

Living Into What Comes
Imagination and somatic awareness as a vehicle for soul growth

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It is an interesting time, I hear myself saying this with my closest and most awake friends...

Being close friends and colleagues with Nita, I am touched by her process in coming to terms with Lee's death.

Living at this time on the planet, I am surrounded by friends, colleagues and acquaintances that are dealing with life changing and life ending events. I find myself having what I call 'bleed through' moments, where I am connecting with an energy or a thought that is both mine and much bigger than myself...it is like I am connecting with the bigger energy of those close to me or of the collective. Today I had one of these bleed through moments related to losing a loved one.

I was driving home from work after a hard few days, it is dark out, I am on auto-pilot...and I begin imagining getting a call that my close friend Nita has died...I rejectingly cry "No...No I cant..." I can't imagine being on the planet without her...how will I negotiate and process and reflect on my life without her to share with as a sounding board? How can I do it without her as a fellow traveler? It is just too much to consider. I have the emotional and somatic response, my heart is racing, my throat is tight, my eyes fill with tears. Then I stop myself, something I have learned to do...and remind myself that this is an imagining, an opportunity to practice how I might meet this experience...and that now, this is not the case. I get curious and I begin longing to speak with my dear friend.

As we talk later in the evening I share this feeling with her. She has been talking about what it feels like now, a couple months after Lee's death, and a couple days after the death of Patricia, her troubled sister-friend. Lee in particular is a friend Nita would say...'I don't want to be on the planet without him'...and yet she is. She is living into being on the planet without him...and discovering...what this is like.

As Nita talks, she describes how their essential self...the self that is higher and deeper than their personality and their rough edges...how this essence of them is somehow more present in her life. She talks about how she feels that a part of them is in her...how she gets to experience them, almost more freely within her daily experience.

As she speaks I begin to feel a sense of spaciousness...a very different feeling than the clutching I was feeling on my drive home. This spaciousness is something I can feel in my body...an expansion and airiness. I share this observation with Nita and she says, "yes...that is it" and then I feel the joy that comes with this spaciousness and again she confirms, "yes, it is like that". Feeling this light cool airiness that comes from loving and

loosing yet staying present to our grief and to the essence of the one who has transitioned...I also feel a flood of compassion for the limitations of the personality. The struggles, conflicts and places of fear and constriction that come with being human – no matter how practiced we are. I am warmed by compassion for the personality...and in this I am warmed by my love for my friend and the struggles we cry and laugh about together. I am warmed, rather than constricted in the fear of “I can’t be on the planet without her”. I am warmed into gratitude and feel the lingering of the cool expansion, pure joy and airiness that comes from loving and living into what comes. This is my NeuroImaginal™ musing for tonight...and I am enriched by it.

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