



THERAPIST REFRESH

HEALING FOR HEALERS



Monday Mantra * November 5, 2018

Living in the Tension

This week, you may celebrate a moment of growth with a client. You may be deeply upset by recent events in the news. You may share a sweet hug with a loved one. You may sit with a person through moments of intense grief.

How do we, as therapists, navigate living in the space between such polarized experiences? How do we skillfully hold the dialectic in our mind, and in our hearts? Can we live in the tension and not lose hope?

Pema Chödrön, in her book *When Things Fall Apart: Heartfelt Advice for Hard Times*, reminds us that "...the truth is that things don't really get solved. They come together and they fall apart. Then they come together again and fall apart again. It's just like that. The healing comes from letting there be room for all of this to happen: room for grief, for relief, for misery, for joy."

Joy and pain can coexist.
Hope and hopelessness can coexist.
Motivation and despair can coexist.

We make a strong commitment to continue the challenging, yet worthwhile, practice of embracing the full range of experiences we have: in our work as psychotherapists as well as in the rest of our lives.

This week, we invite you to join us in setting an intention to "let there be room for it all to happen." If there's something to celebrate, celebrate! If there's something to grieve, grieve.

And if you are having trouble living with the tension, we invite you to try this: close your eyes, take a deep breath, and make a circle out in front of you with your arms like you're holding a beach ball. Embody the state of making room for it all. You might also benefit from 3 minutes of our meditation [Settle + Reconnect](#), helping you find the space between it all yet again.

We wish you good healing,
Sharon + Carryn