

A Daughter's Eyes-

I am so thankful for the journey that my dad and I share. My dad experienced a level of grieving after we did our emotional work together. I had a different encounter. I have been trained and brought up to do my own emotional work. It's a beautiful part of my everyday walk. However, in some areas there has been a feeling of being stuck. Grieving has been something that has brought tremendous pain. I have not been able to move out of that. My dad created complete safety and assurance for me when we began our mat work. I felt safe with him. I knew and trusted that he was going to help me go where he has already been numerous of times. Many pieces of my life that were missing were quickly filled. I had developed erroneous expectations based on assumptions of my dad's perceptions and feelings. Expectations I had on myself, expectations I had on my dad, and expectations I had on my God. While on the mat my dad handled my pain and trauma. He experienced it through grief. Wow! There are no words to explain the healing and freedom that washed over me when my dad, humble and selfless, endured all of my pain. The closest expression of this act, is that which happened upon the cross.

As humans we lack the ability to have empathy and compassion deep enough to lay down our own. My new found freedom has allowed me to release all the expectations I've had on myself and on my dad. I am free to be who I am. My dad is free to accept me. I find comfort knowing that I am precious in his sight.

A Mother's Eyes-

A tremendous part of grieving our children's pain is the opportunity that waits within. When my heart opened to Elisha's trauma, I began to fall in love with her all over again. Just like the day I gave birth to her. Think of a time when you experienced falling in love. Maybe with your child, maybe a significant other. Some may think of when they found Jesus. When you are falling in love with someone, you see them how they were truly created. All their faults, mishaps, and foolish behaviors are easily brushed away because you are falling in love. My own healing and paradigm shift, enabled me to see Elisha. Just as the Lord intended her to be. *"Before I formed you in the womb I knew you, before you were born I set you apart," says the Lord. Jeremiah 1:5.* I now had room to allow myself to fall in love with her every minute we shared. There is so much to see now. I was able to look past the behavior and see all of her beauty. Had I not worked on me, my own fears would have created a wall that blocked my heart from this process.

The most amazing insight gained and valued truth is the way my Father God loves me. *"He led me to a place of safety. He rescued me because He delights in me."* 2 Samuel 22:20. Unconditionally, renewed and washed over and over again. This is how my Jesus sees me! *"Do not be afraid, I have ransomed you. I have called you by name: you are mine."* *"I traded their lives for yours because you are precious to me. You are honored, and I love you."* Isaiah 43: 1, 4