

The forever Transition



"The high and the low makes the flow"

How do we go through big changes in our life?

How can we ease transition between big chapters?

Can it always be easy?

Personal thoughts

I think that most of my generation lived through constant changes, FAST changes and quick evolution. With the technology moving so fast, so our behaviours and lifestyles followed. If I look at my grand-parents and parents, I feel like time was slower in a way... things were moving slowmotion. I was born in 1988 and BOYYYYY I feel like SO MUCH happened.

I always loved to do many different things, playing different sports, doing many things at the same time, having a big circle of friends, community and of course traveling a lot since I was 18 years old.

I LOVE CHANGES - I always thought it was my expertise ;)

I realize with time that some people really don't like it. I think that this year 2023 was the year with the most up and down in my life in terms of emotions, lifestyle, travel, family, friends, grief, work.



The moon is a powerful reminder that we can be beautiful no matter how much of ourselves we choose to bare That we can be cherished even when we change - When we regress and when we grow that each of our phases are worthy, but we are at our most remarkable (unforgettable) when we are full and wholly ourselves. -Becca Lee

I have to be honest.. I could use a little break.

2 ways of seeing it:

1- FUCK, this is so intense... I don't know where this is going, I'm not sure of anything, if I'm taking the good decisions. All is very confusing & overwhelming. I preferred it before, I don't want this.

2- BREATHE, ALL is learning, ALL can be a blessing if you really are listening to the signs of the universe. ALL is perfect. If you are aware enough, have courage to choose yourself and align your decision with your heart, you will make it through with amazing shifts in your life.

I believe that life is happening for us and not to us (Tony Robbins)

I agree that it can be very hard to understand the bigger picture and our purpose leaning behind it on the spot. That is why we have tools like meditation, breath work, movement, art, etc . I believe we need to find our center in order to get some clarity to understand better. Coming back to the eagle view, the perspective and the vision to make sense with our life obstacles.

Getting help

When we are confused, we can look inside and sometimes we try to get perspective outside. Coaching, therapist, friends, family, podcast, books, seminar, retreats, psychics, guides, etc

I had a lot of people with different opinions, perspectives, comments, ideas, judgements, etc. If I can give you what I learn from this is, at the end **you need to trust yourself** and find your own answers. People come from different backgrounds, different lives and experiences, they come with different lenses that can help a lot if you are able to take some step back and evaluate and weigh the information with its source and environment.

We need to learn to connect with our own intuition, our guides and find our own tools that help us to be at peace with our decisions. We are the one living with it at the end, so make sure you can live with yourself.

I've realized that even if transition and change are more natural for me, I clearly had to learn even more to adapt myself, to be more patient and aware of my life's patterns, my scar, my traumas and my opportunities in the present moment. I believe that we are stronger as one and we can all help each other in different times, but we need to start with ourselves.

Here two beautiful books that help me put things in perspectives:

- The fourth agreements - By Don Luis Miguel
- Mastery of love - By Don Luis Miguel

Transformation and change are the only things that are inevitable...How well can you learn to navigate with it? How can you embrace it instead of resisting it? How can you grow from it.

