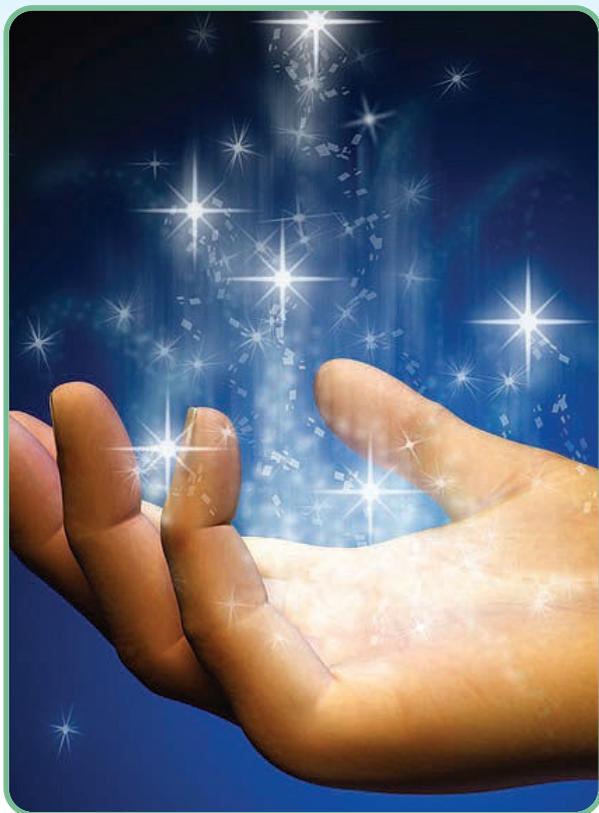


# SACRED TEARS

Robyn Bridges



**W**e live in such extraordinarily hard times! With the advent of Covid-19, fear is rampant, masks and distancing are mandated, and many are experiencing sorely diminished income and travel restrictions. Wild natural phenomena—floods, fires and hurricanes—are destroying homes and displacing animals and lives. It seems we are beset on all sides by seemingly endless wars and famine in the world, and by civil and political unrest and divisions. It's such a challenge to find peace amidst all this chaos!

We each have a sacred task during this time, and it's up to us to recognize it and take action. We can all serve others as we access loving responses to stress, stay in the present moment, and speak with conscious awareness. In addition, there are those who, if not caught in trauma-shock, are feeling called to

engage in the world as never before. Some forge ahead on the front lines of social justice. Others serve by offering healing therapies and remedies, as shared in this magazine. Many perform simple yet appreciated acts of kindness. On the spiritual front, we can be “prayer warriors and warrioresses” who lift hearts and hands up to the heavens and trust that moving through sorrow and despair can take us to the other side into a sense of authentic well-being. We can invite a higher vibration of healing energy by lifting up our pain

and offering it into the

hands of Great Love. Whatever actions we take, we find that our greatest ally is our trust in our inner, intuitive Voice. This is the calling that prompts us to respond in ways of Love and Truth.

The unfolding of current events has activated an array of profound emotions. As the overwhelming stress builds, we may be tempted to minimize it by making judgments: “Oh, this is just a depressive reaction,” or “All this grief doesn't make anything better,” or “This is the result of my negative thinking.” We may be tempted to engage in demeaning thoughts, even insults, toward ourselves or others. The unexplored tension of global crises may cause us to react to unconscious violence with a type of our own—to judge instead of love, to interrupt rather than to thoughtfully listen, to contract and protect

ourselves rather than expand our hearts and choices in ways that soothe all this distress.

These reactions can feel like floods so massive, we fear we'll drown, or like fiery smoke so dense, we think our lungs may burst. Now is the time for deep breaths as we emerge from water and fire. Now is the time to follow our best instincts—to willingly go deep in order to emerge strong. It's time to weep and grieve, and to understand that your tears are both sacred and needed to heal ourselves and the larger whole. Are you willing to feel deeply for yourself, as well as for others who you know are suffering? Will you allow yourself the courage to feel and forgive, and to envision and then embody a better way?

As you go to the bottom of this barrel, you may fear you'll never surface, but I promise that you will. Finding a wise friend or therapist and incorporating experiential modalities, such as breathwork, EMDR, Psych-K and others, can help provide safe facilitation as you proceed with this process. These can strengthen your conviction that you are doing sacred work. As you forage into an ocean of despair, touching pains that often have origins in early trauma, you will discover resolution and hidden resolve. This same ocean (of your subconscious) also contains the wonders of life and enough nourishment to sustain the bleakest of thoughts and the most profound hopelessness. As you emerge, you will connect with your sense of God. You will realize that a great Love surrounds you while you move through grief. You will feel supported and cherished. As you continue to feed into this process your truths—your love, despair, anger and

doubt—and release all into a higher way, you clear the path into the center of your Heart.

A vital Power will begin to fill every cell in your being, not as ego-inflation, but as a higher vibration—that will help you to live your days as an emanation of the Divine. You will realize that this Light accompanies you everywhere you go. You will feel it, and it will overflow from you to assist others.

If you allow yourself these tears, without labeling or judging them, you will begin to welcome this sacred process. It wants to move through you and enliven your Essence. It will fill your being with the oxygen and energy you need to truly heal. Even now this life force is breathing you!

Take heart. The way out is through—a maxim that has never been truer than today. Choose to go within. The deep dive will teach you about trust, surrender, and ultimately hope. Let this light alchemize its gifts within you, then to others, then penetrate even into the sky, waters, living things, and earth—the Planet we long to walk upon in its most healed form. You will discover the true Self you long to know and the Life you long to live—through sacred tears. ■



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