



Grief: A Stitch in Time...

Time heals all wounds---doesn't it?

The answer to this question is NO! Technically time does not heal anything! It is an illusion that time heals. *It is what happens within time* that heals ---or not.

In order to truly heal and come into more of our wholeness we need a process that allows for life experiences to be digested and completed. Without such a process what typically happens over time is that unprocessed thoughts, feelings and beliefs about an event or interaction settle down deeper and deeper into the psyche (energy system) until they and their effects are out of awareness.

Just because we have forgotten an event and all its ramifications does not mean that we are not being affected by it. Unprocessed material living deep within subconscious/unconscious memory has a very powerful influence on present moment feelings and behavior. It is just such a situation that can create feelings of powerlessness and a sense of being out of control when we are trying to change a pattern, habit or way of being.

Our life experiences, thoughts, feelings and beliefs are imprinted throughout our body-minds via the energy system. Incomplete or unprocessed material leaves an imprint and often is driven deep into the recesses of our being where it can impact our emotional, spiritual and physical function. The conscious mind is not typically aware of this process or its results. This makes it difficult to become a clear and reliable channel for positive emotions, strong healthy energy or the attraction of our higher desires.

An important aspect of creating a life you love to live is to be able to shift to the higher frequencies of energy associated with the spiritual self or soul. To know 'who you are' and open to the frequency of your higher self, it is imperative to own and process all life experience. Too often the emotional aspects of negative life experience are left unfinished which leads to feelings of being fragmented, disconnected, empty or isolated. Just as we celebrate positive events, we need to grieve our losses and disappointments.

Grief can be an integrative experience if managed appropriately. It can help you be aware of where you hurt and thus assist you to identify, heal and integrate your emotional body. Feelings are a healthy part of your human makeup and they can you help define your needs and boundaries.

Another way that grief can serve us is to help separate unhealthy reactivity from deeper, more genuine emotions that open the doorway to the authentic SELF. For this to happen, space must be made for experiencing all feelings, the good, the bad, and the ugly! That space needs to be honored and actively worked with so that all aspects of your experience are attended to---given form*and then released*. Incorporating a felt sense of release of emotion is as important as allowing an experience of that emotion. Otherwise we can end up holding onto the inner tracks created by feeling and grooving deep internal ruts that begin to operate in habitual feeling loops.

In our western culture there is a tendency to associate grief with only death or other major losses. The truth is that we experience grief in many other circumstances over the course of a lifetime. We experience grief as we move on from a particular life stage, change jobs, leave relationships or places. To our detriment we do not give time and space to the losses involved in these situations even as we anticipate and move forward with the changes. We need to honor the totality of our life experience without getting stuck in any one aspect of it.

Our current world/life situation is a good example of how we can overlook and not honor our essential nature on life's journey. We are in the midst of a huge transition. Our whole world and everything in it is changing. We know where we have been, but not where we are going. Every facet of modern life is undergoing an unprecedented transformation. This of course causes anxiety. A way to alleviate the anxiety and stress is to look to the past and notice what has been learned, what skills have been developed, what strengths are being brought forward with you? Another aspect of this process is to be aware of what you feel/believe you are losing, grieve it and move on to envisioning how you may fill your needs in new and unique ways. In addition to those ways of attending to your own passage through this challenging time, you can also ask yourself what is trying to be born in you. What have you not yet grown into that is being challenged to develop, to be seen the light of day and to be expressed in the world? Listening deeply to your soul's voice and aligning more fully with its energetic flow and tone not only helps to support and nourish you in tough times, it also helps you to know where and how to put your feet on a new path and move more in the direction of the best possible expression of you in the world. Coincidentally this is what most helps others!!

Grief is part of our human experience. It also can be portal to the soul and to a more whole life experience. Whether your transition is large or small, it is important to give grief your attention, respect and a process for completion.

Done properly, grieving is healthy. As you experience it know that you are OK. Allow yourself to feel the sadness, despair and loss. Then let it go and move on. We **are** meant to grieve, but not forever! The real gift of grief may be its ability to return you to a more whole, bright, light existence. Grief can open the dark, constricted and conflicted places and open up your capacity to hold a more soulful, enlivened and life enhancing presence.

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For tips on managing grief go to:

<http://www.livingenergyworks.com/tips/griegtips.html>

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