



Reframing Our Feelings

A Meditation on this Moment of Great Uncertainty and Stillness:

It could very well go without saying that within the past two months, our lives and the lives of every person we know have been totally and completely turned upside down. And yet, still it must be said— not because we are collectively unaware of the severity of the situation, but because *acknowledgement and acceptance are the first steps to healing.*

Whether on the front lines as essential workers, or sitting in as people with pre-existing conditions, newly unemployed people, struggling business owners, disadvantaged students, or others forced to make

adjustments, *we have all been thrust into the midst of a new normal*. As we face our new realities, we are at once processing the shock of many sudden and significant changes while undoubtedly staring into the face of many more. So how do we adjust?

Although we are experiencing this collectively, it is vital to remember that *everyone will process the experience differently, and that is OK*.

In addition to the many different angles from which we are experiencing the pandemic, we are all in possession of lived experiences acquired before that impact the ways in which we respond to stress.

People are experiencing an array of different emotions: fear, anxiety, loneliness, anger, despair, and for some perhaps even relief. Whether you are greeting the days with gratitude for the repose they offer from the endless demand of a life oriented around capitalist ideals, or taking each day one at a time uncertain and frightened of what's to come, *the way you are feeling is valid*.

Your feelings, favorable or not, are always important. And, in the case of traditionally "negative" feelings, it is necessary that we feel our way through fear, loneliness, anxiety, guilt, or despair in order to be truly free of them. A repressed feeling is still one that demands to be felt, and *it is up to us* whether we choose to confront the truth of how we feel by sitting with

and honoring the feeling until it has passed, or temporarily avoiding the way
we feel until eventually the issue manifests again.

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While sitting with our feelings may be uncomfortable, the action allows us to regain control in the only way we truly ever possess it: through our response. *It is natural to cry, feel angry or anxious*, and when we sit with those feelings, and truly allow ourselves to experience them, we learn valuable lessons.

In sitting with our feelings, we not only come into closer communion with our inner selves, but we are also reminded of one of the greatest truths in life: *all suffering eventually comes to an end*.

While sitting with our grief will not change our circumstances, it will allow us to gradually reframe our perception of our situation, and our feelings toward it. In the end, all things in life can be understood through a delicate balance. In this case: it is okay to feel how you feel, but remember that you have the power to decide whether or not those feelings consume you.

It is true that we are struggling, and attempting to adjust to an uncomfortable new normal. But even as we may be without normalcy, money, freedom, or the ones we love, we are not entirely without power. We are not entirely without choice, and most importantly *we are not without ourselves*. And we are not without community either.

As for the Sable Collective, *we are still here* sending our love, offering avenues of support, and creating with intention for you. Many of your other

avenues of support, and creating with intention for you. Many of your other favorite businesses and creators are still here as well. Many of your family members and friends are still here. Reach out to them, embrace them, and allow them to embrace you. We are all intimately in need of each other in this moment, to authentically share both our feelings of distress and our feelings of joy. If you allow in your heart to let this moment offer you any lesson, let it be that *we are always in need of each other.*