

4 Armor

Key words: qualities, defaults, strengths and weaknesses

In the Grove, we don't need to wear our armor anymore. We don't need to be protected or to defend ourselves. We can be ourselves, freely.

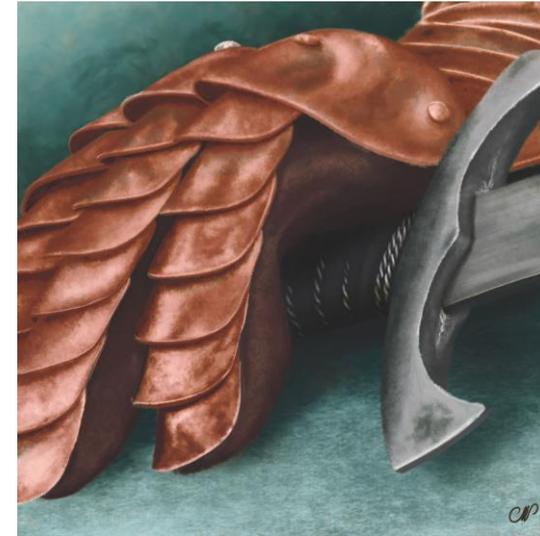
As we remove each part of our armor, to polish it before putting it aside, we make sure that it's in good shape. Our armor can be shiny or bumped and used, as it witnessed the battles we had to fight in our life.

Each part tells a story, and it testifies to a strength or a weakness we own. It is a time to reflect on those, and to realize and understand that each weakness can also be our strength. Because we can then recognize the same weaknesses in others and act accordingly.

As we remove our armor, we stand as we are, in peace, looking at what we need to go on, what needs to be replaced by more efficient parts, what needs to be fixed, what only needs to be polished or oiled. We have the opportunity to see what we forgot was an important part of this attire we wear each and every day outside of the grove.

We can take a soft and deep breath, and enjoy the moment. We don't need to fight today. We don't need to choose the battles we need to be engaged in. We can just allow us to be, and to spend time taking care of our core self, to embrace each weakness, each strength, to make them feel home within, as they make us complete.

Then time will come to put our armor back on, and to enjoy its new fitting, and feel more comfortable, safer too. And let it shine.



Our armor represents each strength and weakness. It protects us from hits, and allows us to launch an attack if we need too. And most of all, it symbolizes our whole self, this exo-shell we built during our life to travel safely on our path.

The time has come to check our armor and make sure that it fits us still. Some parts may need to be removed, as they are of no use anymore, others may need to be fixed, or changed.

As an armor, our weaknesses and strengths are a whole. They may protect us or be used as weapons depending on how we use them.

We have the opportunity to reflect on what our weaknesses are, and then to realize that they can also be our biggest strengths. We can also spend time to check what our strengths are, and understand that used inadequately, they can be weaknesses.

The time has come to find balance, and to work on a more fitting armor. An armor that represents us as we are, and to polish it to let it shine.