

## Unspeakable

Written by Gayle Nobel

Friday, 04 February 2011 09:09 - Last Updated Friday, 04 February 2011 12:35

---

### Blog-a-thon Day 19

It's tricky to blog every day. Sometimes I show up with a piece of inspiration and the words just flow. Other days, like today, I have no idea what I want to say.

I stole a few moments while sleeping beauty was still in slumber this morning. Kyle was still recovering from that all night party of two nights ago and he slept in.

My mind was blank when I showed up to the computer screen so I asked the question "What speaks to me today?" Hmmm, no answer. Too early. I guess nobody's home yet. "Move on to something else," a voice whispered.

In today's email were the posts from the last writing club prompt. My creative cohorts were at it again. My eye was immediately drawn to one piece. So beautifully written, it jumped right off the page and into my heart. It's kinda long and about the birth of a grandson, amongst other things. Oh wow, it's too early to get this choked up.

The first and last paragraphs, just by themselves, stand beautifully alone.

### *Unspeakable*

*There are times in our lives when we simply cannot speak the words that would bare our souls. We believe our actions are simply too gruesome or our emotions are too raw or the debris too painful or the residue too shameful. But there are times when words must remain unspoken for other reasons. Our emotions may simply be too expansive for words or words may be literally impossible to form. In the first instance, all one can do is experience the emotion and marvel at the transcendent sensation. In the second instance, whatever we might wish could be said must remain unspeakable.*

## Unspeakable

Written by Gayle Nobel

Friday, 04 February 2011 09:09 - Last Updated Friday, 04 February 2011 12:35

---

~~~~~

*Our words only scratch the surface of what our hearts feel; they can't begin to express all the nuances of those emotions. This is true whether the emotions are dark or light, shameful or transcendent. If one cannot speak then the emotions must remain encapsulated within the internal universe of the one who is mute. Ride the waves of your heart's emotions, internalize more fully that which cannot be said and treasure the gifts of speech.*

~~Skye

Enjoy your weekend Autism with Attitude blog readers. Your comments mean the world to me so keep them coming.