



GROWING YOUR TREE 5 PRINCIPLES TO NEW LIFE

Every life on earth has magnificent gifts and attributes to potentially nurture, develop and grow. The results of this process can be best described by asking imperative life defining questions such as: What is my purpose for living, and what am I doing today to bring that purpose into fruition?

For many, the answers are simply based upon individual accomplishments obtained through academics, a vocation, and other forms of education that provide expert proficiencies. For others, the answer is far from simple as they have yet to discover or uncover their exact nature and purpose for living.

However clear or difficult it may be for an individual to place a finger upon the very nature to why they have been placed on earth, and afforded a life to interact and live, the “how” seems to be the biggest challenge that hinders and holds individuals hostage - by design or default - in whether the answer to these questions will ever find resolve.

In essence, the answer to such questions have esoterically been planted deep within us for individual self-discovery challenged by self-awareness, experience, knowledge, and that which has yet to unfold. In short, personal stagnation, self-deception, and self-imposed limitations keep us away from growing ourselves as a great natural force.

Here are 5 Principles to assist in the process of making an accurate self-assessment as we strive to uncover the “why” and to set the standard in “how” to begin the most challenging human quest life will present -

the search for purpose and meaning.

The Roots of Character

Character is the root from the seed that has been naturally and divinely planted within us to ultimately grow a stem, branches, and the leaves to bear fruit.

The roots of Character are in strict combination with personality, as personality is the direct reflection of your character, by the skills exhibited through behavior. Therefore, in order to grow your tree, there must be awareness of what the roots are centered upon, and that those elements are in accordance with the natural laws and process of growth, development, and legacy.

Divine Authority (morals/ethics) is the evident principles and guidelines set-forth since the beginning of creation. These are the elements or quality of the root which solidify and grow obedient, healthy, and prosperous trees. In this, we are reminded daily of the quality and quantity of principle-centered spirituality, mindfulness, and behavioral fruit which define our distinct type of tree.

Principles such as:

1. Responsibility: liable to be called upon to give obedient satisfaction, reliable, trustworthiness, and to be liable to choose between right and wrong.
2. Understanding: genuine concern, tolerance, patience, to grasp the meaning of a person, place or thing.
3. Fidelity: faithfulness, accuracy in detail, exactness, loyalty in obligation.
4. Temperance: moderation in thought, emotion, and deeds.
5. Humility: modest or meek in spirit or manner/mannerism.

These principles are the source to our values and decision-making processes that determine what we think, feel, and do as a result of daily challenges, whether self-imposed, by others or through situations and circumstances. Individually or collectively, we are presented daily with opportunities to raise our level of performance within principle-centered living or we can succumb to fleshly passions, pride, and pretentious gainful resources which produce instant gratification or temporary satisfaction.

Character enhancement is a challenging process in and of itself, as it repeatedly requires through daily interaction, that choices be made which may not necessarily be beneficial to individual purpose, meaning, or goal. This can be best identified as the fruit of our behavior or if we treat others as we treat ourselves.

Through personal and interpersonal interactions, it behooves us not to compromise the principles on which we stand and find internal security. However, this does not include additional learning, practice, and understanding. Additional learning and understanding only offers more insight in mature personal and interpersonal growth and effective development.

This uncompromising security can also act as a refinement process that offers us another opportunity to examine ourselves as to whether we are growing a well nourished, healthy and productive tree to ultimately bear good fruit: what we eat spiritually and mentally, who we are and how we see, and what we do and how we treat others.

The Stem of Trust:

Trust is defined as the stump and stem to the esoteric chief guidelines, beliefs, and values as a means of security to the roots centered upon moral authority and character principles. In this, there must be trust in who we are and what we believe down to the roots' core to provide the inner security and fortitude to value, exemplify, model, and produce these beliefs in ALL INTER-ACTIONS.

This raises the bar and our level of inner security - which hold and carry - additional bi-products of trustworthiness, self-esteem, confidence, integrity and courage. All of which are actionable behaviors that bind us to our principles of quality characteristics.

More importantly however, this is the natural process of performance that begins as the roots and stem are combined. This is what is referred to as a developmental and maturing paradigm shift.

The developmental paradigm shift expands our self-paradigm, our people paradigm, our world paradigm, as well as our situation and circumstance paradigm. It guides our interpretations, understanding, decisions, and our behavior. Therefore, the essence of our stem of trust is a direct reflection of the marrow inside our roots of character.

The Branches of Effective Communication

has many facets that enable us to interact with ourselves through self-reflective thought, when expressing ourselves to others directly or indirectly, as it can often reveal our true intentions by view or effect. In this, communication (verbal or non-verbal) is the most important skills derived from our roots of character and stem of trust. As this communication - however delivered - has the ability to provide us and others with information that is naturally assessed by comparison.

Comparison or comparing is a natural thinking and feeling process that offers information based upon our existing paradigms, what we have, need or want, as well as what feels good and what feels bad.

Within these branches of communication, it is imperative to increase skill level as a maturity process. However, above all communication skills, listening happens to be the highest and most productive talent. Why? Listening offers ultimate information that is realistic, guiding, transferable, immediate, evident, and life-saving.

Listening has holistic capabilities within communication as it breeches the spiritual, emotional, cognitive, and physical paradigms of information not seen or felt. Effective listening - and not just hearing - to yourself and others is defined as a master skill.

When effective listening is present, the verbal and non-verbal communication bar is raised in understanding, articulation, and expressions that lead to healthy transferable actions and interactions. It produces stimulation for appropriate response, especially when suspending judgment, autobiographical responses (responding to another based upon personal experiences), and listening with the intention to reply (defensiveness or know-it-all hearing) are not present.

To this extent, listening at this increased level requires us to seek first to understand and then to be understood, as we often examine and behave from the reverse. It is also important to understand when we express and articulate ourselves from listening, our thoughts, feelings, ideals and value of the individual or situation can require extra time, patience, and consideration. The branches of effective communication reveal and transfer the expressions from the roots of character and the stem of trust.

The Leaves of Integral Relationships:

Often when we envision healthy relationships, we finalize this as meaning “a relationship with little-to-no challenges.” When in fact, a healthy relationship, whether it is family, basic association, platonic or romantic, is best understood as the seasonal leaves based on the environment and neighbors surrounding the growth of our tree.

The roots of character, the stem of trust, and branches of communication combined initiate what I refer to as “our system of attractions” to further the selection process of our relationships. In this, chal-

lenges present themselves in the form of positive or negative thoughts, feelings, experiences and views. It allows us to examine however quickly, our character principles and values in who, what, when, why, and how to choose and finalize selection of a potential relationship.

This raises the bar from involving oneself in mediocre healthy relationships to the highest form of relations defined as: Integral Relationship - truthful, trustful, transparent, concerning, and complementary relationships complete with give and accept - not give and take.

In centering ourselves upon the foundation of our tree, we re-instill the hope and self-empowering belief of becoming a participant of an integral relationship through understanding: 1- Maturity is a natural process we either initiate and assist or resist and stay, 2- If I cannot change the people that I am around, then I need to change the people that I am around.

There is nothing but truth in the above principles of habit as they set the basis for further understanding and behavior in growing a strong, healthy and fruitful tree. The process begins with truthfulness based upon the principles which structure your character, and how your trust within these guidelines, govern your thoughts, feelings, and behavior.

It continues to build as others clearly understand and respect this level of personal transparency. In addition, as this mutual level of interpersonal respect increases, genuine concern enables a complementary relationship to flourish past give and take, into freely giving and humbly accept ing the transference of fruit.

Integral relationships are not centered on possibly breaking branches or destroying leaves. Integral relationships are about principle-centered concern for the welfare of people, and the clarity that straight forward and risky communication produce. Leaves that blow in the wind of completeness when expressing thoughts, feelings, ideas, hopes and dreams. This is the foundation of bearing nurturing fruit that is tasty to others, and hold the seeds of longevity