

# The Hand Me Down: Heirloom Of Emotional Pain

BY DIANNA LYNN JENSEN (AKA LADY PURPLE)

I was sitting at the table this Easter. Looking at their photos on the wall, I started to look into each of their eyes, one by one...this insight came to me...

Great Grandma, Grandma, Mom...all those years of sadness, unexplained loneliness,

Emotional distance now coming to life...

One generation after another silently speaks the same language offering the next generation the same pain.

It is not a coincidence now I see,

That their inner voices mirror

the images of their heart cry...

Now *speaking* through their eyes to me...

It is the hand

me

down

Heirloom of emotional pain, never broken until me...

The new rules apply to me...

No more denial to live by

I am not attached to this

The particular umbilical cord of generational disillusionment...

I have cut this cord once and for all.

I have lived in these reflecting eyes, I was trained by them,  
I now know...

I look at each and wonder how did they manage to keep it  
buried deep inside...in their silent

pain...

If I reflect back, I know they did not live it all so  
well...just as I did not, once upon a time...

I watched, saw, heard, felt their shattered lives and raging,  
unsilent pain, displayed throughout my life...

I was the lucky one, I walked so many miles away...I saw so many  
contrasting eyes along this path...showing me the hope, the  
love, the smile in their eyes...I knew I had to let go of their  
generational pain...

recovery is my game....

Makes me sad

To know they died with these windows to the soul, never seeing  
the truth of the

Hand

Me

Down...

They left it up to me...

Now I am becoming free...!!

Who am I to ponder the heritage of life sent to me? I AM ME...just the beginning...

Photo by [freestocks.org](https://www.freestocks.org) on [Unsplash](https://www.unsplash.com)

For more self-study, [The Urban Howl](#) recommends [Love Yourself Like Your Life Depends On It](#)  .

***Sip a little more:***

***Discover The Love & Freedom From The Pain Only  
You Are Meant To Feel***

***As I Step Into My Pain My Soul Gently Guides Me  
Forward***

"Grace isn't always a pretty thing. There are times when she arrives cloaked in suffering. Dials up the pain just enough to wake us the fuck up, so we're finally willing to make a change."

SHANNON CROSSMAN

THEURBANHOWL.COM



**#HANDMEDOWN**

HOWL WITH US

ON [FACEBOOK](#), [INSTAGRAM](#), [TWITTER](#) & [PINTEREST](#).

SPREAD THE MAGIC: