

### **Mastering maturity shows as follows:**

- You express your experiences clearly and responsibly
- You bear the discomfort in shifting perspectives even if others do not understand or appreciate you for it
- Just being who you are, makes it safe for others to be themselves
- You take the first step to communicate and dissolve a disagreement
- You discover that you need to speak up when you have something to say
- Each day you trust and act according your intuition
- You dare to love
- You balance former feelings of inferiority by accepting and acknowledging your own unicity
- You discover that taking personally high risks in relationships, bring equally high rewards
- You demonstrate joyous, conscious dignified living
- You understand that tough assignments are only given to the best apprentices
- You have the experience that vulnerability is a perfect protection. It is safe to be who you in Essence are
- You do what needs to be done
- You act with complete honesty
- You are able to look through and behind masks
- You have an open heart
- You continue working towards more inner balance
- You break through your closed shell and step into the light where you understand the true meaning of brotherhood and sisterhood

- You experience that unexpected crises provide in opportunities to show your inner strength and skills
- You experience that by real openness, trust and love, all can share their experiences and learn from each other
- You experience that when you forgive, pain dissolves
- You release the desire for personal gratification. You can be altruistic
- You accept the unacceptable even when you notice that you created it yourself (un)conscious
- You take responsibility of using power wisely. You more often show your inner force than your outer power
- You let go of old trappings and outer appearances
- You accept and love yourself as you are
- You understand that there is no greater force than real love
- You open up to allow change to accelerate and undo yourself from any belief system
- You step out of your dreams and drama and step into the truth of life
- You realize that it takes as long as it takes, as only the right time and circumstances allow to step onward
- You know that the inner healing force is the only true love
- You take 100% responsibility for your own life
- You bring true love, light and joy, even if some others do no experience it as such