

I SEE YOU: An Invitation to Write into Compassion

NOTE: If you have experienced extreme, untreated trauma, then the following might best be done in a safe container with a therapist or another skilled guide.

As well as sharing my story of seeing and being seen, *Angels on the Clothesline* is an invitation into *your* seeing.

Writing or typing *I see you* at the top of a blank page, although appearing to be a deceptively simple act, can lead into deep and wondrous inner territory.

Try it. Write *I see you*. Then let come what comes. As you write, allow yourself to follow where the writing leads. Let the writing take whatever form it chooses, be it stream of consciousness, a letter, a poem, or bits of all of these. The one that is being seen might be you—at any age, in any circumstance. Or you might *see* someone close to you. Or a stranger.

Just be present. See with compassion. Notice if you confuse compassion with pity. Pity limits, makes excuses, blames. Compassion frees.

Compassionate witnessing frees the love held captive in unhealed trauma, in self-judgment, in blame of oneself or others, in regret. Self-compassion brings the balm of love to our wounds, accepts how we or others may have shut down, and wraps us in patient kindness.

With our compassionate presence, we can touch the experiences in our *now* that need acceptance and loving. It never is too late to heal what we regard as the past. Because in truth there is just one continuous, flowing now. And it is always the right time to see with love.

Try it. *I see you* ...

NOTE: Extensive research proves the profound, long-term benefits to our physical and mental health of writing about our emotions and our traumatic experiences.

*For more inspiration related to the healing joys of writing,
please visit www.anituzman.com.*