

How Trauma Allows You To Thrive

I feel young people who have experienced a big loss in their lives and had been able to transform that experience into their growth are truly living. There are two types of growth: kenso and satori. Kenso is a Buddhist term that translates to growth through momentary pain, whereas satori translates to growth through sudden insight. Our culture is an illusion. We assume that the information passed down by our parents, loved ones and friends are useful to us, when they really are not for us. We adopt rules to manage the world and make sense of it.

Our trauma manifests when we are left alone. From the things that our parents have said to us to the things we have done, we are all broken. We are in a system of constant change. Sometimes we love with nothing more than hope. Sometimes we cry with everything expect tears. In the end that is all there is: love and its duty, sorrow, and its truth.

You cannot change your mind once your mind is made up. If you cannot be first in a category, set up a new category you can be first in. I learnt that people are temporary and all we really have is moments. There is no point in forcing relationships with people to 'keep the peace'. Instead, free yourself from the people around you by detaching yourself. The Bhagavad Gita says that 'detachment isn't that nothing owns you, but that you own nothing'. You are not your thoughts; your doubt or any of your negative feelings. Do not be disturbed by the views of others: focus on what engages and inspires you. The most exhilarating experiences are generated in the mind, triggered by information that challenges our thinking. You are human. And it is ok. Remember, the isolated family member is the one who is truly woke!