

We Bend, Not to Break – The Art of Embracing Necessary Growth



Looking back on my own life, I can quickly refer to the times I totally avoided something (or someone). Whatever the reason, if it was because I wasn't being true to myself or the situation, well, that is some of the strongest energy to have to work through.

It's as if there is an unseen but undeniably felt pulling from the ethers when you are not being authentic. The Universe itself shakes you up, but in reality, it is just rippling back to you what you've sent out into the world. It took me a long time to understand this infinite, cosmic dance and how to learn to work with it rather than against it.

The first thing I had to do was to stop being someone I wasn't. I had to let go of behaviors that were not filling my heart up. I used to be a "yes" person and literally did not know how to say "no" to people. This drew in those who were always in need in some shape or form, and while I was often thanked and praised for being "such a good friend", I often felt drained and empty inside, like there was nothing left to give myself at the end of the day.

When I started to listen to that inner voice (Spirit) and that energetic pull calling me to take better care of myself, my entire life changed. When I stopped denying the fact that I deserved MY help and attention as much as anyone else, and in fact, I should be helping myself *first*, well, then magical things started to occur in my life; if only because I finally cleaned out the space for them in my life. I made them welcome.

You see, we cannot give from an empty vessel. We must do for ourselves the utmost caregiving in all areas: mental, physical, spiritual and emotional. When we do this, we put ourselves in the space where we can have the most confidence we can be of service to others. We can rest assured we are living a balanced, harmonious life because we know we've personally given each of these areas of our lives the attention each deserves; not expecting others to fix things for us, but seeing those people in our lives are mere puzzle pieces in it.

An example of denial would be if you had words or conflict with a friend, co-worker, family member, etc. and then act as nothing has happened. I've had experiences with this a couple of times in my life. Once it was a simple misunderstanding, another time the person was just the type to pretend if you don't talk about things, they just go away. Accountability shows you truly care about others and own up to mistakes. It's how you earn respect in my opinion because it is a reflection of integrity.

This ties in with the expectations we put on others as well and can be very disrespectful to others, especially if something hurtful, rude, or a genuine misunderstanding did occur. If you act to ignore it, and then furthermore act like you are setting the tone and expect (once again) for the other person to cater to your emotions, well I don't need to elaborate how that will not help you grow personally or in your relationships.



Growth comes from not avoiding issues or so much trying not to have them, but rather knowing how to handle them when they occur. If you can be open and honest with yourself and with others, you will most likely be an effective communicator and grow quickly from your experiences.

Most of us, however, lol tend to repeat mistakes a few times just to make sure. I think it's the human way...I know I am one of the most stubborn people on this planet, so I always tend to *really* learn my lessons. Get them good and deeply ingrained in there so I can grow and expand. And while I have seen a million teachers in a million different faces, I can always say the girl in the mirror, who was so mean to me for so long, was perhaps my greatest teacher of all; for now, she is my very best friend. <3



Tamara Rant is a Co-Editor/Writer for CLN as well as a Licensed Reiki Master, heart-centered Graphic Designer and a progressive voice in social media activism & awareness. She is an avid lover of all things Quantum Physics and Spirituality. Connect with Tamara by visiting [Prana Paws/Healing Hearts Reiki](https://PranaPaws.com) or go to RantDesignMedia.com

Tamara posts new original articles to CLN every Saturday.

Follow Tamara on [Facebook](#), [Twitter](#) and [Google+](#)

This article was originally created and published by Conscious Life News and is published here under a Creative Commons license with attribution to [Tamara Rant](#) and [ConsciousLifeNews.com](#). It may be re-posted freely with proper attribution, author bio, and this Copyright/Creative Commons statement.