August 18, 2022 High River, AB

Dear one. I've been thinking today about wounds and how not all wounds are the same

Flesh wounds are one kind

They hurt like H E double hockey sticks when they strike

A finger in a door

A stubbed toe

Paralysing

Their intensity can make even the holiest among us spit out !@#\$%.

Momentarily fierce

They resolve quickly

The offences that come at the hands of those we don't know well (getting cut off in traffic, waiting too long in the grocery line, the annoying person at work) are like this

The flare up is swift

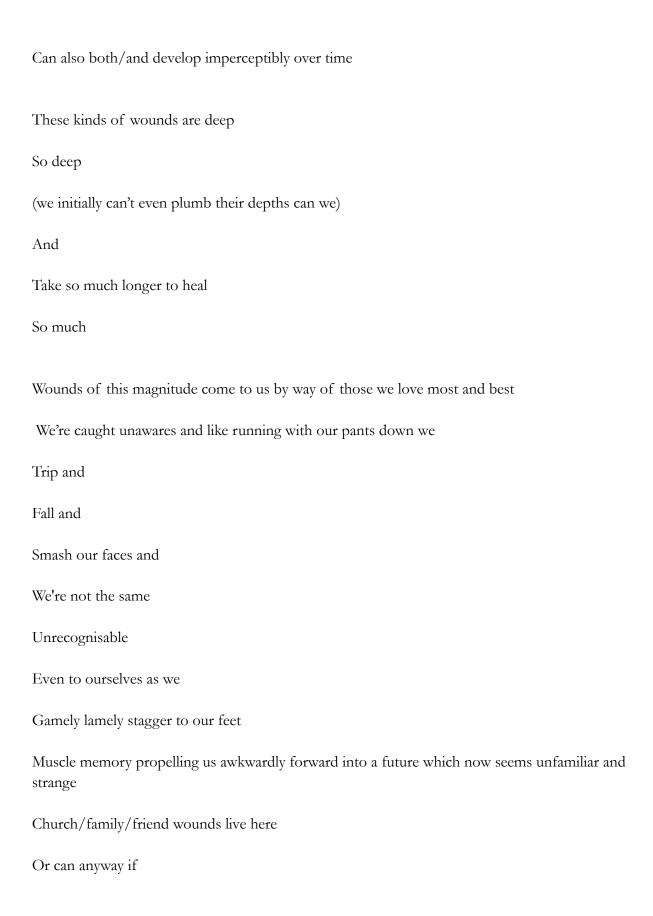
The settling just as

Some wounds are more profound

Life altering and

While they may also have a traumatic inception they





You have lived and loved with openness and transparency
Vulnerability and
Expectation
Rejection is hard to get over
My sister said this after her husband left her for the second time "It's the rejection that is the hardest. I just can't get past it."
I get this
Now
In ways I didn't then
Being rejected by your beloved, your soulmate, the one you trusted with your actual visceral life leaves a mortal wound, not readily healed
It cuts down ragged and cavernous into the core of who you were/are
A soul wound (and bandaids and platitudes don't begin to touch it)
Let's be patient with one another
Let's leave off judgement and criticism and the 'why can't they just forgive and move on'
You really can have no clue
Until it's happened to you

(and maybe not even then)
Cause
Forgiving is the easy part (actually)
Healing
Trusting
Believing again
Not so much
Praying for me
Praying for you
With love and compassion and so much grace
Colleen