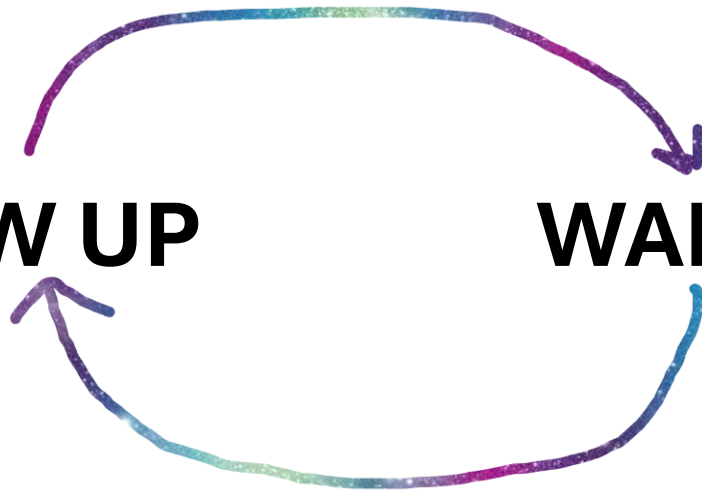


## → **GROW UP and WAKE UP**

How can person fully express themselves unless they fully develop themselves? The spiritual evolution which requires us to abandon the ego runs parallel to the mental evolution which requires us to perfect it. *8.1.158*

**GROW UP**

**WAKE UP**



## **Fitness... Mature Human Being**

The more we grow up, mature, transform, we make the human more translucent, the more we can wake up. And the more we wake up, recognize and remember who/what we are, the more we can transform.

Wake up leads to Insight into Being.  
=recognize your true being

Grow up leads to a full Human.

# **Mature Human Being**

**Look at lives of Philosophers + sages**

**Anthony, Adya, PB**

**Ramana, Shankara, HHDL...**