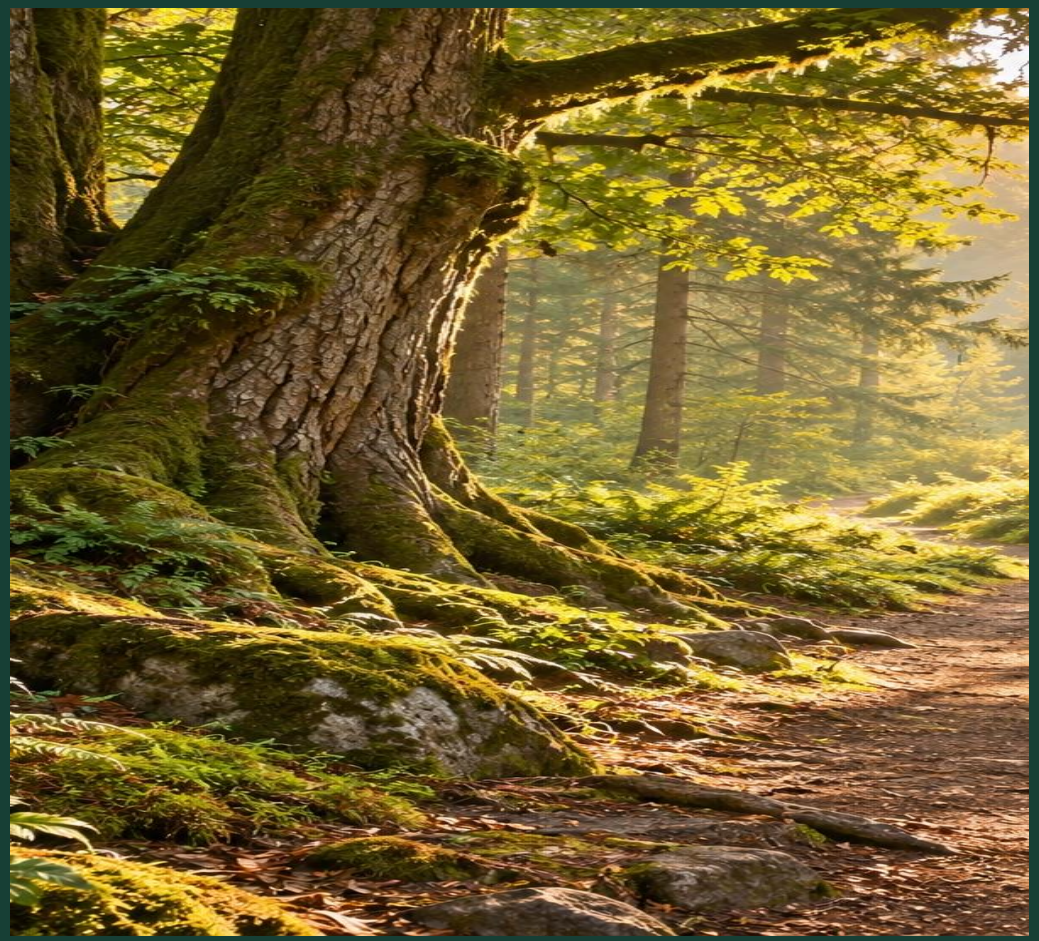
The Possible Human Spirit

Day 2
The Person We Are Becoming



"Sometimes the life in us is strengthened by discovering others need us."

"Sometimes the life in us is strengthened by discovering someone loves us just as we are."

Rachel Naomi Remen

The Possible Human Spirit Classes

Day-1: Exploring the Human Spirit

Day-2: The Person We Are Becoming

Day-3: The Human Spirit Model



The Possible Human Spirit
Day-2: The Person We Are Becoming

Part 1:
Quick Review of Day 1 Exploring the Human Spirit



Day 1 Review Questions

Q1: What thought, question, or moment from Class 1 has stayed with you?

Q2: Did a different perspective challenge or expand your understanding of the human spirit?

Q3: Since our last class, where have you noticed the human spirit in yourself or someone else?

The Possible Human Spirit
Day 2: The Person We Are Becoming

Part 2:
Carl Jung's Thoughts on the Morning and Evening of Life





Carl Gustav Jung (1875–1961)

- Swiss psychiatrist and founder of analytical psychology.
- He called the lifelong process of becoming more fully ourselves ... “individuation” ... A transformation from the morning to the afternoon of life.
- His Stages of Life perspective moves from childhood and youth toward the changing tasks of midlife and onto old age.



From Jung's book,
The Structure and Dynamics of the Psyche

"Thoroughly unprepared, we take the step into the afternoon of life. Worse still, we take this step with the false presupposition that our truths and our ideals will serve us as hitherto."

"But we cannot live the afternoon of life according to the program of life's morning, for what was great in the morning will be little at evening and what in the morning was true, at evening will have become a lie."

Our Truths and Our Ideals

Morning of Life **Evening of Life**



Our Truths and Our Ideals 1/3

	Morning of Life	Evening of Life
1.	Success: What I accomplish defines my worth.	Fulfillment: Who I have become matters more than what I've achieved.
2.	Money: Financial success provides security and happiness.	Meaning: Relationships, experiences, and inner peace become more valuable.
3.	Identity: I am defined by my career, responsibilities, and accomplishments.	Self-Discovery: I am discovering who I am beyond my roles and achievements.
4.	Control: I can shape my future through planning and determination.	Acceptance: I recognize that much of life is beyond my control.

Our Truths and Our Ideals 2/3

Morning of Life	Evening of Life
5. Relationships: I seek approval, belonging, and acceptance from others.	Authenticity: I value relationships where I can genuinely be myself.
6. Time: There is always tomorrow to pursue my dreams and ambitions.	Presence: Time becomes precious, and how I spend each day matters more.
7. Knowledge: I want answers and certainty about life.	Wisdom: I become more comfortable with questions, uncertainty, and mystery.
8. Purpose: I focus on building a life and establishing my place in the world.	Legacy: I consider what I can contribute, share, and leave behind.

Our Truths and Our Ideals 3/3

Morning of Life	Evening of Life
9. Happiness: Happiness comes from achieving what I want.	Contentment: Happiness increasingly comes from appreciating what I have and what I have experienced ... Gratitude.
10. Personal Growth: I strive to become successful in the "eyes" of the world.	Inner Growth: I seek understanding and to "express" my unique meaning/purpose in life.



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5-Minute Break

A couple of questions to ponder during Break

"What if growing older isn't about becoming less of who we once were ... ...

but about discovering more of who we truly are awakening/evolving to?"

"Does the Human Spirit evolve naturally as we age ...

... or does it evolve because how we respond to life's experiences?"

The Possible Human Spirit
Day 2: The Person We Are Becoming

Part 3:
Life Stages: Jung and the Four-Stage Framework



Life Stages: The Four-Stage Framework

"Four stages of life that we may experience during our lifetime. Each stage represents an evolving relationship with the self and the world around you, ever shifting from external achievements to inner peace and understanding beyond the physical."

Note: *There often is an overlap of stages. Not everyone experiences all four.*

1. The Athlete Stage ... Identity Through Physicality
2. The Warrior Stage ... Ego-Driven Identity
3. The Statement Stage ... Wisdom and Purpose
4. The Spirit Stage ... Transcendence and Self-Realization

1. The Athlete Stage - Identity Through Physicality (15-30)



a. This is the earliest stage, often associated with youth.
b. Individuals in this stage see themselves largely through their physical body, appearance, and abilities.
c. Vanity, physical strength, beauty, and external validation play significant roles.
d. This stage is often self-absorbed ... concerned with how one looks and how others perceive them.
e. Many people don't realize they are in this phase until they transition out of it.

***Example**: A young athlete or model who derives self-worth primarily from their body and physical achievements.*

2. The Warrior Stage - Ego-Driven Identity (20-40)



a. Here, the focus shifts from physical appearance to conquering challenges and achieving success.
b. People in this stage are driven, ambitious, and competitive.
c. They want to prove themselves, build careers, accumulate wealth, and establish their status.
d. The ego is dominant, and individuals are often caught up in materialistic and societal definitions of success.

***Example**: A corporate executive, entrepreneur, or artist working tirelessly to achieve their goal and to perhaps make a name for themselves.*

Note: Many people stay in this phase for decades, chasing goals and seeking external validation.

3. The Statesman Stage - Wisdom and Purpose (40-70)



a. At some point, the warrior's endless chase for success begins to feel unfulfilling.
b. Individuals shift their focus from what they can gain to what they can give.
c. They start mentoring, guiding, and contributing to something larger than themselves.
d. There's a growing need to find deeper meaning in life—whether through teaching, philanthropy, spirituality, or creative expression.
e. This is often where people experience a midlife awakening, realizing that achievements and possessions don't define them.

***Example**: A successful leader who transitions into mentoring, a writer who shares their wisdom, or a grandparent who prioritizes family and legacy.*

4. The Spirit Stage - Transcendence & Self-Realization (65+)



a. The final stage is about letting go—of ego, material concerns, and worldly attachments.
b. Individuals shift their focus to spirituality, self-acceptance, and inner peace.
c. They embrace the impermanence of life, surrender to the flow, and seek true enlightenment.
d. The wisdom gained from life's experiences allows them to see beyond the illusions of success and failure.
e. In Wayne Dyer's framing, this is the ultimate stage of personal growth, where one connects with something larger than oneself each day.

***Example**: A person who finds peace in a simple life, detached from past ambitions and fully embracing the present while being of service to others.*

Breakout Groups
Question to Ponder Discussion



"What fundamentally distinguishes stage 4 from the first 3 stages?"

Stage-1: The Athlete Stage ... Identity Through Physicality

Stage 2: The Warrior Stage ... Ego-Driven Identity

Stage 3: The Statement Stage ... Wisdom and Purpose

Stage 4: The Spirit Stage ... Transcendence and Self-Realization

Take 10 minutes of discussion and conclusion to the question

Ronnie's Answer to Final Question

1. Stages 1–3: Life centered on physical identity, emotions, and achievements.
2. Stage 4: Life guided by strong spiritual connection, awareness and purpose ... Sees the world through new eyes of understanding and compassion for "what is" with loving-kindness and no judgement.



   a. Freedom from Fear: Releasing the fear of death to live more fully.
   b. Shift in Identity: From a body with a Soul to a Soul in a body.
   c. Soul as Navigator: Guided by love, compassion, and service to others.
   d. Lasting Purpose: Finding inner peace and meaning through life's challenges.

In Essence: A transformation from "*achieving and acquiring*" to "*becoming and serving*".

Your Comments

The Possible Human Spirit
Day 2: The Person We Are Becoming



Part 4:
Day 2 Closing Take Away Question

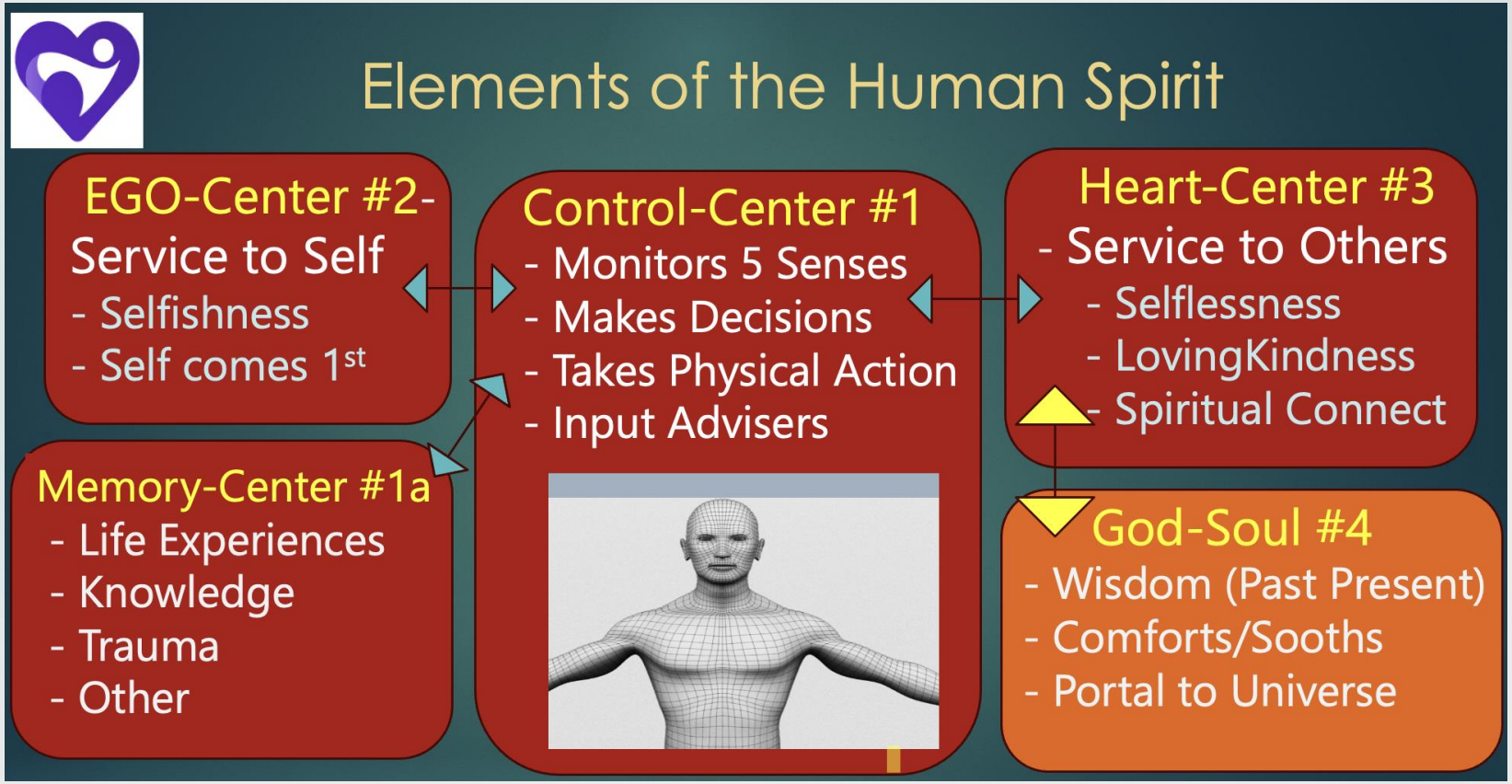
"What is one thing you heard during Day 2 that changed, challenged, or expanded your understanding of the human spirit?" ... or general comments

Up to 60 seconds for your thoughts

My take-away and a look ahead

Day 2 reflections

What we will cover on Day 3: The Human Spirit Model



The Possible Human Spirit
Day 2: The Person We Are Becoming

End of Day 2

The Person You Are Becoming

Thank you

