The lost art of NOT trying to make everything better when you're going through a thing.

By Roger McKeever, Yogi  
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To be perfectly honest, the last few weeks have been difficult.  I’ve been edgy, agitated, grumpy, and just not myself.  I’ve mostly felt like a deflated balloon.  As the darkness has intensified so has my need to hibernate.  More accurately, isolate.  I’ve tried to use all of my coping tools, but nothing really worked.  There’s just been this underlying anxiety that has been vibrating at the core of my body.  I know a lot of you can relate to that feeling of anxiety that doesn’t really have a name or words, and yet it just doesn’t go away.  It’s real.  I kind of dropped off of social media, and I stopped spending time with my friends.  
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I felt embarrassed and ashamed of my situation so I just kept isolating.  Wednesday, I finally reached out to a good friend and confessed:  I’ve disappeared not because I’m busy, but because I’m embarrassed and afraid of my situation.  We talked for an hour or so.  Not surprising, the anxiety dwindled.  
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Tonight, feeling the stir to write and re-engage, I called my friend and asked for help on a topic to write on.  Due to this clenching anxiety, I’ve had writer’s block. I literally said:  Give me a topic to write about that isn’t dark, heavy, or revealing of my situation.  To which she said:  You should write about “wanting to write about something happy when not feeling happy.” To which I said, “No, I’m not writing about that.  Give me something else, something more positive, something spiritual.  Anything.  Not that.”  
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What I’ve committed to in my life, in my work, and in my relationships, though, is a deep, raw, and vulnerable kind of honesty.  But damn, there are some vulnerable places that are so sensitive that I want to run, push away, fight, scream, isolate and do anything but reveal the truth.  
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For the many things that we say yoga is, this… THIS… is the yoga that is the hardest and most necessary.  Satya.  Truth.  The willingness and courage to put it all the table without shrinking back.  This is what I am dedicated to. .  
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