

Natural Healing Express Weekly

Column 401 Grieving

I am sitting at the computer, re-reading last week's column as I often do, and trying to find words. On top of today being the exact anniversary of my father's passing, I am mourning the sudden loss of a true friend. She passed way, way, way too soon at 40 years old. And just last week, we lost a college friend at 52 years old. Both gone -- shockingly. Both had plans. Both were just hitting their stride in the prime of their lives. They leave behind confused and shocked spouses; grieving and inconsolable children; broken hopes and dreams, large vacancies and grandkids that may not remember them physically. It just plain sucks. I can't think of any other word for it. And now, we all start to grieve.

I know from my Christian faith that I will see both of them again. I truly believe that and I know both of them are in a much better place celebrating with their Lord and Savior. That is a great comfort. How do people even get through times like these without faith and the belief of a Higher Power? I shudder to think. It must be a dark and cold place, but I don't judge. I just know I could never be strong enough to walk alone in this life. We all need someone to lean on. As I have experienced so many losses, I began to walk out of the dark and into the light. I walked at first and then ran, clinging to the arms of my Lord and Savior when nothing else could be of comfort. It's a solo trip, it's an ego busting, dying of self, emotion filled journey. Then there is forgiveness and love. Some people call it maturity, but I don't think that is the word for it. It's more of a supernatural shift. And, it's good. Very good. Just when you need it most. If you do not have a strong faith or a relationship with your Lord and Savior that provides this type of love and benefit, please get in touch. We will come beside you and help. I have never once offered that in my article before, but this world is getting colder and tougher all the dang time. Reach out, we are blessed with beautiful souls around us and good resources. There is comfort available. You don't have to "do" this lifetime by yourself. Hope is within reach.

The hurt I see in the eyes of their family is almost unbearable. Sheer pain and trauma. And, I understand that as well. I have been there. That's kind of what connects us all at a certain level. Knowing personally what someone else is going through because you lived it yourself. I was inconsolable almost to the point of heaving for a long time after my Dad passed. So, I know that hollow look. It's called grieving and it's ok. It's a process.

If you are grieving now, and most of us are at various times of the year, it's ok. Loving deeply and having wonderful memories of time well spent is part of life. If there are people around you that judge you or tell you "to get past it", back them out of your life for a while. Yes, that's ok too. You are the boss and YOU are the best judge of what you need. And, there is no time limit for grieving. It is what it is. And, triggers are everywhere. A song, a season, a certain smell. The more experiences you have had, the more reminders you will see.

It has taken me awhile, but I now know the pain and feelings of loss are a direct result of how deeply each soul that has passed was loved by you! That in itself is a great gift. It's hard, but clearly where our focus needs to be directed. When you love deeply, you feel deeply and when that person makes their transition to their heavenly home, of course you are going to miss them and feel hurt. It's ok. It's grieving – a loving testament to how much you shared together.

I know there are no words right now for the folks closest to those recently passed. I get it. People try so hard to take that pain away, but it's a disservice. And, no one really knows what to say because there really isn't anything to say. It's all part of the process. Bring food, bring flowers, give hugs, but allow people to grieve at their own pace. Let them talk, vent, cry, be angry and wipe their tears. It may never, ever make sense, so asking why is a little bit like trying to figure out which way the wind will blow. Just when you think you know, it changes and it's a waste of time. Give it all to Big Guy upstairs and allow him to work his magic.

To the families of these two souls – we pray for peace, wisdom and clarity. We will come beside you as needed. To our special Amanda, God must have needed a new loving yet direct Angel to help run the place. You were unafraid to take on the challenges most people ran from. You told it like it was and refused to bend to those wanting to be hurtful. You were a strong Christian ambassador and I find it so ironic that your last FB post ended with “and he said....The Lord gave and the Lord has taken away; blessed be the name of the Lord.” Job 1:21.....You were wise beyond your years, our new sweet Angel. We were blessed to know you. Godspeed Marcus and Amanda.

Lots of wonderful things happening at Natural Healing Express! And the Silver Fox café is the place to be! Come try some healthy gourmet food – delicious and fast! Dr. Susan is available on Wednesdays and Saturdays and by appointment!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732 or 317 409 1500 email: [skscham@aol.com](mailto:skscham@aol.com) Address -204 W Main St, Lena, IL 61048. Website: [www.naturalhealingexpress.com](http://www.naturalhealingexpress.com) Facebook: Natural Healing Express