


What is your affect on:

YOUR LIFE

YOUR FAMILY / COMMUNITY

THE WORLD



We may be the only species on the planet that doesn't acknowledge that growth is a part of everyday life. Trees grow, until they begin to die. Likewise flowers, grass, animals. If we forget, or resist growth, do we begin to die? One of the natural results of growing is affecting your environment. Whether it is that tree root pushing up the pavement after a few decades, or the happiness felt at seeing the first shoots of the lettuce that been planted, that goes on to nourish the body.

Personal growth is no different. Simply accepting yourself a little can affect your co-worker, who then is a little sweeter to the check-out girl at the grocery store, who then reads an extra story to her son, who sleeps better...on and on. You get it. This doesn't even touch on the energetic/spiritual implications of cleaning up your personal space, emanating love rather than worry or judgement. It's profound and real.

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How does your growth as a person affect:

your life,

your family,

your community,

the world,

evolution?