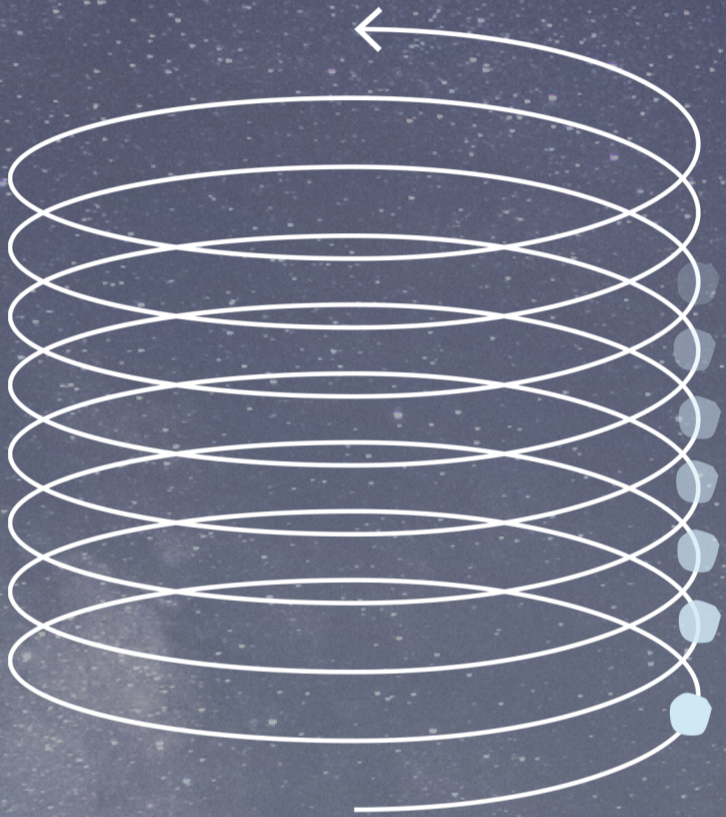


# The Spiral of Life & Progress



Progress is defined by experiencing in the same situation and handling it better and better with each time. Life is not linear, it is spiral. Each dot is an event that repeats itself throughout life.

The more experience & understanding we gain, the easier it gets to navigate this recurring event. Once we master it, it no longer repeats, because the lesson has been learned. For ex: a certain situation affects us terribly the first time it happens and we end up with months or years of depression. Once we begin to work with ourselves, the event may happen again, but this time we are better equipped to deal with it, so it only affects us for a few weeks. Next time it affects us for a few days, then for a few hours, until it no longer affects us at all and thus no longer repeats.

