

# Central Tasks of the Third Stage of Life



- **Spiritual Maturity, Self- and God-realization**
- **Deepening of Sadhana (Spiritual Practice)**
- **Simplicity**
- **Grieving, Letting Go, and Forgiveness**
- **Gratitude**
- **Generativity, Mentoring**
- **Clearing up Debts**
- **Determining Your Legacy**