

Stepping Stone 1 - You won’t want to look under this rock

Do you want relief from Grief in a week? If you do the work suggested in the 7 Stepping Stones to reclaiming your life after loss, and I mean, really do the work, and give it all you have, apply yourself every day, over the next 7 days, I promise you, you will get relief from grief in a week.

It can be challenging to look back at old losses, because for the most part, we feel that we have already dealt with it, and society would have us “let it go”, “move forward”, “the past is the past”, however, although you may have done lots of work on those past losses, there could be lasting impacts on current losses you are experiencing which is blocking you from being able to let go this time, on a more recent loss.

It’s quite possible that the impacts are in your blind spot, and until you revisit them, you won’t know for sure. What’s the harm in looking? If it doesn’t create any negative charge to you then, it is probably complete, but if it isn’t, you will still have some reaction that impedes on your feeling of peace. That’s when you know there is something there to look at. That’s why we do this exercise in the 7 Stepping Stones.

Also, it could be that you have never related losses, other than death, with Grief. This is very common. We are experiencing losses all the time, and we move through them with no regard to the fact that we are actually grieving and may need to allow ourselves the space to do so.

Instead, we charge on because to do otherwise would have us look like we are ”dwelling”, “indulging”, or being “dramatic”, or we are “depressed”, “failing”, or “not coping”. There is so much pressure to have it all together, that being viewed as any of this, seems more painful than actually allowing ourselves to feel it, experience it, express it, and then move forward with it.

What lies under that rock that you are not wanting to look at? Isn’t your peace worth it? I think it is. Let’s look together and heal that part of your heart that isn’t 100% peaceful.

Cheryl