

THIS WEEK IN KAILUA-KONA: FRAGILE

Words, captured on paper, are flash-frozen. Printed words can become sacred, different than the Spirit that shapes these words, the Wind that blows in and out of your lungs 22,000 times a day.



Average Americans check their phone 345 times a day. We mainly give each other fractured attentiveness.

The first act of real love is undivided attention. Jesus' focus on his conversation partners was laser-like. He asked 307 questions. He answered 3 questions. The rest of the time, he asked the next good question, and listened.

Our own words are better heard as wind-blown—fleeting, fragile.

Every spoken Spirit-thought is solid, secure. The mystery remains:  
Who can write on the Wind?

When grief goes invisible, relationships become fragile. Invisible grief is a tollroad to fragility. Invisible grief comes from losses not supported by public mourning rituals and customs. Examples today are infertility, miscarriage, & early sexual abuse committed during a child's "ages of amnesia."

Consider Jesus once again, for just a moment. He lost heaven for earth, riches for poverty, the life of a royal for the life of a person. His grief was largely invisible, but even so, He looked us in the eye as he was dying, and in this act he said, so solid, "I love you."

Safe space and competent empathy don't take the other's story personally.

When I lose distance,  
*empathy distress fatigue* results.  
I become exhausted, increasingly fragile.

One answer? Walk up to the fence between me and you, lean over, hold a hand, and lend an ear.

Cry and laugh with me.  
Recognize the me in you,  
but don't become me.

You must not jump the gate, lose the fence, or merge with me.

You can't tend my wound if you become the wound.  
[from the podcast, *Unlocking Us.*]



Patience is another antidote to fragility.

Patience replaces eggshells beneath your feet with solid ground.

Patience tolerates delay, suffering, and trouble... without getting upset.

Patience:  
takes a deep breath,  
looks through eyes of love,  
Doesn't rush listening time,  
senses the other's mood, inquires what the other needs.

