

Mémoire

Growing from the

Memories are the foundation of our growth, serving as both an anchor and a compass. To me, human maturation is much like the growth of a tree: just as a tree develops denser, sturdier wood rings as it grows, a person becomes tougher both mentally and physically with age. A bridge symbolizes the journey of overcoming hardships and obstacles or transitioning into a new stage of life. And the concept of an inner child serves as a metaphor for the part of the mind that holds all the memories, emotions, and experiences from one's childhood. Therefore, true maturation is not about abandoning that inner child, but rather cultivating a protective landscape around it. The sturdy wood of our experiences forged through years of weathering life's storms becomes the very material we use to construct our bridges. We cross these bridges not to escape our past, but to carry our inner child securely across the changing terrains of life, continually honoring the profound foundational memories that formed our very first rings of growth.

