

NAVIGATING GRIEF & LOSS

We've all met someone who seems nothing but a shadow of themselves. It is as though the fundamental elements of who we've known them to be have somehow been withdrawn from them. Perhaps you've felt this way yourself. I know I have.

Life does not follow a straight line. It's not always neat and tidy, soft and peaceful. It can be tumultuous, challenging, even shocking. It is similar to the ebb and flow of water, altering its pace and pulse as it moves over and around obstacles or quietly subsides into peaceful progression.

Every aspect of your life is offering you clues and guidance from your higher self. Often when we feel exhausted or become ill, it is because we are overburdened. The body will lead you to rest if you are unable to adhere to your better judgement.

Grief too, will drain our precious energy reserves. Sorrow reminds us that we have lost something precious; something invaluable that can not be replaced. This may be an aspect of our health, our home or career. It may be someone we cherish.

To lose anything or anyone is also to lose a part of ourselves; who we were with our health, in that particular career, with that loved one. Grief is the ultimate trial of learning how to live without a fundamental part of who we were.

Every interaction that we have as a human being draws upon our soul. Just like a muscle, the more we engage with something or someone, the stronger the connection becomes. Thus, when the time comes to part, we experience grief, loss and sorrow, leaving us feeling like a shadow of who we once were; a 1 dimensional representation of ourselves.

The remedy for grief is joy -to feel safe and courageous enough to open our hearts again; to let life in. This illuminates us from the inside out, like a great sun shining its warmth and light into our soul.

This too is a radical challenge for to release grief, or to learn to accept its place within our heart is also to acknowledge that we shall move on with this empty space inside of us. This in itself is perhaps one of life's greatest impositions.

May we all remember to be gentle with ourselves and others as we traverse the unpredictable terrain of life. Hold your compassion. Be faithful to your heart and always remember how valuable you are.

