



Grief

Grief is not a disease nor an illness to overcome. Grief is the feeling we experience when love is lost...when something, someone we love has been lost. In that sense grief is a factor of love for we live in a finite world. Over our life times there will be innumerable situations to grieve...we can count on that. Yet, it is no reason to hide from love. We are made to love and lose; to be fully alive to life.

Unfortunately, writings on grief in the past have added to our “fix it” mentality. In trying to help us understand the many stages of grief we are often left with a linear perspective as if once we get through one stage we are done and can move on. Maybe move on to happiness once more...

Friends and family, our loved ones hate to see us suffer in grief. They would much rather we “recover”, “get over it;” “let go and be happy again.” However, grief is fickle. It doesn’t have a time line; stages come and go and repeat like weather patterns. There is no getting back to normal, for ‘normal’ has left the building. Feelings, especially in grief, take us to the depth of the human journey. The gift is in what we are learning that offers a way through the pain. To then share with community once ready.

Maybe it would be helpful to take a dive into our interior world to better understand what grief has to share. Join me. You may wish to close your eyes or soften your gaze...

Let’s begin by quieting ourselves through conscious breathing. Bring your focus to just this much...“I breathe in, I breathe out.” Let your body teach you its rhythm – breathing in and breathing out. And again, in and out...

Imagine if you will, that you are breathing in through the soles of your feet and sweep the inbreath all the way up the body exhaling through the crown of your head. Next breathe as if you are breathing from the sky, into the crown of your head and sweep it all the way down to your feet, exhaling to the earth. Now gently return to quiet awareness of your breath; allowing a calm to pass across your body.

Once you feel the calm, allow yourself to be guided to whatever part of your body holds grief. Ask it – *Is there a color or an image you would like to show me?* Quietly give yourself time to listen.

Ask - if there is a message grief wants to share...

Maybe it has a loud voice; wanting you to finally hear it clearly...

Maybe it is a soft whisper, but all pervasive in its felt sense.

Simply allow time to listen. Breathing in, breathing out, return to the question – *Grief, do you have a message for me?*

Let your body share what is there. Whatever, however it comes, is perfect. Whether you have experienced anything consciously or not, know you are communicating.

Let your grief know – I hear you or I want to hear you.

Ask – What would you like me to know for you?"

Simply listen and repeat – *What would you like me to do for you?*

Come back to your breath if your mind wanders.

Tell your grief – *I am here for you. I will do my best to respond to you. I love you.*

Ask if there is anything else it wants to share...

Lastly, *thank it for being willing to be with you.* Grief correlates with love and is a part of all of us. Different scenarios we find ourselves in, heighten what we feel and its voice.

All is OK.

When you are ready, open your eyes...

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