



# The Wounded Healer

**Several weeks ago, I found myself talking to a dear friend who had just suffered the loss of a child - a pain I cannot imagine nor ever wish to experience. I felt lost at what to say or how to just be present in the overwhelming pain she was living with. I remembered the many dances with grief the loss of my parents, grandmother, uncles and aunts and close friends, that I have entered into. Not knowing what to say I simply said very little, I just listened and was there in the moment. When she left she said thank you that was truly helpful as I felt that you understood my pain. How could she feel this, as I said and did very little. Later that evening I read while reading the Wounded Healer by Henri Nouwen I can across this quote.**

"For all ministers [ all people] are called to recognize the sufferings of their time in their own hearts and make to that recognition the starting point of their service. Whether we try to enter a dislocated world, relate to a convulsive generation or speak to a dying person, our service will not be perceived as authentic unless it comes from a heart wounded by the suffering about which we speak."

**I realized that what is spoken or unspoken is powerful and only real when there is a heart and shared connection to the suffering. While we may not have experienced the exact same suffering as is in the case of my friend, we did share similar loss. A shared experience that allows the healing process to begin. while words were important so was the silence and allowing my friend to just talk. Let us ponder when we deal with suffering in those we come into contact and find a recognized shared experience to begin the healing.**