

QUANTUM MOMENTS

Reflections by Judy Steiert

“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 ideas 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, in the evening will have become a lie.” Carl Jung – quoted by Wayne Dyer in *The Shift Movie*

As I prepare to launch a new sage-ing® course which studies the Angeles Arrien book, *The Second Half of Life – Opening the Eight Gates of Wisdom*, I have had the most amazing input through choices made in reading, watching videos, attending conferences, listening to several masters and processing with friends.

The “I Can Do It” conference in Vancouver in March 2011 was one of those enlightening experiences that will always remain with me. Along with almost 3000 other participants, I was mesmerized by the presentations of authors from Hay House Publishing. Wayne Dyer was the keynote speaker opening the series of talks. To listen to his insights and overall growth over the past few years was worth the price of admission.

In his video, *The Shift*, Dyer speaks of quantum moments or peak experiences which change us forever. HR Moody in *The Five Stages of the Soul* calls them breakthrough experiences after the call, the search and the struggle and ultimate return after the breakthrough. James Birren in *Where to go from here* refers to them as turning points. I am sure there are many other references but these make my point.

Can we remember the event calling us to “the second half of life?” Was it our retirement from our regular work, a loss of a loved one, a change of residence, the children leaving home, an illness, a word, a relationship change, a book or a video? Maybe we haven’t entered the second half of life yet. How will we know? Dyer notes that the qualities in the quantum moment include it being vivid, a surprise, benevolent and enduring.

Arrien in the study we are going to do actually refers to a choice to be an elder when we stand before the Silver gate, the first in her eight thresholds. Are we ready to make that choice? There may also be a series of decisions leading to this ultimate shift. The subtitle of James Hollis’ book *Finding Meaning in The Second Half of Life-How to Finally, Really Grow Up* makes it sound like some of our behaviors should no longer serve us. Hollis, a Jungian analyst is referring to what was true in the morning, will in the evening become a lie.

The title of Wayne Dyer’s presentation was “Mastering the Art of Manifestation.” As part of his illustration, he referred to characteristics of the actualized person. These include 1) being independent of the opinion of others, 2) detached from outcome, 3) having no investment in control or domination and 4) the ability to see the unfolding of God in everyone they encounter. He shared a scenario posed by a professor for a midterm. “A self-actualized man arrives at a dinner party dressed very casually. Everyone else was in formal attire. What does he do?” After much writing and reflection, the students produced their solutions. Disappointed, the teacher revealed the answer in three words: “he wouldn’t notice.”

To conclude, Dyer cited a survey of change in values by men and women after a quantum moment. Men shifted **from** wealth accumulation, adventure, achievement, pleasure and to be respected **to** spirituality, personal peace, family, God’s will and honesty in that order. Women shifted **from** family, sense of independence, career, fitting in and attractiveness **to** my own personal growth, sense of self esteem, spirituality, happiness and forgiveness in that order.

Welcome to the second half of life. (jsteiert@shaw.ca)