

What We Lost:

Natural adults, and the world they inhabited

Howdie Mickoski

What We Lost: Natural adults and the world they inhabited
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*“The purpose of a writer is to keep civilization from destroying itself.”*¹ Albert Camus

1 Found at goodreads.com

NOTE

This book is written for everyone no matter where someone is on their life journey. This is different from my last books, *Exit* and *Empty the Cave*. This work does compliment *Exiting* work, by presenting the suggestion to first live life as “in tune” as possible to your core, and then to allow energy to be available for any next stages of the journey one might take.

This is not medical, psychological or therapeutic advice. In fact, I don't see there being any advice in this book at all. It is a conglomerate of my opinions of the ancient tribal world, and my personal experiences of life that show where my opinions originated. It is presented as a philosophical thinking tool for the reader.

I have taken a long while to write this book, in order to get my presentation as clear as I could make it (within time constraints of not taking ten years). I feel the book is self explanatory to do the main purpose of getting people to think, and ask themselves questions about the ancient vs modern worldviews.

DEDICATION

I want to put out a big thanks to my two editors LW and RG who helped make this work readable.

Thank the website archive.org where many of the bibliographic materials were found. This book would not have been possible without access to the works that exist on their terrific site. Please support continued access, especially for older books that can no longer be found in libraries.

Lastly the book is dedicated to those who read it, I hope there is something of value in it for you.

INTRODUCTION

*“My barn having burned to the ground, I can now see the moon.”*² Mizuta Masahide

This is a book about the transformative process of becoming a *natural adult*, and the ancient coming-of-age ceremonies that assisted with it. While I did point towards the subject in my previous books, specifically *Falling For Truth*, I realized more depth was required. As long as someone is still in the child or adolescent state (which is perhaps 90% of everyone over the age of 20) *Exiting the Cave/Matrix* is almost impossible. It is also the first step to living a sane physical life.

Actually a book like this should never be needed. Imagine me going into a Blackfoot or Aboriginal village 5,000 years ago to discuss what an adult is, or what femininity and masculinity are. The whole village would be laughing at me. It would be like me trying to show them a tree. It's obvious. Now we are in a world where someone has to actually show people a tree. Eventually you will learn the story of how humans went from a natural way of life to what we have to endure now. I will get there. But there is a process to this explanation.

So rare has this natural transformation become in the last few thousand years a label, “Awakened,” was created to explain this change in someone. What should be natural, because it began to happen so infrequently, got placed on a pedestal in spiritual wrappings. But it is not something special, or only for gurus from Asia. *Natural adults* should be everywhere we look, but they are not.

A bear or cheetah has a mechanism to take it from child to adult, so too do humans. However, this inner process has mostly been shut down by civilization itself, for reasons I will get to in this book. Ancient tribal communities developed specific coming-of-age ceremonies to create the conditions for the smooth transition to adulthood. This was assisted by the knowledge and wisdom of elders of that community. The process can occur on its own spontaneously, as happened to me at age 15 which I describe in chapter 6, but even when the doorway appears, most will just stay stuck in the adolescent state for the rest of their life.

Today most teens are swimming in the water alone. The New Age and Self-Help multi-billion dollar industry have tried to fill this void of clear steps to adulthood. The problem is that they repackaged this as a place where all your wishes are fulfilled, have instant manifestation, and are happy all the time. That is a fairy tale, but fairy tales sell.

This work of turning inwards to transform oneself is part of a process Richard Rose called *Getting Your House In Order*. Said another way, to become a functioning adult that can handle day-to-day reality so that you have space available to do some heavy thinking. That includes the creation of a calm mind and the transformation of one's traumas.

² https://en.wikipedia.org/wiki/Mizuta_Masahide

We have a good way to live in this reality. It is called Hunter-Gatherer (HG) tribal life. We lost it. And don't mean lost in that it was misplaced, I mean lost in the sense of being taken away. In this case by force by a group that wanted control of the planet, and they did it by destroying one natural tribal culture at a time.³ This began 12,000 years ago (in the standard historical narrative) thanks to a new invention, agriculture. However agriculture was not started by accident or necessity. There was a plan behind its formation. With agriculture came cities, which required government, police, and armies, which led to conquest, which led to ownership and economy, which needed religion, then science, technology, industry, and now Artificial Intelligence. There probably isn't a next step on that list in case you are wondering.

Have you asked why is everyone so focused on artificial robot intelligence? Why are they not focused on natural human intelligence? The potential for what a human can do and achieve is far greater than any AI machine, no matter what the scientists try to trick people into believing. It is just another way to cover over the great innate power at the human core. A stable harmonious community requires healthy adults, while modern civilization requires a world of "adolescent adults," with "child adults" in the key leadership roles. *Natural adults* do exist today, but they are not easy to locate as they often live very simple ordinary lives.

This understanding of how fast this reality can shift has been a driving force for me to write this book, for I know it could be one of the last written by a human. Over 50% of new content on the Internet in January 2026 seems AI created, and AI books are becoming more prevalent. Very soon a decree could come out to stipulate that humans are no longer considered smart enough to match the glorified machine god, thus only AI is allowed to create books and share information. So while I can, and especially on something so important as the power of a *natural adult*, I have to write.

Many today claim to be experts on the subject of adulthood. But on reading their recommendations, it becomes quickly seen that they are not themselves in the state that they claim to be an expert in. Not that I am claiming to be an expert either, but I am stating an important fact: We lost the experts. Or better said, colonialists killed them off in order to steal their land and resources. This book is not a step-by-step process about how to be a *natural adult*. It has been created to show you that something vital to the human make up has been lost. To get you to think about the subject, contemplate what a *natural adult* is, and see if you can find one. If so, spend time with them and soak in what they can mirror for you. It encourages you to look within and see where you have reached such a state, and where you have not.

Yes this book is about *Exiting the Cave*. While Emptiness is one of the final steps on that journey, becoming a *natural adult* is a helpful foundation, that makes the final steps easier to take. The more the in-the-dream thing is rooted in what it was designed to be, the safer it gets for awareness to go looking beyond the material reality.

This is a book of opinions wholly my own, based on my own experiences, realizations and visions. I have had help in my life from four different Native American medicine men, as well as a Korean monk, a Traditional Chinese Doctor, and a Qi Gong teacher. Perhaps what I write will be useful to people right now. Perhaps this book will be useful in forty years to survivors should technological civilization destroys itself. Maybe it will only be useful to you.

3 Those who overtook the Indigenous way of life and brought civilization I am calling "colonialists." There have been White, Asian, Black, Semitic, and even Native (such as the Aztecs) colonialists. Thus the word refers to a mindset that became common all over the world with the end result of cities and control mechanisms.

You can't just place these ideas of the ancient mindset into our current world, which is too distorted and inverted. A great "shaking" of this world would be needed, to remove technological civilization and allow the return to a fully natural way of living. Don't expect that to happen. Then again, who knows?

With that let us begin...

CHAPTER 1

NATURAL ADULTS

*“Then the day came when I swapped or sold the last of my livestock...now I no longer had any property to take care of, to tie me down. Now I could be what I wanted - a real Sioux, an Icke Wicasa, a common, wild, natural human being.”*⁴ John Lame Deer

Our modern world is missing *natural adults*, and we may have been missing them for thousands of years. We are surrounded by a majority of people who might have a specific biological age (such as 55) but generally they are still a fifteen-year-old who has gone on to live another forty years. This is revealed as soon as they get a bit of stress placed on them and their real emotional and spiritual age appears. In my life I can say that I have maybe come across perhaps five hundred fully *natural adults*, and perhaps another 2,500 partial ones. I have met some 20,000 people in my life, so that is not a terrific percentage.

Thankfully, most people over the biological age of twenty will embody selected adult traits. Some might be responsible at work, but don't keep themselves healthy. Some might give useful advice, but they are never on time. Some are selfless with some things, and selfish with others. But a complete fully functional adult, those are tough to come across. John Taylor Gatto remarked, *“We have become a nation of children, happy to surrender our judgments and our wills to political exhortations and commercial blandishments that would insult actual adults.”*⁵

Just because someone can pay the rent, make sure the kids and dog get fed, and make it to work on time, does not make them a *natural adult*. It does put them in the functioning adolescent state. Adolescence starts the step into responsibility (where mom no longer needs to wake you up for school, and you get to and from your basketball practice on your own). Adolescence is not easy. It is a time of testing boundaries, trying to fit in, finding out who you really are, and risk taking to see what is possible. The adolescent wants to find their own personal guiding principle for the rest of life. Instead what usually happens is an odd re-wrapping of childhood ideas, in a package of manipulation and bargaining. Bargaining is key to the adolescent mind, the idea that if I want “a,” then I need to behave as “b,” in order to get it. Adolescent actions are usually designed only to obtain the desired result, not for whether they enjoy the actions themselves. If the result is not guaranteed, the action does not happen.

When wondering “do I know any *natural adults*?” there are a number of words one can use as a baseline of inquiry. These include integrity, honesty, responsibility, courage, warmth, humility and mental clarity. Granted a *natural adult* may not be at 100% in all of those areas, but you could see how they embody those words in their character and demeanor. You would think this realization of not finding *natural adults* around would bother people, but in a world of

4 Lame Deer pg 49

5 Gatto *Weapons* p xx1

adolescents and children, adults would only spoil the party.

Western civilization is designed to make sure few go past the adolescent stage, because civilization depends on a lack of real adults. Too many adults could see the insanity of everything and refuse to let it continue. They would rapidly force civilization to become harmonious and natural, or they would end it quickly. The higher on the importance and power ladder someone is, the less likely you will find an emotionally balanced adult in that position. The system has set things up this way to foster corruption. Children naturally feel unsure and confused, constantly looking for an authority figure to tell them what to do. This world has set up governments to act like substitute parents to control a child-like population into servitude. Everything else is designed to keep the mental-adolescents focused on self-importance, fear of the next great threat, and the need to consume.

Kind-hearted people exist in this world. To find one you have to go searching for people who tend to go unnoticed. They likely don't have a 100,000 follower social media account, nor wear expensive designer clothes. They often live simple lives, because they have chosen a different focus from self-importance, riches, and finding others to exploit. You are more likely to find an actual adult as a bus driver, nurse, kids sports team coach, or farm worker.

Coming-of-age is supposed to mean a specific marker moment when an adolescent becomes an adult. While the basic principle of coming-of-age still exists today, these current teenage markers: a confirmation, sweet sixteen party, a driver's license, or even the strange hazing rituals of sports teams and university fraternities, are not the same thing as this ancient organized process. These modern markers are an event that the adolescent is told that by simply attending, they somehow instantly become an adult. They do not come with teaching from wise role model elders. Nor do these modern events demand a large amount of time away from the family (especially the parents). Nor are modern youth taught myths of the Origin of the world, the secrets of femininity and masculinity, and how their role as an adult has importance in not only creating a functioning healthy community, but also a functioning healthy natural world. It is supposed to be a clear threshold, that when crossed over, creates a true transformation.

In ancient tribal times, the community assisted in this transformation from being a girl or boy of their parents, to BECOME an adult of the entire community. I've capitalized "become" because that was the point. It was not to learn about being an adult, it was to become one. Often this teaching process is labelled by anthropologists as an initiation. I don't like using that word because it comes with many connections around secret societies. Thus I prefer the following terms: rite of passage, puberty teachings, or coming-of-age process.

Most ancient coming-of-age rituals ended with a feast or party, that occurred when the now transformed young man or woman returned to the village. It was a celebration for the entire community that another new adult had made it through the process. This end part is all we are left with today, the party, without the elements that actually create the adult. And the result of that loss is one of the key factors that has created the insane world we currently inhabit. This needs to be clearly understood as we go forward in this work. Humans are not the underlying problem, the systems and belief structures that have been put in place upon everyone are. All we are left with today is a society of sweet sixteens and fraternity keg parties. Paul Shepard summed it up well by stating,

"In such societies (without connection to nature or saneness), and I include ours, certain

*infantile qualities might work better: fear of separation, fantasies of omnipotence, oral preoccupation, tremors of helplessness, and bodily incompetence and dependence.”*⁶

While many modern experts acknowledge this lack of adults, they do not see it as a problem but as part of the path of human evolution. They claim that humans were at the child stage during HG tribal times (because they had no technology, nor believed in a modern religious figure such as Jesus or Buddha). Then along came civilization which the experts claim raised everyone up to adolescent stage (where we are now). But soon, thanks to wonderful AI, we will move into adulthood where we can lounge around the pool while robots do all our work for us. But these ideas are backwards.

Yes we are in adolescence as a species, but we are not evolving. We're devolving. We used to be in the adult stage during the so called “primate” days. Only when agriculture, civilization, conquest, and technology came along did that those who remained (who were not exterminated) dropped into adolescence to survive this insane reality. Recall that the adolescent can do many chores, but still needs mom and dad to look after them. That is where we are today, a group of people that can work basic tasks, but still demand that the government (acting as mommy and daddy) make all the important decisions for them. Soon thanks to AI, the human species (what will be left of it), will be children, totally dependent on a machine to do everything for them, including thinking.

*

*“Most people unlucky enough to be born within industrialized civilization will rarely, if ever, even have the opportunity to interact with a person who has made it to the fully-realized phase of self-development (an adult). Even fewer will have chance to experience this transformation for themselves. This is not a reflection of personal unworthiness or poor choices, but a result of the utter void of culture and deprivation of initiation...(as people live on as) a permanent psychic teenager, regardless of biological age.”*⁷ Anonymous

The concept that I am labelling a *natural human adult* is the end result of a process that is innate. It is hardwired into the human form, the same way a baby deer has an innate program to help it grow into an adult deer. If nothing gets in the way, it will happen on its own. In humans however, it is the mindset of civilization which turns off (or at least down) the innate

6 Shepard *Nature* pg 14

7 Anonymous. “The Stories”

switch. Since the process is hardwired into our inner code, it can call itself forth spontaneously. The older one is when it does, will determine how difficult the transition process will be. For the majority, the process has never started, or if it did, they stopped it very quickly.

The transition gets more challenging without a healthy childhood, harder still when that childhood is filled with abuse. Some adolescents are forced to grow up very fast due to weak, abusive or absent parents. I have great respect for how young people in difficult circumstances managed to tap into a personal energy and find a functioning state. But becoming a *natural adult* is more than just doing what you have to do to get through another day. A core aspect to this is the transformation of the traumas of our past. It is one of the most valuable uses of time and energy that anyone can focus on during their life. But that transformation is step one, and once completed, the inner switch to adulthood becomes more reachable.

While books on becoming an adult do exist, they normally are not presenting what they claim to be presenting. These tend to have a foundational idea of making a new group of workers who can fit into the civilized system, and experience less psychological stress while doing it. If you read any of these books carefully, they are actually presenting ways to stay in the adolescent state, and not stepping into one's personal authority.

Bildungsroman is a German term from the 1800s for the coming-of-age novel. These include famous works such as *Catcher in the Rye*, *A Portrait of the Artist as a Young Man*, and *To Kill a Mockingbird*. The most famous novel in this genre might be *The Razor's Edge*, where Larry Darrell makes the transition to an adult, unlike Benjamin Braddock in another famous novel *The Graduate* (who breaks out of his parents' world, but does not succeed in making it to an adult). One could even argue that the Grail Romances of the 12th and 13th centuries were early versions of this type of literature. This subject found its way into movies, especially during the turbulent 1960s-1980s such as: *The Graduate*, *American Graffiti*, *The Breakfast Club*, *Stand by Me*, and *Summer of 42*. I looked at several movies, hoping to find one that would be a good template to use as a foundation for this chapter. But I did not find one. Each had tiny parts of the whole, but none I found that was a good complete package about this process. So I have to continue in my normal writing style.

*

Defining Adults

I know the question you are asking is, how do I define a *natural adult*? While working on this chapter I looked at what other writers and researchers have said in order to see who could shed more light on this subject. Their definitions tended to be either overly simplistic, extremely complicated, or placed in a New Age spiritual package. Some tried to define adulthood in moralistic religious terms, while others compared it to Asian ideas of enlightenment. The most materialistic of the writers suggested an adult was one who knows what they want and goes and gets it. Some equated it with being married and having children, while others claimed it was remaining single and living a simple life. In other words, few really had a clue. I did notice that none of them did any examination of tribal HG cultures as a possible guide, only modern civilization. Few saw that civilization and adult do not fit together. It is obvious to me that if we want to understand what this term "adult" means, we have to go back to the source of natural knowledge, thousands of years ago.

The most easy trait to spot is kindness. An adult can sense challenges others are having and offer encouragement or help. They can empathize with the person. At the same time they have no need to create more discomfort in other beings' lives. This includes both people and natural creatures as Arthur Schopenhauer pointed out, "*Compassion for animals is intimately associated with goodness of character, and it may be confidently asserted that he who is cruel to animals cannot be a good man.*"⁸ Granted, many people in our modern world have learned how to fake niceness in order to draw someone in, and once in, drain that person's energy. Richard Rose described it as "using a smile to pull someone close so they could bite them." I see this more often than you may think. But you don't feel tired or distorted after spending time with people who are genuinely kind. Not that you need to be uplifted, just having a pleasant calm encounter with no underlying manipulation is a treat in our distorted world.

To me the word that most defines a *natural adult* is "integrity," normally defined as, "*the quality of being honest and having a consistent and uncompromising adherence to strong moral and ethical principles.*" There is a lot to unpack in that definition. The main element is that one with integrity is following a personal inner moral compass. It does not mean a "perfect" compass, nor classified as religious, but their inner compass is designed to go beyond what a corrupt world tells them how to think and act. They have found something deeper. But this does not mean just any inner guidance either. An adult inner moral compass is about finding ways to bring balance and harmony to the people and situations they are in. They not only behave in this type of ethical way when others are around to monitor them, they also continue this practice when they are alone. They have learned how to monitor themselves, and stay truthful to their principles, even when no one notices.

Part of integrity produces a person that others can trust. Such a person is not going to manipulate you, cheat you, or steal from you. If you give them your wallet to hold, you will get it back intact; if they watch your house, your plants get watered and everything will be fine.

Another element to integrity is honesty. This is a word that has become misunderstood over the last fifty years, even spawning distorted ideologies. Being honest does not mean someone is incapable of lying. Modern civilization requires lies in order to navigate it, because the systems are built on lies. Honesty means to be honest to yourself. A *natural adult* does not lie to themselves about who they are, what they feel, and what their life direction is.

The *natural adult* has learned when they should be brutally honest (usually with a close friend or spiritual companion) and to operate on a truth scale, based on the particular situation, with the rest of people. Try telling the truth of your conspiracy theory ideas to your friends in the knitting circle to see what sort of reaction total truth will get you. Around this subject some have asked me, "but if I am not honest all the time, then I feel like I am being an impostor." Actually you have been an impostor since the moment of your birth, playing a role that has been built on someone else's belief structures. The adult takes control of their inner world and creates their own landscape, then stays truthful with it. They then learn to navigate in a world where the majority are still adolescents (in manipulation and control mode), so brutal honesty is not going to get you far. However, should two *natural adults* meet up, then they are free to share the depth of themselves with each other.

The *natural adult* also has a strong sense of responsibility. But this is more than just an

inner clock that makes sure they get to an appointment on time. Adults have lessened the “me first” attitude. They want to do well, but not if that comes at the obvious expense of others. Thus the needs of the self are not the driving force for the majority of their actions, and they begin to focus on long-term thinking over short-term gratification. They lessen the need to manage themselves or contain themselves. That really is what the billion dollar business of Self-Help and therapy is all about, managing a complex inner world, as opposed to owning it. And for a while managing is a useful step, but the *natural adult* will go past management of a problem to find their own inner power and remove the foundation of that problem. The goal is to learn how to live their inner clarity.⁹

*

Adults are educated, not in the modern school sense, but in life. They have learned from their experiences, and make clear decisions going forward. They have boundaries, for themselves, their family and community. They work to solve disputes rationally and calmly, but they will defend their boundaries when called upon. And while an adult will value friendships, spouses, and family, they also don't need any of them. They are as comfortable living a simple life alone as they are with people.

What this means is that the *natural adult* will act for the sake of acting. While there is a preferred outcome, it is not as essential as the current action being taken. While in adolescent-bargaining mode, no action will be taken if the risk is too high. You don't ask out the girl you really like if you think you will be rejected: you don't change a career you hate because you might not find any new employment. The *natural adult* is less focused on the end result, but how they feel about themselves in the moment. If they no longer like their career, they end it. Maybe they will find something better, but maybe not. They will ask out the person they like, and if they say no, it won't impact their life.

They are connected with their inner core. They have located something deeper and more personal than who and what they had been told they were. They dropped most of their old beliefs and persona, and replaced it with a new adult persona that they feel is honest and suits who they are. An adult would rather suffer from an honest inner choice, than to gain pleasure from lies, manipulation, and dishonesty.

This does not mean that such a person is perfect, always happy, or even that much fun to be around. They are human. They have emotions, they have likes, and specific things they focus on. It is just they do so from a place of following their own inner compass, and less from the forces without (be they other people, or society at large).

We should be surrounded by *natural adults*. It is what the Hero's Journey is about, one of the most presented styles of mythology over the last 12,000 years (even the plots of famous movies like *Star Wars*). It is the journey everyone should be taking in life. You don't learn to trust “the force,” you learn to trust yourself. In many ways much of what can be called spiritual seeking, the New Age Movement, even Self-Help literature, exists because of this pressing need to reach a stage (natural adulthood) that no one seems to be reaching, and walking a Hero's Journey that no one is taking.

*

⁹ See amarastrand.com for more information in this area of going past management of one's inner world

The Museum of Your Childhood

Too many writers on this subject have given the impression that for this transition to happen you have to kill your childhood. That is an incorrect metaphor. There is nothing wrong with the child or adolescent states, it is just they were meant to exist at a particular historical time of your life. That was a time prior to the adult state. Even though the force of death is involved in the transition, I prefer to see that you don't try to "eliminate" your past, you place it in a museum, the *Museum of Your Childhood*.

I created that term as it describes what has to be done to move to an adult state of living. Childhood has to be seen as an historical period that is no longer relevant. It existed, had its purpose, but does not get erased or denied. It gets put in glass cases and interesting displays that you have free tickets to for the rest of your life. Maybe you never visit, maybe once a year, maybe once a week. You can even take someone else on a guided tour if you feel like it. That is up to you. Imagine making a museum of your childhood and adolescence. Would there be a display of your former teachers, of old girl or boyfriends, maybe a famous football game you played in, or the terrible embarrassment that happened one day? Would your favourite childhood toy be there, your first kiss, that injury that put you in the hospital for a week? Find a place for it all, and then you can walk through it anytime you want, but it is all there.

Without doing something like this, people keep dragging their childhood with them, and they constantly wear it like a shirt full of holes they never let go of. Place it in the *Museum of Your Childhood* and move on. This is not something symbolic. Really plan this out, even making diagrams or 3-D images of your museum space so that it helps to indicate that you are no longer that person any more. You are something else now.

I can describe it this way. Because of writing these books and talking with people, I sometimes will tell stories of my past. However when there is no direct need to use one of these as an example for someone else, they never come to mind. The past is the past, its back there. It didn't go away, but it's not really "here" either. Accessible when required, it is just that it is rarely required. Notice how often people you know want to keep telling stories of what happened 10 years ago, 25 years ago. And they may tell that same story to you many times. See what is going on, by keeping the past alive, so too is the adolescent state at the core being kept alive. But don't destroy it, place it in a museum. Then move on.

*

The Force of Death

That brings me to a key area that I have yet to cover around the adult transition. That is gaining a connection, even friendship, with death. To an adolescent, death is something that never relates to them personally, for them it seems one hundred years in the future. One of the first shakings of the adolescent self is when death becomes personal in some way. It could be a brother dying, or the death of a teacher they liked at school. In my case, it was the sudden death of a hockey coach when I was 12. By the time I was 20 I also had a well-liked player on my junior hockey team die in a motorcycle accident, and a football player friend in university commit suicide. Events like this begin to shake the adolescent idea that death is a long way in the future, and starts to let us know that it can be in our lives at any moment. Thus a person stops waiting to live. But this is different living than adolescence, which is more of a "how much can I party" mentality, to a "what do I really want to be doing now, that may or may not, impact a future life." How much fun something is in the moment becomes less important than

what that action might be building.

The most important aspect of this force in relation to transition to the adult state, is the recognition that the child and adolescent states have to be removed. They must symbolically die. What is being removed is the self that was built out of a combination of the belief structures of the parents, what I called the egoic parasitic mind in *Falling For Truth*. If the parasitic mind is relieved of its control, the process of becoming of a *natural human adult* will start to occur. The dropping of this mind can also open the door to the realization of Emptiness and *Exiting the Cave*, and while similar in structure, the adult pathway is about redefining the relationship between the ego, mind and self, while Emptiness arises from the dissolving of the ego, mind and self. But, one step at a time.

To reach *natural adulthood*, the process of death has to be used on the links to the parents. Your parents of course go on living in the world. It is not about their physical forms, it is about the mental structures they have implanted in your mind. As long as you still believe what they told you, or that you have to please them, then they still control your life. You would be surprised how many people took a career or married a particular person because they thought it would make their parents happy.

Most people spend their whole life trying to please their parents, even after the parents are dead. You don't need to heal your relationship to your parents, or even forgive them. Stop being their child and become your own boss. Your parents were likely not *natural adults* themselves (or they would have guided you through this process, and a book like this would not be needed). What that means is that adolescent parents tend to pass the adolescent condition on to their children. If you don't break that chain to become a *natural adult* yourself, and you have children, you will likely pass the same affliction on to them.

Are you really living your own life? I don't mean are you happy and fulfilled, but do you see your life is coming from your own inner direction? How much of what you do and why you do it is because of a voice of mommy and daddy still in your head? And you can include other relatives, school teachers, and authority figures in that mix. If they are running your inner world, then you definitely are not. It is not an easy transition, even with good caring parents. Yet so many are coming from difficult childhood conditions, that adds another layer of difficulty to the work. But no matter one's childhood, everyone has the inner tools to make the transition, because it is all inside of us. However, the complete process of *getting your house in order* to become a *natural adult* can take years or even a decade in some cases. But it is worth it. That is when a life you can finally call your "own" begins. Adults control their own life, not their parents.

To take a step to adulthood, not only do you have to leave your parents' house (that includes the basement), but more importantly, you also have to leave their view of the world. Or said another way, you are going to have to review the view of the world that they gave you, and decide for yourself what of it you want to keep, and what of it you want to throw away.

Destroying this parental mindset does not mean to stop seeing or talking to your parents. This is about the examination of your inner world. You have to step into this process and begin to transform to a new adult self, then see if this new you can restart a new "adult" relationship with them. Sometimes the hardest part of this process is the aftermath, to reconnect in a completely new healthy way with your parents. And they may not be interested in that. Parents may not like that you no longer have a program running of "do whatever makes mommy and daddy happy," and may try to force you to change back to being under their

control. This is a great test, to stay rooted in the new *natural adult self*, and if the parents want to join you as fellow adults on that journey, wonderful. If not, then you tried and you can go on to live your own life the way you want to.

This challenge is shown in the novel/movie *The Graduate*. At the beginning, Benjamin is wanting to break from his parents and the world they have set up for him. Benjamin can see no better time to begin than rejecting the party they are giving to congratulate him on finishing university and soon taking a job to be just like them. When Ben's mother asks him what is troubling him, he responds, "*The trouble is I'm trying to get out of this house.*" He does not mean away from the party, he means away from the scheduled life that is being pushed on him. Most adolescents at some point feel this urge one way or another, often called teenage rebellion, but then they are quickly "brought back in line" by the parents. Benjamin in the novel/movie, does not stop the process no matter how hard his parents try to force him. He does not take their jobs, runs around first with Mrs. Robinson then her daughter. He has no real idea what he is doing, just that it is not what his parents had planned for him. However this process is not going to end well for Benjamin, as I will get to.

*

Later in Life

The next chapter presents the way ancient tribal cultures understood the coming-of-age process and built an entire series of ceremonies for that to occur. But given that those ceremonies have been gone for hundreds, or even thousands of years, humans have been left to the whims of the biological clock, and how that affects a person when the timer goes off unexpectedly.

If this internal turning of the switch occurs when it is biologically scheduled (between the ages of 16-20), there will be some emotional challenge, but it can go somewhat smoothly because you have not yet brought a lot of baggage into your life. If the process begins at age 25, there may be a spouse in the mix, probably someone you chose to have your parents' approval. If the process begins at age 35, you may add to the mix children, a career you hate, and a mortgage that you may no longer want to be a part of. The longer it takes, the more explosive it can be because of all the "fallout" big transformations could have on the connected layers of your life. Because to move into the *natural adult* you, the you that you have been to that point (adolescent or child you) has to be let go of. Maybe the wife, kids, home, and job will make the transition. Maybe they won't. That is why so many shut the process down if it begins after 20, because they see how many elements of their life will be possibly affected if they continue. This is why they just burrow in where they are, because the possible effects seem scary. But that of course is the old mindset talking, wanting to keep itself continuing. Because this process is not just about moving out of your parents' basement and getting your own apartment. The main steps are mental, emotional, and spiritual. The more of your parents' ideas you keep manifesting as objects in your world, the thicker the wall will be that you have to burst through.

Part of the trigger that gets this started after the age of 20, is the inner feeling of not really living a life true to oneself. This is what the so-called Mid-life Crisis is all about. It happens to someone who has not come to terms with the real character within, then hits 40 and they wonder, what have they been doing the last 20 years? They get the sense they have

been living someone else's life. There becomes a need to examine one's true desires and intentions, and redesign a life that suits them. That is why so many 40-year-old men run back to what they liked doing at age 18, and begin acting like a teen all over again. It is not that they are really trying to be 18 again, but they sense that that was the time when a life decision was needed, and somehow they missed it. They incorrectly feel that if they just mentally and physically become 18 again, they can redesign the adult life they should have created then.

In women this crisis can hit when the kids have left home and they wonder "who am I now that I am no longer a mother?" Of course they may have created a dynamic where they are also a mother to a little-boy husband (as described in chapter 5). But going back to an 18-year-old state will not solve the root of the problem. You don't need to go backwards, but forwards, into a totally new adult self.

The longer it takes for the coming-of-age process to begin, the more of a change is going to be demanded from within. That is because the outer world that has been created, spawned itself from an adolescent or child-self that is no longer required. Little of our current constructed reality would fit the adult self we were meant to be. When the old adolescent mindset leaves, so too must anything that was only linked to it. Some areas of our life may be naturally a part of all states: child, adolescent and adult, but we have to find out which ones for ourselves. You have to walk ahead into something new. You may take some of the old things and friends with you, but just like when you move houses, before you box anything it needs to be looked at to decide "do I really want to take this, or should I give this away?" It's a personal process. But if it begins, even though challenging, it is best to let it finish and become "who" you were meant to be.

Take a look at Benjamin at the end of *The Graduate* where he jumped without a landing place. He broke Elaine out of her wedding, and they escaped away onto a bus. At first when the bus pulls away they are sitting in the back seat laughing. Slowly the smile wipes from their faces and they wonder "what have we done?" They did attempt to break away from their parents' world, but neither of them moved into a *natural adult* state. We saw Benjamin go through the breaking apart process, but there was no instruction, no role models, no preparation for a new life that would suit who he really is, or even if this girl Elaine really fits with that life.

So what are they going to do? Neither have jobs, or even a plan of what to do next. Are they going to slug it out in simplicity for a while hoping something works out, or will they cave and call mommy and daddy for help? If Benjamin had made the transition to *natural adulthood*, he would feel confident that he could figure things out. He would know his purpose at least, and the direction he was heading for the rest of his life. If the woman that was with him was also a *natural adult*, then almost surely they would figure out a pathway together, because at least they were starting with a foundation of clear seeing from their own inner being.¹⁰

*"The deficiency with most systems of 'working on yourself,' therapy, self help, and analysis is that they become tools with which to judge ourselves and at the same time tools to prop ourselves up by justifying the judging of others. Forget all that. Just be your Self. All just is."*¹¹ David Carse

The end result of all of this will not be happiness, riches, or being placed on a pedestal

10 If you want to read more about the challenge of breaking away from one's parental mindset, and the great challenge it is to root through all of the garbage that means, and work to re-stabilize oneself, you can read about the character Lisa's journey in Jed McKenna's *Spiritual Warfare*.

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by the world. In time it will create awareness and focus, and perhaps with more time even contentment and calmness. Without all the baggage, you now have a new possibility. A direction that seems “correct” for us.

Step one is to walk into the *natural adult state* that the physical form was meant to become. After that, the journey now becomes yours to walk, but that now clear-minded inner core will have a much better understanding of what that direction is, and will be able to hold the Intention to do so. That is when one’s life really begins.

*“To be sane in a world of madman, is in itself madness.”*¹² Jean Jacques Rousseau