



Amy Davis

I hear the cracks of pain in my client's voice, the flash of remembrance in their eyes, the half-uptilted smile as they recall a time that was meaningful to them. I watch quivering hands move up to the side towards the back of one's neck when feeling discomfort, fingers fidgeting with rings when nervous, restless heels and legs raising up and down, left then right, as if they are walking in their seat, away from the burden they've held for so very long. I see what gets missed by their loved ones, I notice what is unsaid, and gently observe what needs to be witnessed and acknowledged.

One may call this intuition, experience, a gift, or what I'm paid to do. For me, it is knowing, something that just IS. I have always struggled with feeling like I belong, though the moments I spend with my clients remind me of a place long gone, and yet to come. I fade in the background as I witness vulnerability and memories buried under years of self-sabotage, hurt, and regret. I am an observer, I know things, I see things, as I am no thing-I just AM. I wish people could see what I see, know what I know. This pain we experience is temporary, it is meant to be felt, experienced, and let go. It does not define us, nor should we allow it to.

Being aware of the power of feeling and moving through our life with grace should not be taken for granted, it means that we are alive. When we are able to reunite with the pain, it transforms into a dance of light and dark, as it swirls into neutrality one will see the glimmers of hope and love embracing the hurt. Just as a mother comforts her crying child as she holds their pain in the safety of her heart and arms, the ancient

Pain is NOT the Enemy, Avoiding It Is

wisdom of life envelopes the moment and transforms it into what nature intended. All is well, all is good, all is as it should be.

Life is meant to be lived, fully and deeply. This means that we have to feel what we wish we didn't, experience what is unfair. BUT, with this, we witness the beauty that is held in the wisdom of peace, rediscovering once again what our heart recognizes as truth. We bravely walk away from the fortress that took a lifetime to craft as life ensued. It disintegrates in the distance behind us, as our legs walk us further towards a new life, fully attuned to the expansion and awareness in our pulsing heart. *

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Amy Davis, MSW, LISW

Amy is a mom, wife, Clinical Social Worker, advocate for mental health, public speaker, and soon to be published author. Since losing her mom to suicide in late 2011, Amy began her journey of healing with the understanding that it was up to her to heal and change generational wounds. This meant seven years of advanced education as a single mom, showing herself, and her daughters, that they could do anything they set their hearts and minds to. Amy now is married and has a beautiful blended family with four amazing children, who are all on their own path of self-discovery.

Web: diamondhearttherapy.com

Email: amy.davis@diamondhearttherapy.com • Phone: 515-850-2894