

Transformation

Transformation can be defined as the process of a person or a thing that moves from one state to another. We have in this world different examples that can explain what transformation looks like:

- The caterpillar that becomes a butterfly.
- Condensation of water under the effect of low temperature.

I thought that transformation was about process, and indeed it is. But what I realized, is that I never really understood the meaning the word "process" when attached to transformation. We all say "*trust the process*" but what does the process require? What shall we do during that process?

A **process** is a succession of things or activities that lead to something new or different.

When we talk about **transformation** in other terms, we talk about transforming something into something else through a process. So we move from point A to point B. But contrary to what we think the most difficult is not to get to point B, but to get to the point A.

It is surprising, right? Because point A is the beginning. Why is it difficult to be there? Because point A is the « *present you* » the « *broken you* », the one bearing the weight of mistakes, the one with flaws, the broken one, the one who lacks confidence, the jealous one, the one that is angry, anxious, and sad.

Generally, most of us live with the "**mask syndrome**". The **mask syndrome** can be defined as a collection of feelings that make you hide behind a mask. It is that state in which you hide who you are to fake another identity. For instance one can be seen as the most confident because of her pride and her way of acting but that inside she is a broken, fearful being, that uses pride as a to hide that from others. We also have the hateful and criticizing being that in reality is just someone who doesn't know who she is really but prefers belittling others to hide her insecurities and feel more important. There's the helpful guy who in reality is the one who in need of the most help. Many more examples can be given. If it was so easy to get to the point A, so many people would have so easily been the best version of themselves; but the fact remains that we are hiding behind some masks that don't allow us to live our transformation.

Why is it so difficult to reach that point A

Apart from the fact that not only are we hiding behind a mask unknowingly, getting to the point of accepting our flaws mistakes brokenness is a tough job. It implicates looking at yourself and telling yourself that you are *broken*, and it is very painful. It is so easy to fake a free life by putting your broken state in a box and digging it into your heart. At the end of the day who likes to confront their demons?

A human being as a whole has lived a series of episodes that have affected his soul all his life, from childhood to adulthood. Whether it be at home, school, or anywhere they have been in contact with others. *The Enemy has come to steal, destroy, and kill*; So says the Bible. Basically

during all our life on this earth, from the moment we came through the womb of our mother, we have been attacked by the enemy. Our peace and integrity, are not his will; that's why he will do all he can to break us in many different ways until our last breath. This is not to scare you because at the end of the day we have our Lord Jesus that gave us victory at the cross of Golgotha.

If you ever doubt it, yes you had trauma. You may not know it, but no soul is whole or clean unless it has met our Lord. The soul of a man has been created in such a way to protect us unconsciously. That bubble that has been created after your different trauma was made by your soul to try and hide the evidence but it is only palliative. Talking about bubbles if you were wondering, it is everything that your mind or soul will create to transform your reality into something else.

Example: pessimism -> people that think that it is better to always see the cup as half empty than half full. They prefer not expecting something good that may not happen than being hurt. Therefore in their mind it is better to expect the negative at all times but if ever it happens that the positive things happen, tant mieux, sinon tanpis.

It is just like an auto-protective mechanism to avoid sometimes pain. But as I said it is palliative.

Facing your « broken you »

What are all the things that happen to you that broke you? What are those scary thoughts that you avoid every time they come? What are those insecurities you refuse to face? What is hiding behind that fake smile you are giving to the world? Who is that perfect being everyone thinks she is?

Take this time and ask yourselves those questions. Do an introspection? This phase is the most difficult because we are heading to point A (who you truly are). You have to be restored, you have to heal. There is no more space for this palliative treatment, now it is time for the surgery, we need to eradicate the problem.

When was the last time you told yourself that you are beautiful, handsome, intelligent, a good person, etc without feeling like you are lying to yourself? When was the last time you received those words from people and you didn't feel weird about it?

It is time to be real with yourself and to face your present reality, you are BROKEN, and it is time for the transformation to begin.

Identify your trauma

What are the things that you experimented in your life that affected you? What gives you pain/anger every time you think about it? It can be the most insignificant detail for you, but it must have been the trigger. This is where the pain of transformation begins, it is similar to removing violently a knife from a wound. It is a bit scary because you have to remember all those episodes that hurt you, all those people, all those mistakes, but it is worth it. Don't worry you can do it. Therefore know that the Holy Spirit, the comforter is there for you, He can lead you into the

deepest part of yourself to reveal what was hidden, to put in light what was in the darkness. Simply ask Him genuinely: « *Holy Spirit, come and help me discover myself, my pain, my trauma* » (you can use your own words this was just an example). He will show you some things that you had no idea has influenced you, a word you heard when you were 7 years old but that has changed your life.

It is a journey, you won't identify them in one day, but as you do you will have to also *accept* them. Accept that she did what she has done, accept that he left you after you gave your all to that relationship, accept that your friends betrayed you, accept that he abused you, accept that you felt rejected, not loved, small, unworthy. Accept it, then *forgive them and forgive yourself*. Forgive yourself for not loving you enough, forgive yourself because you chose them, forgive them for not being true to you, forgive them, and maybe if it is your case forgive God.

It is weird right, to forgive God, it is normally God that forgives us, and not the opposite, but what if the conflict you had was not with the world but with God? Blaming Him for not achieving the expectation you had; you wanted Him to do something, you prayed so hard for it, but it didn't happen? You never understood why He was making you go through all that; why your life was so different from the others? In sum, you feel disappointed by God.

Still, accept what you are feeling, do not deny it, and allow yourself to accept that you are angry and disappointed; no it is not bad to feel like that, you are not less human than someone else, you have a heart, and emotions are natural. Do not feel guilty, because guilt is from the devil.

Therefore, It is one thing to accept your « *broken you* » but now you have to decide to work on you and solve the issue.

Reconnait les bulles et perce les.

The next step is to get out of the lie. After identifying what has been the problem, what is the cause of everything, you have to identify now what bubble has been created to palliate the problem. What are those bubbles?

All those strategies that you used to hide your broken you, identify them. What are the mechanisms that were put in place each time you felt insecure, angry, sad, or anxious.... ? It can be alcohol, sex, drugs, cigarette, excessively shopping, helping others, overworking, or creating fake stories in your mind every time something bad happen to you, anger... Only you with the help of the omnipotent Spirit can know. It will take you some time, it is not a one-day thing as I have been saying, you will still have to dig deep into yourself.

Perce la Bulle. Once you have identified your bubbles, it is time to destroy them. It is time to decide not to live by them anymore. It is time to decide to remove your mask.

1. *Moving from a bubble to another*

At a certain point, while trying to break your bubble, you may be finding yourself moving from one bubble to another.

For example, Moving from the bubble you created for your low self-esteem to pride; while looking for confidence and vice versa. Why am I taking that example? Because a lot of times, people confuse pride with confidence. Confidence has nothing to do with being proud, it has nothing to do with belittling others. *Confidence is humility*. Confidence is the thin bridge between low self-esteem and pride; that bridge is so thin that while trying to move from one extremity to the bridge, you can cross and find yourself to the next extremity. Try to picture it to understand it if needed. Confidence is the place where you do not compare yourself to someone else because you know your place in this life. No matter the status of the one next to you, you will not feel inferior or superior. The moment you know what humility is, and I am not talking about humiliation, confidence will be more clear to you.

There are so many other examples of such; **love** is the bridge between hatred and depression. **Self-love** the bridge between affective dépendance and emotional unavailability.

2. Choose violence

To pop up your bubble you will need to choose violence. We are chilling with the big boss, playing big cards. You will never achieve anything by sitting down and waiting for a miracle to happen. Prayer helps, but the Bible also says Faith without action is useless. It is time to give up on your lazy, procrastinating habits. Transformation is a process that involves energy, consistency, and interest. No more complaints about your situation that doesn't change, no more unnecessary questions about how, why, and if. It is time for Peter to get out of the boat, to throw yourself into water, and trust God for your healing and transformation. What He has started with you, because you accepted to walk with Him, He will surely lead you to the end of it, if you allow Him to take over. Just to give you feedback on the story of Peter in (Matthew 14v22-33), Peter was in the bark with the other disciples; scared, they saw someone walking on the water coming to them, who was Jesus. Therefore, Peter said: My Lord if it is you ordain that I come to you, and I will come; Afterwards, he got down and walked for some time before getting scared by the wind and began drowning. Pourquoi je vous parle de vous jeter à l'eau? Même s'il est vrai que Pierre a pris peur à la fin, il est tout de même le seul à avoir eu le cran de demander à Jésus de lui permettre de descendre et d'aller vers Lui, conscient que Jésus avait le pouvoir de le faire. Sans aucun doute il avait peur, il n'était pas un personnage de Naruto qui avait des techniques pour marcher sur l'eau, il devait avoir la foi en celui qui le faisait marcher; Et donc, "Il s'est jeté à l'eau", et il a réussi à marcher sur l'eau tant qu'il avait le regard fixé sur Jésus, mais des lors qu'il a commencé à se focaliser sur les adversités qui l'entouraient, il tomba. Ainsi est-il avec nous durant nos moments de transformation; fait confiance à Dieu, crois qu'Il peut t'amener à ta destination finale, focalise toi sur Sa voix, sur Ses directives. Ne regarde ni à gauche, ni à droite, mais marche juste vers Lui. **Tu dois te jeter à l'eau.**

A vos marques prêt **SAUTE**.

Why am I talking to you about throwing yourself into the water? Even if it is true that Peter was

scared in the end, he is still the only one who had the guts to ask Jesus to allow him to go down and go to Him, aware that Jesus had the power to do so. Without a doubt he was afraid, he was not a Naruto character who had techniques to walk on the water, he must have faith in the one who made him walk; And so, "*He threw himself into the water*", and he managed to walk on the water as long as he had his eyes fixed on Jesus, but as soon as he began to focus on the adversities that surrounded him, he fell. So it is with us during our moments of transformation; trust God, believe that He can bring you to your final destination, focus on His voice, on His directives. Look neither to the left nor to the right, but just walk towards Him. You have to throw yourself into the water.

On your mark, get set, JUMP.