

THE SKY AND THE WEATHER METAPHOR

Therapist: Your observing self is like the sky. Thoughts and feelings are like the weather. The weather changes continually, but no matter how bad it gets, it cannot harm the sky in any way. The mightiest thunderstorm, the most turbulent hurricane, the most severe winter blizzard—these things cannot hurt or harm the sky. And no matter how bad the weather, the sky always has room for it—and sooner or later the weather always changes.

Now sometimes we forget the sky is there, but it's still there. And sometimes we can't see the sky—it's obscured by clouds. But if we rise high enough above those clouds—even the thickest, darkest, thunderclouds—sooner or later we'll reach clear sky, stretching in all directions, boundless and pure. More and more, you can learn to access this part of you: a safe space inside from which to observe and make room for difficult thoughts and feelings.