Rehabilitation
No longer stumped

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The demo crew tore down our shelter board by board, brick by brick sledge-hammering, jackhammering. They discovered in the gut of this subterranean site a cracked yew stump, thick twisted roots clinging in darkness to a past so strong it broke two chainsaws.

Giving up was not an option. With an auger they drilled, extracted the tree exposing dark secrets long suppressed. Daylight brought hope from a pile of rubble and soil. A new life was rising with a fresh foundation, wide beams, open spaces, bay windows and a skylight capturing stars, sunrises, sunsets and a sturdy roof over our shoulders.

Now feeling safe we begin the work rehabbing our interior spaces without a hardhat, wood, or nails. Every day we practice singing to memorize a mantra seeding a positive mindset. We practice meditating:

In… Long and slow
Out… I smile and let go.
In… Deep and slow
Out… Acceptance I sow.
In… Deep and slow
Out… Acceptance I know.
The mantra takes root
flowering in the brain’s trellis
crowding out, weakening
distressing thoughts.
Calm, we can observe
old habits: catastrophizing
polarizing, personalizing
jumping to conclusions
mind-reading.
Our clinician urges us to take our time
to dismantle and reframe the old—
word by word
thought by thought
step after step
emptying our mind
of not and never
should and should’ve
until it no longer turns backward
and against itself
nor jumps forward
body trembling, heart banging.

No longer hammering
drilling, or grilling,
we let the energy of possibility
propel us forward.
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