

Grief

This is the hardest subject on earth for people to talk about or acknowledge yet it is the most common thing you will deal with throughout your lifetime. No one escapes pain and grief as you walk on this path and move through this thing we call life.

My mission is to help others by giving them the tools so they may find that special place of peace and healing through the toughest and saddest of times. I use personal experiences, knowledge and wisdom to teach that life has balance; even through painful moments and circumstances there are also moments and people who light our way...who hold our hand...who touch our lives...who show their love and compassion because they know the feeling of pain and have experienced grief themselves..

This is an especially trying time for many people. There are things happening that have not occurred before during our lifetime that we now have to experience and somehow manage to overcome the uncertainty. There is loss and grief all around us with the loss of homes, jobs and lives through war, terrorist attacks and sadly through suicide.

Let your light shine! Be a light and support to others and allow them to be your support as well. It is important to have mutually supportive and loving relationships where there is a balance and an exchange that benefits both parties. If this is missing in any relationship, then the balance will be off and not equal, which causes disharmony and a lack of fulfillment.

The following are tools that you can use and pass on to others who need support.

Do not isolate your self from family and others—you are not meant to be alone

Accept help when offered by others and do not be too proud to ask for help

Stay spiritually connected through prayer, meditation, and quiet time

Nurture yourself with proper care—food, sleep, exercise, take time for you

Know that we do our best everyday and that each day is different

Set goals for yourself and take action everyday to work towards those goals

Do not beat yourself up, be hard on yourself, or be unforgiving, judgmental or critical

Allow yourself permission to grieve and be sad

Allow yourself to be happy

Take one moment at a time