember ... it is also said in Astrology, that you need to know under which astrological sign you are born and which is the sign of your first house!

Why? Because the first sign signifies what qualities you have developed in your last life, in your last incarnation and the second one, the one in your first house, tells you on what qualities you have to work in this present life-time.

Under this new perspective you can now understand that the first 36 years, which are under the influence of your last life(s), are also embossed by your birth sign and why peoples behavior, interests and desires (could) change (earlier or later) when they enter this second part of their life! The birth-sign is not completely valid for the whole life-time!

A noteworthy aspect if you live a life according to your preview destiny or not is the fact that your soul will tell you, if you are in streamline with your life-mission, if you work on it ... or not. You are not able to avoid it! If you don't live your life, your soul suffers and this suffering you will feel earlier or later! And this is this symptom of Midlife-crisis!

CHRISTOPHER BENJAMIN – *MIDLIFE-CRISIS – WHAT IS IT?*

With the wrong life-style and diet it will take longer, with a life-style and diet which is closer at the ideal (read '*The Gospel of Peace according to St. John*' translated by Edmond Bordeaux Szekely) you receive the message earlier and changes or modifications in your life could be done much easier and less radical!

That's all behind this phenomena of midlife-crisis! Nothing else!

Now you have probably the important question: how can you avoid this crisis and how could you discover the deeper sense of your life, why you are here on earth!?!

If this is so, I can give you two keys, which will help you to lead a successful life according to your personal life-mission: study initiatic science and start to meditate. Start as soon as possible! I recommend the books from the Universal Brotherhood of Light (www.Encyclopedia-InitiaticScience.info) and the meditation techniques given by Paramahansa Yogananda! If you include a proper, pure diet and a well-balanced lifestyle you will avoid these inner turbulences because you act and react more and more consciously and unconsciously in your everyday life according to it.

That is the only reasonable possibility you have at disposal ... your inner guidance!

But now I would like to confront you with another question which should have come into your mind if you think of having your own children:

- What could you do for your future children, our future members of humanity that they don't need to go through this crisis?
- How could you help them to be as early as possible on the right track?
- Is there anything you can do – and your partner – to give the soul(s) who will incarnate thanks to you here on earth better conditions and opportunities to be him/herself?

Yes, indeed, there is something you can do for them! You and your partner!

As you know I am promoting *Prenatal Education* and *Spiritual Electroplating* as the two means to create *A NEW WORLD* with better conditions (www.GeheimnisFrau.info)! What are these two catchwords?

Prenatal Education is the personal preparation of future parents to discover and to live according to their true divine heritage. This involves studying the science of initiates, regular meditations and changing life-styles and food-habits so that you live according to the divine laws. This involves also trying to understand how the universe is constructed, maintained and governed. How these laws influence your life, your entire being and how you can live in harmony with them, so that this life becomes a blessing and a gift for you, your offspring and the entire world. *Prenatal Education* is the key to live a happy, fulfilled and satisfied life!

Prenatal Education changes your whole being, your way of thinking, your behavior, your desires, and all the cells of your body. With *Prenatal Education* you start to program them with your own, new code, with your chosen new information (experiences, knowledge, talents, etc.), with pictures you want to give further to your future child!

You know – because it is scientifically proven – that every seven years your entire body becomes renewed. Every seven years you are different and newer than seven years before! Physically! Your body cells become constantly programmed through your daily life, your surrounding, your experiences, videos and movies you watch, the news etc. – with everything you are confronted. This happens automatically without being noticed!

And now?

CHRISTOPHER BENJAMIN – *MIDLIFE-CRISIS – WHAT IS IT?*

You become conscious of this fact and you start working programming yourself! You chose your imprints! You chose the imprints you want to hand over to your future child ... and you try to free it from the karma heritage of your family-line as much as possible!

This is in short explanation of *Prenatal Education*. [A more clear and more profound explanation you can find in the book *Life, Health & Peace* under Chapter II – *Introduction*, Chapter X – *Prenatal Education* and also in the video from Bradley Boatman Production: *A Gift for the Unborn Children*]

Spiritual Electroplating is something else. This is the work which begins when the baby is already in the womb of the mother and the soul is conceived. It is the mother's job to accumulate the right materials to build up the physical and spiritual bodies. The Universal Brotherhood of Light gives a short description about this work a mother should accomplish during this so important time:

A mother who is expecting a baby must become aware of the powers she has to influence this child well before it is born. It is not enough to love this child before it is born, the mother must learn how to use the powers of love. So, by thinking of her child the mother is able to project her love to the sublime regions to gather elements the child will need later on and to infuse the child with these elements, elements which will work on it to make it into an exceptional being. How could a mother think she can give her child everything it needs solely with her own resources, without fetching them from elsewhere, from higher up, on the spiritual plane? So, now and again, a few minutes several times a day she should stand before God, through thought and prayer and say to Him: *'Lord, I want this child you are giving me to be Your servant. But to achieve this I need other elements, which are only found near You. Please give them to me.'* You will say it is not easy to stand before God. Of course not, but it is merely a figure of speech. Simply by thinking of beauty, of light, of eternity, the mother will attract higher subtle elements and will project them on to her child.

[More explanations you can find in the book *Life, Health & Peace* under Chapter II – *Introduction*, Chapter XI – *Spiritual Electroplating*, in the *Edition Scientific Scriptures* and the books presented in the *Appendix!*]

And now you will understand that it is indeed up to you, up to everyone who becomes mother or father to influence the destiny of this planet positively!

Otherwise the chain of suffering, wars and evil will never become cut and a new era of peace, harmony and divine justice could never begin so that love and beauty will reign!!!

Prenatal Education and *Spiritual Electroplating* are therefore the two means to create a new society, a new man, a new future for this so tormented planet. If our youth, our becoming parents, you will understand and accept this age-old knowledge and integrate it in your daily life, you become a living blessing, a living sun for the whole world and ... a beauty you can't imagine now! And ... you will never become confronted with this soul-cry called midlife-crisis,

because you are already a **“WORKER FOR ‘HEAVEN ON EARTH!’”**