

# Being Imperfect Together – 05-14-15

## A New Season

Helen Gennari, MSW, LCSW

An orange-tinged robin preens among the leaf buds of my locust tree, hopefully also checking out the real estate. There is a network of small branches that would be perfect for her nest. The potential for new life is abundant, with evidence of the passing of those cold, snowy days that sometimes distance us from things we like to do and people we want to be with.

For me, that would be a good friend I haven't seen for quite a while, not so much because of wintery conditions outside, but because of sparse communication between us that spans a few seasons too many. I'm not sure what happened to cause the distancing but I have no doubt that we care about each other. I sometimes feel angry about her choice not to respond to my notes and calls~~I don't understand why she is doing this.

No matter how I look at the situation, I am not aware of anything that I have done~~or not done~~that might have caused this breach. Sitting down to talk with her has never been a likely solution as she resists getting together. Sometime I have doubted the wisdom of continuing to expect reconciliation and have even considered simply letting go of the relationship. But I love her and I value the connection we've had. I want to find a way to reconcile.

Recently, it occurred to me that maybe I do need to let go, not of the relationship, but let go of how I think about it. Something our George said in one of his homilies got me to thinking about the sacred space we create when we slow down and breathe deeply, consciously. Tara Brach, in her book *Radical Acceptance*, calls this the "sacred pause." There, in that sacred space, something happens with my vision. I can see things in slow motion, with a greater breadth, and at greater depths. I can see more of what I overlook when I speed through my day, hardly aware of what my heart is capable of.

In this slowed-down space of breathing and connecting with myself, I am more likely to hear the guidance that says~~let go of those irritable, judging thoughts. Let go of the story about how she's not responding. Release the negative energy these thoughts create and let there be space for something new, a different story, one that sees her through the eyes of compassion. Maybe her own life struggles hold her in a different place, or maybe she's just not ready to reconnect~~or maybe there are lessons here for both of us to learn.

From this new perspective, it's not so difficult for me to continue to periodically reach out to her, with no expectations, simply to let her know I still love her. I can even envision myself sending loving energy from my heart to hers and trusting that this can make a difference, opening my heart to acceptance, no matter the outcome. All things are possible.

So, for now, I'll heed the lesson of the seasons that tell me~~ the winter thaw has passed and it's time to enjoy the beauty of the moment, of new possibilities.

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