

Choose Growth - The reality is that growth can be painful

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As a teenager, I had a mantra of sorts--*Life is hard and then you die*. Of course, I grew beyond this despondent and depressing outlook on life. However, there are still many times that I resist growth. It is difficult to have hope that I can be more patient, loving, forgiving and joyful. The reality is that growth can be painful, we must acknowledge the wounds, mistakes, and difficult memories of our past. The poet Rumi saw the clear relationship between our wounds and our awakening--our growth. He said, "Don't turn away. Keep your gaze on the bandaged place. That's where the light enters you." The reality is that not to grow is hard and to grow is hard. If it is going to be hard either way, doesn't it serve us to choose

growth?

We have regular opportunities through the relationships with our spouse, children, boss and co-workers, friends, and others to recognize our wounds and pains. Rather than thinking of them as triggers, learn to take a couple of breaths and view these as awakenings to something that needs our attention. If I feel frustrated and angry when my child spills their cereal, leaves the kitchen a mess, or forgets to fill up the car with gas, I can lose my temper and yell. If my spouse or friend says something that feels like criticism, I can respond defensively. Or I can take a step back and consider what is behind my reaction. Did I experience this as a child? Do I hold myself and others to such a high standard that mistakes are not allowed? Do I need some time to care for myself and my needs so that I can be more patient with others?

Choosing growth means that we need to give ourselves space and grace to move into the wounds of our past and allow healing to occur. Learning to see ourselves from God's point of view, acknowledging our intrinsic value and divinity, is an essential part of this journey. If you do not already have meditation practice, I encourage you to start one. There are many forms of meditation including walking in nature, journaling and using guided meditation. I have listed a few resources and past blogs below to support you in choosing growth.

Meditation:

insighttimer.com/tiger/guided-meditations/it-s-time-to-grow

Blogposts:

www.coachmyrna.org/blog/a-mindfulness-cup-of-tea

www.coachmyrna.org/blog/re-parenting-ourselves

To purchase my book on
Amazon: www.amazon.com/gp/product/B09L7KS5VH

*If you would like to know more about what I offer as a coach, please visit my
website: www.coachmyrna.org/*

*Find out more about creating better connections with Safe Conversations
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