# Letting the Heat of Hepatitis C Out

August 6, 2013 By Lucinda K. Porter RN

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*Alone I was feeling the heat of dying. But once voicing my pain in a circle of others on the same path, my heart relaxed back into the light of living.* ~ Mark Nepo, *The Book of Awakening*

Mark Nepo is a poet and philosopher who knows about pain and the threat of death. In *The Book of Awakening*, Nepo describes what happens when we suffer alone, comparing it to what happens when light is confined--it turns to heat.

Mark's words apply to living with hepatitis C. I have known that hot sting of isolation. When left alone with raw thoughts, it is as if I am building a fire in a confined space. If I do this too long, I smoke, and bake, and burn up. What is worse, is that I suffocate what shines in me--a light that illuminates a path to healing and wholeness.

When I step out of isolation, the fire is quenched and the cool light of hope shines.

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