

## **Growth From Within**

by Errol Strider

Science has discovered that you cannot change an element unless you change its nucleus. It is the same with personality. In order for a person to grow the nucleus or innermost self must change. Often we seek to grow or change ourselves by adjusting the external aspects of our lives: our jobs, relationships, or hobbies, thinking these changes will bring growth, happiness, and newness to our lives.

We all too often forget that permanent or real change only comes when the center of our being, our inner drives and motivations, undergoes transformation.