

DOES YOUR THERAPIST LISTEN WITH HER SOUL?

HELAINÉ Z. HARRIS

LISTEN

Listen, my child.
Listen, with your heart
And you shall hear their feelings
And the words they never dared to speak.

Listen, as the angels sing their melodies
In the winds of time.
Become the receptive chalice,
The cup that enfolds,
The vessel that contains
All that is,
In love and in hate,
In beauty and in ugliness,
In joy and in anguish.

Listen with a loving heart.
Let your soul soothe their wounds.
Let your heart soothe their savage cries.
Hold their hand.
Hold them up, 'til they do stand On God's land
With new strongly grown legs.

Be their cheerleader
For their hidden cries to become
Conscious Screams.
Let your cheers draw forth their closed off sounds
To free their own inner music
And sounds of rapture.

And smile with joy and love
As each one finds the gold in their own heart,
Of beauty, of love, of their own radiance
That joins with the radiance of the Creator.

Then listen, to the emerging Light,
To the sounds of the sunrise
Coming through the veins of your being,
The joining together in the Chorus of Life's Creation.

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Therapy is such a precious, delicate relationship. From years of exploring and healing my own wounds and removing the numerous veils, I have come to look for the essence within the person before me. Gently, slowly, safely, together we will uncover your essence, and the gifts at the center of your Being. Painstakingly, softly, sometimes assertively or even humorously, we will brush away the exterior defenses and blockages revealing truth. Now instead of an automatic behavior occurring, you'll have greater choices. Sometimes I listen to the silence between the words, the energy movement in your body response to a situation and the images that form in and around your stories.

Thus your center, the beauty at your Core, begins to be experienced and awakened. Then the laughter comes, an unraveling of your Being, as you realize the victimization and betrayal in your life, that which terrifies you most, is the result of your undoing.

Now look at the world through new eyes, and begin to truly see and experience, for the first time, the beauty of the world that embraces you. You experience the perfection of your life and gratefulness to yourself for being willing to live life fully and passionately.

It all begins with the simple act, an act of relating in a way that allows the participation of another Soul in the act of Self-Revelation. With that comes love, acceptance, peace, compassion and joy. Are you ready to create life the way you want? If so, you may be ready to have someone listen to you, your Being, your emerging Soul.

Helaine Z. Harris M.A., MFCC is a leading therapist, teacher, lecturer, author and the creator of PsychoShamanism™, a unique therapeutic style blending traditional and non-traditional psychotherapy with shamanism, body work and energy medicine. Her book, *"Are you In Love With A Vampire? Healing The Relationship Drain Game"* published in November, 1997 is currently available in stores. For more information about Helaine and her work call 1-800-30-THERAPY.

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