

## **Wade in the Waters** by Suzanna Yahya Nadler 7/12/18

Shame is rearing its ugly head this year. Personally I have always poo-pooed shame, seeing it as a nebulous and inclusive concept, however, the reality of the experience when it knocks me over and takes control, is humbling. Shame is intricately related to our attachment to others. What goes wrong between oneself and another is where shame gets exposed. As a young child when my caregiver did not help me to manage my distress or other difficult feelings, I felt alone and overwhelmed and unable to calm myself. Now as an adult when someone doesn't tune into me, all of my old neediness gets activated and I scurry to protect my fragile self. Ultimately it feels like I'm to blame for my parents non-attunement. This is the genesis of shame and sadly is also linked to our current immigration crisis with children being separated from their parents.



Here we go into the eclipse season that bridges the gap between our private selves and our society at large. Tonight the new moon launches us into a partial but powerful eclipse in watery, emotional, place-of-the-home Cancer, reminding us of our deepest attachment which begins in the fluids of the amniotic sac. Across the skies directly opposite to the moon is Pluto in Capricorn, that metamorphic planet of destruction and rebirth. This

astrological emotive roller coaster is here for our healing and the emotional health of our larger tribe.

How can we not all be affected by the way we are so disconnected? All children feel the raw pain of being taken from their parents, their only source of stability, just as I notice the automatic retort that arises from my deep, instinctual self when you are not understanding me. I feel ashamed that I cannot empathically tune to my mother, or you, as she wanted from me. I feel the shame of our nation that we have knowingly inflicted harm on children, who depend upon us to mitigate their distress. When I knowingly bathe in the waters of shame, the sadness, aloneness, anger all arise to be transfigured into a deeper connection with myself and others. So, it's time

to “Wade in the Waters”; sing that ole gospel tune. Then, I don’t have to shove you away; you and me, we are all in this ocean together.