

The Spider Web - Expansive Growth

This month, we are being asked to challenge our view of what 'growth' feels like, looks like and acts like. Expansion isn't just a one-way street and yet, we often feel like there is only one way to be in evolution. This month is an invitation to view our world with different expectations. To allow yourself the latitude and grace to see all opportunities as a way to explore bloom. This is also a reminder that expansion requires shedding old skins and/or allowing seasons to change within us. In the same way a snake needs to discard its old self or a sunflower fades and drops its seeds for a new season.. expansive growth is abandoning old versions and being open and welcoming to whatever comes 'next'. Not necessarily some arbitrary 'forward' or 'ahead' but simply.. next.

This month will require some creative thinking and creative imagery. As we all find ways to explore new avenues, widen our expanses and open new portals.. I want us to think of our world more like a sphere/circle/compass rather than a straight line. Our version of 'growth' always feels like a path, and it is.. but think more looping meander through the woods than concrete grid. So I need us to think about all the myriad ways we can be moving through our evolution. On the next page is an example of what I want you to think about out and (YES! Do it!) write out to put some place prominent you can revisit as October moves along. Often, we think growth is always new.. always ahead.. always fresh. But, how about we think of all the ways we can grow, even if we are going over 'old' ground? Draw a circle (or tree or whatever image feels like expansive growth to you) and think of these 4 questions to help get you moving and unfurling. Put this exploration someplace you will see it daily. Refrigerator.. bathroom.. bedside. Just as reminders that all movement is growth. Even if it's not "up and away".

- 1.) What is something NEW I can explore? A class, a book, a space, a job, etc...
- 2.) What from the PAST could use a revisit? An old contact, a job you long ago abandoned, a hobby that you miss doing...
- 3.) What could you do a little differently in your day-to-day that feels like change? Trying a new coffee shop, driving home a different way, walking after dinner...
- 4.) What feels like a lateral move that might shift things for you? A new job or activity that isn't a major change but maybe a new location?

As you are challenged to see Expansive Growth in new and sometimes old ways, here are some things to think about. What is your relationship to the concept of 'growth'? Does it always need to look a certain way? Can you think of a time that you went 'backwards' and yet found that to be a profound change that you needed? If you are offered a change that doesn't seem like forward momentum... do you disregard it as not enough of a shift, maybe overlooking the branches of expansion that might be hiding there? How long have you held these ideas? Are they from childhood or did you adopt these ideas of growth as you became an adult?

Struggling to find Expansive Growth? Don't forget about my
monthly support kit! This month includes a flower essence.
www.kellykeyser.com

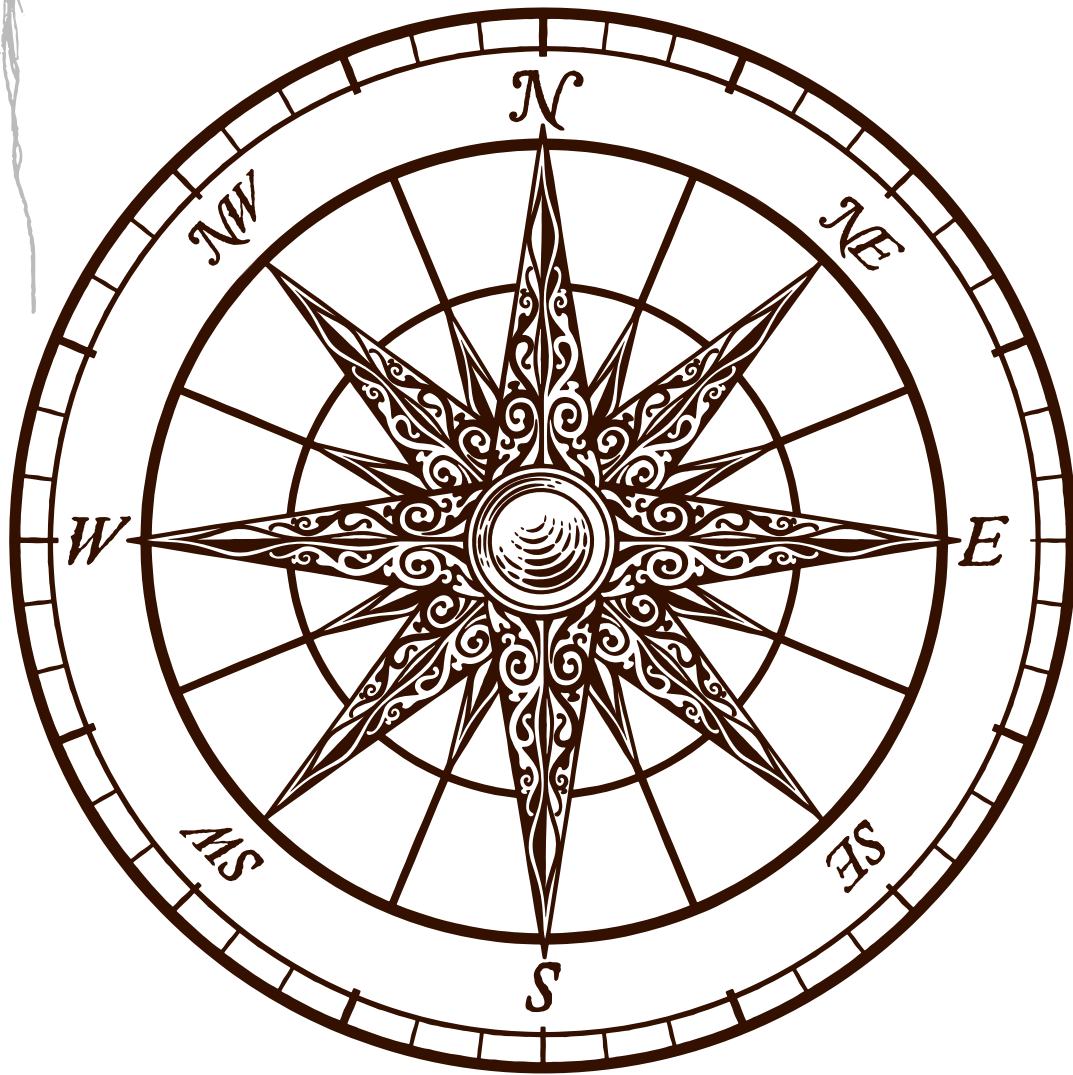


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What is one thing you could change in your current life that simply feels like movement or change?

What is something new you could explore?

What is a lateral move that could create a new opportunity?



What is something from the past that could be revisited?