



The
saddest
day has
gleams of
light, the
darkest
wave hath
bright
foam
beneath it.

Sarah Winnemucca
(c.1844 - 1891)
Northern Paiute Author

Some of us like things tidy. On our plates, we keep vegetables separate from starch, proteins away from sweets. We don't put carrots in our jello or raisins in our bread. We prefer neat edges and clear distinctions.

Our feelings can be un-tidy - emerging in their own way and on their own timeline.

Feelings pair with other feelings in an ever-evolving blending. Despite our assumptions, rarely are emotions pure. Frustration might have a tone of fear to it or sadness a note of relief. Our hurt may be mixed with annoyance or our joy with melancholy. Nuances in our emotional life reflect our human complexity; there is beauty in the many ways our feelings reveal our individuality. We are reminded we must listen carefully if we desire to fully hear the experience of another.

Feelings come, stay and go on an ever-changing schedule. Emotions will arise and remain on their own terms. Following a moment of grief's sadness, we might find ourselves stuck in anxiety's mud for hours. A day of joy might be followed by a pause of fear. We may try to control when and how long we will feel a particular feeling, only to have our spirit lead us down a different path.

Feelings seek our well-being. The messiness of emotions may be for our best good. Feelings help us release the unique mix of emotions attached to our novel experience of events. Feelings aid us in noticing our honest response to circumstances we face. Feelings invite us to learn more empathetic ways of being a colleague or more humble ways of being a friend.

Feelings are a finely tuned resource for health.

What nuance in my emotions can I identify today? What is something my feelings may be trying to teach me?