

Growth like this can't receive heavy-handed. You will know when your growth is ripening when it's stepping toward **light**.



And may you have **Strength** and **Strength** to offer it the lightest touch. The gentlest curiosity. The mildest inquisitiveness. The most open-handed permission for it to take whatever time it takes.

And without force or striving Without you even realizing how much has happened Your growth will grow **roots deep.** **Arms wide.** Leaves and flowers turn funking.



But in the meantime, be like a gardener to it. Create the context for it. Give it nutrients and water.

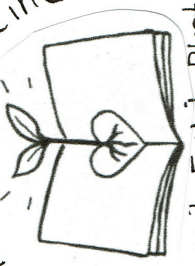
A blessing for those whose growth is



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This is Seed Zine



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You are a creature of great **mystery** complex and multi-layered in a world of **loud** and **fast** and **bullet points** and **synopses** may you take comfort in the fact that you cannot be **rushed** abbreviated or flattened. You are the **real deal**.

And your growth that happens underground, despite it having yet to find voice or name, is a **sacred reality**. It **IS**. And so is the person you're becoming. May the impatience shame frustration or confusion you carry around both things be seasoned by **wonder**.

This is a blessing for those whose growth is not ready for sunlight. Whose growth has been happening underground, and therefore not in places conducive to seeing all sides of it clearly, let alone finding words to describe it. May you trust the unknown parts of your growing. May you find aspects of yourself who can hold space for it. who can say to it, "You are here, and you are real, and I don't have to understand you to offer you safety and respect." May you mother your growth like that.