

Wholly unprepared people embark on the second half of life. Or are there perhaps colleges for forty-year-olds to prepare them for the coming life and its demands, like ordinary colleges introduce our young people to a knowledge of the world?

No, thoroughly unprepared, we take the step into the afternoon of life with the false assumptions that our truths and ideals will serve us as hitherto.

But we cannot live the afternoon of life according to the program of life's morning. For what in morning was true will at evening have become a lie.

C. G. Jung Vol. B: pg 399

Deep inside each organism is something that knows what that organism's true nature and life goal is. It is as though there is within each person an inner Center that knows what constitutes health. If our conscious personality becomes related to this inner Center, the whole person may begin to emerge, even though this may not bring either peace or social adaptation, but conflict and stress. The collision between the conscious personality, and its desire to conform with a minimum of pain to the collective demands and expectations of society, and the demands from the inner Center for wholeness may result in painful symptomatology as a necessary, inevitable prelude to a development toward health. The movement toward health may look more like a crucifixion than adaptation or peace of mind.

from Healing and Wholeness
by John Sanford