

# Growth Requires Friction

by Lisa Dion

**G**rowth requires friction. It requires tension points and challenge. It requires moving out of our comfort zones into the unknown. It requires us to become uncomfortable, to face our fears and to live right on the edge of our window of tolerance.

Yet the mind often carries a fantasy that, somehow, we can grow without this. It searches for the easy way out. It dreams of the day that life will be filled with more support and comfort. What the mind does not realize, however, is that this is not only a fantasy but unattainable. Here is why.

The world of quantum physics has shown us that everything in existence, including the mind, is ultimately light. Without getting too technical, light exists in two forms - wave and particle. Within the particle form of light, we find an entanglement of positrons and electrons. What this means is that everything in existence has inherent within it both a positive and negative charge to equal degree. We can't separate the two. Nothing exists without these two polarities, so maintaining a fantasy that life can be a positive one-sided experience or that, somehow, we can have more positive than negative experiences goes against what we

now understand from the quantum world. It is this charged polarity that creates the necessary friction in our lives and thus part of the brilliance of the order that permeates existence.

We have all heard the idea that within every crisis there is a hidden blessing. This idea has in it the understanding of what science is trying to reveal to us. The field of psychology has not yet caught up with the quantum world and thus still has not taught us how to fully embrace and see the wisdom (both sides) inherent in all experiences. Yet we now know that you can't have a negative experience without simultaneously having a positive one. It is the mind that separates this knowing and focuses on one half of the equation.

William James, the father of American Psychology, said that "the greatest discovery of my generation is that a human being can alter his life by altering his attitudes." He often spoke of the human ability to choose its thoughts and therefore change its perceptions. As this past year is reflected upon, it is important that we integrate our experiences by shifting our perceptions.

For every challenge that presented itself, there came an equal amount of support and blessings, even if we didn't see it at the

time. As social distancing went into effect, as travel stopped, as life as we knew it started to change, we were forced right onto the edge of our window of tolerance. Right into the sweet spot for maximum growth. Creativity emerged, new ideas started to unfold, new connections were made, innovation and advancements in technology appeared, and so on. People were forced to re-prioritize, slow down, take an honest look at their lives and from this friction, emerged deeper questions. One of the most

profound gifts that 2020 offered was the question “Is my life meaningful and purposeful?” and “Who am I, really?” Without the challenge, we would not have grown in the ways that we did and still are.

As we cross the threshold into 2021, we will continue to experience this charged entanglement. Some people will continue to primarily focus on the negative aspects of their experiences. Inevitably this will lead to more dysregulation, lower their immune systems, and



lower the overall sense of well-being in their lives. Others will continue or begin to see what the quantum world is revealing. They will see the perfection and order in their experiences as they become more and more aware of the synchronicity of the blessings that have and will continue to emerge right alongside the challenges. As they see, they will move from a dys-regulated state where they dissipate their power to one of regulation and governance. As a result, they will give themselves more access to their vitality, creativity, and ability to problem solve. Perhaps they will arrive at an understanding that 2020 was an incredibly profound year of friction, growth and evolution.

As our understanding of the quantum world grows, it will continue to influence the field of psychology and our understanding of the mind. For now, it is revealing to us a roadmap for integration and is showing us how we can open our hearts to 2020 and to the inevitable challenges that we will continue to experience in 2021. It is important to understand that integration isn't about focusing on the positive,

but rather seeing that each experience is a balanced experience designed to help us stay at the edge of our window of tolerance for maximum growth.

As we head into 2021, the deeper questions we must ask ourselves are not "why did this happen TO me?", but rather "why did this happen FOR me?" What part of me was stuck? What part of me was attached to fantasies about who I thought I was or how I thought my life should be? What part of me needed a big dose of friction to get me uncomfortable so that I could evolve to the next level of my being. What blessings emerged? What support came in to help? For every challenge, what was the gift? For every pain, what was the growth? The more we have the courage to look at 2020 for the truth of what it was- an experience of necessary friction containing an equal amount of negative and positive charge designed to help us grow- the more we will see that we did not fall into darkness, but rather we were enveloped in light.



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