

Cry, Darlin, Cry!

Too many clients speak of weakness when they cry. Our society has a way of brain washing us into thinking crying is to be looked down upon, when in reality it is a biochemical reaction to a physical need among other things.

When there is an excess of energy or feeling, tears serve as a mechanism for release. Lauren Bylsma, a PhD student at the University of South Florida, researching crying, suggests, "It's believed to release stress hormones or toxins from the body".

Well-meaning people feel threatened or uncomfortable when they see people cry. They think they are being kind by turning their heads and not taking notice, or they come too quickly to the aid of a distressed person and try to stop the out-pour. When in reality, eye contact with compassion in the heart will reach the individual in distress.

A non-judgmental, non fearful, acceptance of this human experience is all that is required. Simply hand the person a tissue, as if they are sneezing. We are not able to solve it but we are able to identify and be empathetic.

There are distinctions about why a person cries. While it is true, that there are secondary gain cries, which amount to getting someone's attention, or manipulation; they also benefit from compassion, rather than isolation. We do well to consider the powerlessness of the crier. If the crier is literally doing so to be manipulative or gain attention, why? Why is this the chosen formula for resolve? Something is lacking and we need to get to the root of the powerlessness, strengthen the resolve and redirect the actions. These secondary criers also need human connection.

Tears are the nutrients that allow us to grow, they water us for new development. They are filled with energy that emanate from our core selves, releasing them, releases new potentials. If you find yourself swallowing down those tears, wiping them away, being ashamed, redirecting your gaze of other's peoples tears or never crying, think about what you are missing. Life comes with adversity, using the tools that are biochemically within us for repair is a natural precursor to good health.

The goal is to create neural synergistic pathways that lead to optimum potential. We encourage all people to cry, sigh, and be alive!

