

My sessions with You Matter

*Precious moments in being with another in companionable silence,
pondering at the rich tapestry that is life.*

Helping another to be seen, letting the sun peak into my darkened mind

Loudly speaking your distress and pain.

*I will whisper hope as you find your life; yours and mine words spoken in tandem, bring
joy and hope*

Finding your feet, being like the earth, solid and always there

*Whether you take small steps forward, looking at the remnants of the past or when you
drop to your knees*

*like the sky opens new with every sunrise and speaks with rain, I'm offering my
shoulder and letting you know it's okay to cry.*

*I may use words, paint, the fresh soil, the sound of music to tell stories, to reach into
and leave you feeling a little lighter, a little better than when I found you*

*A smile here, an encouraging word there, a gentle touch, to comfort, console and share
and make a "heaven out of hell"*

I've come to change my world, not changing the world.

*We meet at the crossing point; a place of healing, comfort, accepting life's many
paradoxes*

These slivers of time are much more; it's a memory, a thought, a feeling and emotion

*Seeking the calm and inner strength, to quiet the chaos of the mind, body and
soul; ceasing the worries, seeing the face of stillness and freeing yourself and I.*

To ask questions that may not always have answers. Who am I? Who are you?

Accepting there is something bigger than me.

Knowing this is good enough for me.

A beautiful, self penned poem from staff member Humaira, NHS employee