

Unlearning is part of learning



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“One must shed the mind, body, soul and spirit continuously for new things to spring forth” – Elaine Mofokeng

As we slowly approach the month of September, I am looking forward to witnessing the process of nature birthing. September is the Spring season in South Africa. The trees are slowly starting to fill up as the flowers are also starting to show tiny buds ready to bloom. This made me realise how similar this process is for humanity.

We often go through seasons of Autumn and Winter where certain things in our lives must be shed and fall off completely for new things to grow. This can be in any area of our lives. Sometimes this process includes unlearning behaviours or thought patterns that no longer serve us so that we can rewire our brains to learn new ways of carrying ourselves in the next season of our lives.

Growth is a sign of life
Growth means change
Growth brings new opportunities

When the need arises, I pray that you will have courage to allow the process of growth to unfold in your life. That you may continue to evolve until you are what your Creator anointed you to be.

Be and Stay Blessed Always!

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