

There are much more important things going on in the world right now, and my thoughts are with those who are deeply suffering.

At this moment, it is necessary
for me to share a personal truth
and publicly dissociate myself
from someone I can no longer
trust...

I find myself in a season of
heartbreak because of a love
suddenly and devastatingly
extinguished by deception.

I am tempted to run into the shadows and hide, only to return to the light when I have regained my strength enough for me to say, “Whatever, my life is better this way.”

But I am reminded that
the magnitude of the pain I am
feeling is equal to the measure
of my capacity for love.

And so, I am choosing to face the pain, cultivating the courage to meet my life exactly as it is, and trusting that this too shall pass.

The promise, they say, is that a
tender heart is what gives birth
to fearlessness.

I hope it's true...

I share this to keep it 700
and hoping that the knowledge
of my experience might be useful
to someone else out there
experiencing the grip of
heartbreak who is poised to try
and escape from the pain and
miss out on the wisdom that
comes from it.

#Breakup

Let's face our pain
so we don't spread it.