

THE HIVE MIND



*It also deceives us into believing that seeking help or resources is weakness. It often removes the ability to even say no without guilt and regret manifesting. There are so many people who believe you are strong because you don't cry which creates an angry and resentful existence. The person who is weighted by the concept **strong** is the same overworked, misunderstood, person who feels society has hurt them. I am not saying an individual does not have the responsibility of being resilient. I am only saying that as you practice resilience, do not deny essential truths or remove your path to stress reduction and management. I say take on real strength which is allowing yourself access to your whole emotional you. Be willing to ask for help and set healthy limits. I am so strong I ask for help, cry when hurt, and say enough when I am exhausted. **How strong are you?***

Pollination



Strong is the heaviest veil anyone will wear.

*I The word strong is often assigned early in childhood and is nurtured and structured over the years of development. What is meant to be an affirmation of character becomes a prison which does not allow a person to access their whole sense of self. Many times, the word strong is utilized with saying “**get over that, or you don't need that “you're a strong person”**”. What does this do? In short it allows us to believe that strong means not acknowledging and validating our feelings which internally makes it impossible to validate and connect to the emotions of others.*

