



THERAPIST REFRESH

HEALING FOR HEALERS



Monday Mantra * September 24, 2018

Change Takes Time

Today, we want to share with you a poem that inspires us to remember that change takes time. Even when we are falling, we are growing.

Autobiography in Five Short Chapters by Portia Nelson
"There's a Hole in My Sidewalk"

Chapter One

I walk down the street.
There is a deep hole in the sidewalk.
I fall in.
I am lost . . . I am helpless.
It isn't my fault . . . It takes forever to find a way out.

Chapter Two

I walk down the same street.
There is a deep hole in the sidewalk.
I pretend I don't see it.
I fall in again.
I can't believe I am in this same place.
But it isn't my fault.
It still takes a long time to get out.

Chapter Three

I walk down the same street.
There is a deep hole in the sidewalk.

I see it there.
I still fall . . . it's a habit . . . but, my eyes are open.
I know where I am.
It is my fault.
I get out immediately.

Chapter Four

I walk down the same street.
There is a deep hole in the sidewalk.
I walk around it.

Chapter Five

I walk down another street.

We wish you good healing,
Sharon + Carryn