

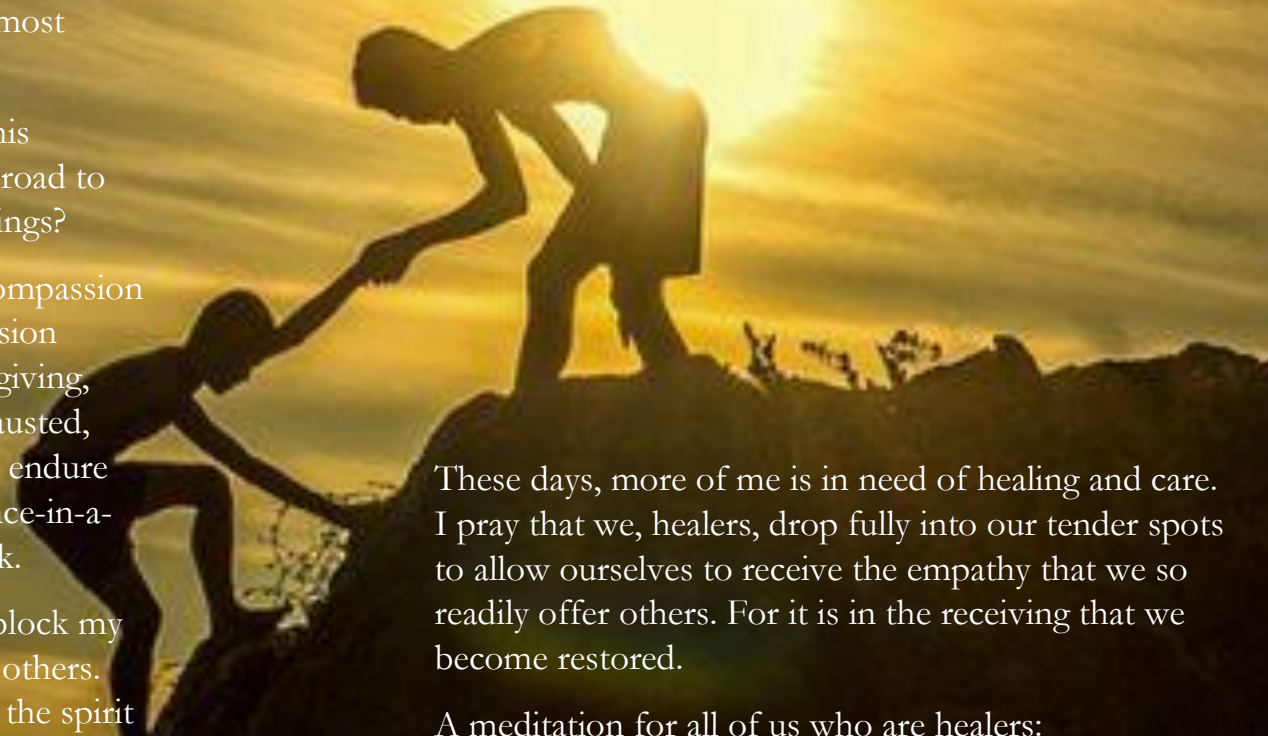
## Healers Needing Healing

We, healers, are some of the ones in need of the most healing.

How much suffering have we witnessed during this pandemic? What pain have we soaked up on this road to collective liberation as we have answered our callings?

Those, like me, who genuinely seek to usher in compassion are exhausted by the immense suffering. Compassion fatigue and vicarious trauma are brutal and unforgiving, bringing about despair and doubt. I, too, am exhausted, wondering what might need to shift within me to endure both the everyday challenges and momentous, once-in-a-lifetime moments that seem to happen every week.

I find myself recognizing all the ways in which I block my own receiving of grace and care from myself and others. Not slowing down long enough to discern where the spirit is truly leading me to use my gifts, instead of relying on my worldly ego that will have me guard my pain behind my role of being a healer and teacher. Inflicting violence upon myself as I run to put out every fire when I am not trusting the spirit or others to do their part while I restore myself. Truthfully, I can be quite disdainful of my own pain and humanness, which is the very thing that makes me a potent leader.



These days, more of me is in need of healing and care. I pray that we, healers, drop fully into our tender spots to allow ourselves to receive the empathy that we so readily offer others. For it is in the receiving that we become restored.

A meditation for all of us who are healers:

***May we receive rest and comfort.***

***May we be vulnerable enough to receive healing.***

***May we open to our enoughness.***

***May we discern where we are being called.***