

Union of Saints, The Body's Renewal

1. The Body's Renewal – the “Seven-Year Cycle”

- There's a popular idea that the human body completely renews itself every seven years. While not literally true (some cells last a lifetime, like neurons in the cerebral cortex, while others renew in days, like intestinal lining), the metaphor is powerful.
- What *is* true is that much of our body is in constant regeneration—skin cells shed, bones remodel, blood cells recycle, organs repair. We are never physically the exact same person from one year to the next.

2. Past Lives Within This Life

- Even without believing in reincarnation, we live many “lives” within a single lifetime. Childhood, adolescence, adulthood, crises, rebirths, transformations—all feel like different chapters with different selves.
- Our “past selves” can feel foreign, like past lives: the person you were five, ten, or twenty years ago may feel like someone else entirely.

3. Respecting Who People Are Now

- Just as the body changes, the mind and spirit evolve. To reduce someone to “who they used to be” is like holding them **hostage in a prison** of their past. **~US is all about letting freedom ring!**
- Respecting who they are *now* means honoring their growth, their healing, and their current choices.
- This doesn't erase the past—but it recognizes that people aren't frozen in it.

4. Patterns and Self-Determination

- While people can change, we also see patterns: ways of behaving, coping, relating, or repeating cycles.
- Observing patterns helps us make decisions for our own safety and wellbeing. For example, respecting someone's growth doesn't mean ignoring harmful patterns that resurface.
- It's about balance: recognizing potential for change while also acknowledging reality.

5. The Individual Walk of Life

- Each person is on a unique journey—shaped by biology, environment, choices, trauma, joy, and transformation.
- Respecting their walk of life means not demanding they be who they were yesterday, nor forcing them into who we think they should be.

- **It's about presence:** seeing them in this moment, while letting them carry their own story forward.

✨ In short: we are constantly dying and being reborn, physically and spiritually. Respect is the bridge that allows us to honor the mystery of who someone is *becoming*, not just who they *were*.