

## The Two Ways to Grow



Morning Reflections - There are two ways to grow, I have had to share with many friends in the last couple of days. The first is being broken open and experiencing the authenticity of unbecoming all that we are not (because the journey is never about becoming anything). The second is choosing to consciously shed. In this plane of impermanence when nothing lasts, consciously shedding means letting go of all that can no longer benefit us on the journey inwards. The blind samurai writes, "the falling leaf does not hate the wind." In essence, this is about unbecoming and more importantly of honouring the circumstances in our lives that act like the wind to a leaf that needs to fall. Conscious shedding of patterns requires deep introspection, nonjudgemental acceptance of what is, letting go of the illusions and the beliefs that prevent the onward journey and taking a

**Million Smiles**

Creating a million smiles with holistic education

<https://millionsmiles.in>

---

gentle step inward and deeper into who we are and not what we thought we need to become.