

HEALING

from Loss and Sadness

by Roey King

Learning to say good-bye is a necessary and inescapable human lesson. Loss is not a lesson in experiencing grief. It's a lesson in detachment, in learning to let go. Spending time on this earth guarantees you will experience loss and sadness. You will lose family, friends, homes, jobs and other cherished people and things. The process of healing after a loss is as natural as your body's power to heal its own physical wounds. Stay out of your own way and allow your body the time it needs to naturally experience each of the five stages of healing. Understanding the process of healing will offer you assurances that what you are experiencing is normal.

SHOCK

Your first reaction to a loss may be shock or disbelief, even if you consciously expected the event to happen. Most humans tend to believe that nothing really bad can happen to them or their loved

ones. Generally, you have to believe that in order to function in your daily life. On a subconscious level, you may not have believed the event would or could really take place. Allow yourself to feel the shock.

DENIAL

After the initial shock of the event, comes denial. It is normal to briefly imagine that the event never happened. Recognize that you are in denial and move past it.

ANGER

Allow yourself to feel your anger about the event. It's normal that your initial anger may be directed at yourself, other persons or even God, for what you perceive was or wasn't done, which may have prevented or changed the event.

SADNESS

When the anger subsides, you will experience sadness over your loss. Allow

yourself to feel the sadness. Crying is a wonderful way to cleanse the sadness from your soul.

ACCEPTANCE

Acceptance doesn't mean you have to like the event. It's simply accepting the reality of the situation. Your acceptance brings you inner peace.

You may be in one stage for days or weeks, and move through the other stages in one day, or you may move through the same stages for days, over and over again. Trust that the manner in which you are subconsciously moving through the stages is right for you. GB

GB BONKERISM

Most of us are open-minded about new things - as long as they're just like the old ones.



“You have a 30 year mortgage, a 5 year car lease, and a lifetime gym membership...but you’re afraid of commitment?”