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EVEN MONKEYS PEEL BANANAS

Recovering from a chronic disease means discovering many “secrets” about ourselves that we have hidden from ourselves for years. We work through layers of “safe” thoughts and memories to reveal the real beauty and joyfulness inside. We uncover qualities and choices that we have suppressed so we can fit in with our society.

This is like peeling a banana to reveal the food inside. We do it to eat bananas; even monkeys peel bananas. Interestingly, the banana peel is not wasted by monkeys – they drop it onto the jungle floor to create compost (fertiliser) to enhance growth. Many humans throw the peel into the trash, so it is wasted.

Revealing our deep and beautiful self can be a profound healing (“peeling”) experience, but the “peel” isn’t wasted. These are all the thoughts and experiences that have brought us to this point and helped develop our strengths and wisdom. Use the “peel” to guide you into strengthening the weaker areas in your life, and enhancing your strengths.

