

The Closet Door, or "All of me, Why not take all of me?"

"All of me
Why not take all of me?
Can't you see
That I'm no good without you ...
Your goodbyes
Left me with eyes that cry
How can I go on dear without you
You took the part
That once was my heart
So why not take all of me?"
- Gerald Marks / Seymour Simon "All of Me"

"Hope is nature's veil for hiding truth's
nakedness"
- Alfred Nobel

"What is the main thing in love? to know and
to hide. To know about the one you love and
to hide that you love. At times the hiding
(shame) overpowers the knowing (passion).
The passion for the hidden -- the passion for
the revealed."
- Marina Tsvetaeva

"Whatever is begun in anger ends in shame."
- Benjamin Franklin

"People are like stained-glass windows. They
sparkle and shine when the sun is out, but
when the darkness sets in; their true beauty
is revealed only if there is a light from
within"
- Elizabeth Kubler Ross

November is upon us and so is another
round of national, state and local elections. My
radio, television, email, and phone are besieged
with messages imploring me to vote for this
person, or not vote for that person. To vote or not
to vote, that is the question! ☺

In all of this commotion the negative
energy is nearing a crescendo, with attack
advertisements, smears, lies, and deceptions. And
yet it seems to be the truth that is the most
damaging; that is, when the truth comes out
through a scandal; scandals that exist because the

closet door is closed tight, and the fear of the door
is even greater than the reality of what is in the
closet. My closet contains those aspects of myself
which I hide from myself. While it seems that
spring is the time for cleaning out our closets, it
appears that in the fall the doors have come off
their hinges!

There is an old saying bandied about in the
therapy business, "That which is suppressed will
find a way to be expressed." When we deny
aspects of ourself and suppress them at all costs,
then the expression of that denied aspect of
ourselves is often much more desperate, more
risky, more unhealthy. It is a cry for help. What
kind of help? I believe it is simply for these
aspects of ourselves to be heard, recognized, and
accepted. Accepted not as evil or sinful, but as a
part of essential whole, without which there can be
no fulfillment, no acceptance, and no peace.

The news has been filled with scandals
regarding suppressed aspects of a person. The
suppressions are so strong and the tactics so
extreme that there appears to be an incredible
amount of self-loathing in those who have hidden
these aspects of themselves. The expression of
such sad and miserable self-loathing has not only
caused the person much misery, but many other
innocent souls have suffered as well; for the self-
loathing has been transferred into hate and
intolerance for others, what is truly hate and
intolerance for themselves.

As Elizabeth Kubler Ross so well stated,
"true beauty is revealed only if there is a light from
within." Each person, each soul, is unique and
endowed with so much to offer. But what there is
to offer is only available when we are cognizant of,
and accepting of all that is within us. The light
cannot shine from within when we are working so
hard to keep the shades drawn and attempting to
douse certain aspects of the flame.

Seeing what is actually in the closet will
shatter the fear as we discover that the fear is really

~POINTS OF VIEWS~

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a giant fog, and what is actually in the closet, an aspect of ourselves, was never deserving of such treatment or exaggeration.. The closet is “scarier” with the door closed and our fear of what lies behind the door. It is this fear, shame, dread, and guilt which is the trigger for our transfer of these same feelings and emotions upon others – and the source for very sad and regrettable actions when we injure others because of the unjustified fear of what might be in our own closet.

The problem is, I don’t really know what is in my closet unless I open the door and see. To do that requires that my fears take a back seat to the discovery of myself as a person; to our discovery of wholeness and acceptance and health. It takes courage to open the closet door and look inside. Because courage is the ability to take a step forward in the face of our fears telling us to run far, far away.

Running does not really help. It is exhausting. Running with fear stops me from feeling anything else. Yet one does not get very far at all. You see, the closet door is right inside. I can run, but I cannot hide. Eventually, if I do not open the door, it will become “unhinged” at the most inopportune time and in unthinkable ways, saying effectively, “Deal with me. I am you. I hurt as much as you do. I want to breathe. I want to see. I want to feel the warmth of the light.”

That light is you – all of you. Just as in the song at the beginning of the article. It is not, for the purposes of this writing, a love song for another, but a love song for ourselves. When we have closeted aspects of ourselves which invoke shame and guilt and hiding, the only way out is to take “all of me.” It is the only way to be complete. And it is the only way to heal.

This month is the month of elections. But it also the month of Thanksgiving. Perhaps during November this is the month to open the closet door, to take the entire aspect of ourselves (“all of me”) into warmth and acceptance and understanding. For this, truly, is where healing and wholeness begin.

- Helen Hill

“Lose/Win people bury a lot of feelings. And unexpressed feelings come forth later in uglier ways. Psychosomatic illnesses often are the reincarnation of cumulative resentment, deep disappointment and disillusionment repressed by the Lose/Win mentality. Disproportionate rage or anger, overreaction to minor provocation, and cynicism are other embodiments of suppressed emotion. People who are constantly repressing, not transcending feelings toward a higher meaning find that it affects the quality of their relationships with others.”

- Richard Covey



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