

## *Looking at Loss as Transition & Change*

### *To travel through the unknown to get to a place of certainty*

Loss throws you into a place of uncertainty, even if the loss is anticipated or planned.

The experience of loss signals a time of re-evaluation. The recent loss, whether the loss of a loved one (animal being or human being), creates a void and a disruption of our routine, patterns and focus.

Sometimes this loss is a situational loss. A long-standing job, career, someone moves away, is sick; or we are in the midst of a divorce or separation.

Whether the loss is from a loved one, a situation, way of viewing ourselves, a role/title we now have to restructure and reorganize our life, way of being and relating without what we have lost.

We are missing a part of us.... An important part of our life is missing; and this leaves a gap we will need to fill with.... We don't know what yet. This does not replace what is missing or is lost; especially in the case of the loss of a loved one.

They now will be with us in other ways — non physical. And, we will now have to learn how to feel them with us non-physically.

Whatever the loss, we need to give ourselves time.... Time to create wholeness, to piece ourselves and life back together in a new way. And, this may feel odd, frustrating and useless in the beginning.

We will and do heal. We heal by taking the time to focus on the loss and bring the meaning of the loss into the present with us. **There is no time limit on healing.** It takes as long as it takes. (if we cannot get out of bed for 6 days except to toilet, 6 weeks except to eat and toilet and 1 month we don't leave the house; we know need professional help to deal with the loss) We need to nurture this new way of dealing with life, this new way of being and relating without our loved one. We need support at this time. Support is crucial, even if you don't think it is necessary or helping.... It is.

Most importantly is allowing the time to grieve, to reminisce, to reflect, to allow a healthy expression of all your emotions and feelings. If others well intentioned are hurrying you along in your process this is not healthy. Find those that can listen, can just be present to your situation and experience without trying to "fix" or hurry you along. One needs to express

emotions at this time to get to core feelings. Remember all feelings are valid and ok. They are simply feelings and need to be expressed, acknowledged in a place of honor and safety.

The loss brings one deeper to oneself, an unveiling and revealing takes place. There is always a reason even though it doesn't make sense and in earthly reasoning and sense is senseless; or perhaps before one's time.

Through the loss we will come to see ourselves in a new light, and we may even feel the strength and meaning of the life before the loss if we bring its meaning forward in the present.