Noticing Your Healthy Grieving…

(*The most beautiful music of all is the music of what happens. Irish Proverb*)

Difficulties and life traumas just may be the best catalyst for opening up the gifts in our lives as well as discovering our hidden traits like compassion, uniqueness, depth and an opened heart. Obviously, growth comes from life experiences although some people prefer to avoid, deny or ignore their wounds. While a time-consuming project, recreating a new you is possible when one chooses to move through the emotions, the pain and the fear of grief.

But, before a discussion of health and healthy grieving can be described and sought after, one must accept a greater perspective of the situation. First, health is not a curing, making oneself well or fixing what is “wrong” in one’s life so that the person will be restored to their original life situation. Healing means movement toward wholeness, a return to soundness. With awareness of and noticing movement in the process, it validates and affirms one’s growing toward their own wisdom and ultimate change.

During this process toward healthy improvement, you need to look at yourself and your world and ask questions. (Awareness) Then listen, feel and process your responses. By listening to yourself, (Noticing) you are valuing you and leading yourself toward empowerment and eventual control in your life.

You may not realize what is occurring during this simple practice. It’s an ongoing, progressive and continual process of being awake in the moment…learning to be present right where you are. This is difficult when preoccupied by the variety of feelings that impact the griever. This is why it is **a simple but not easy process** for gaining health. It does not fit our society’s fast food, high speed internet criteria of success. And therefore without immediate gratification and notable significant changes, grievers might be wary.

Two main areas of life that grief affects are energy (physical) and confidence (mental). Further, grievers often believe they have lost their identity of who they are and this thought leads to a loss of hope in their life. Loss of hope creates fertile ground for “stuckness” or an inability for movement toward wholeness or healing. And most of us can understand the implied consequences of the loss of hope when we read 17th century Welch poet and priest George Herbert’s description of hope being: “the poor man’s bread” or William Shakespeare’s “Eating air on the promise of supply.”

Although hopelessness is common to many a grievers’ paths, one might ask how we can move into a place of healing when we are affected by all the violence and negativity that currently affects our society. Where is the hope, healing and forward movement and how can we move beyond the bombings, the violence in the schools and the senseless killing of innocent people?

It is true; we are presently in a world of hurt. There is so much human damage as a result of the bombardment of the relentless sadness covered in the daily media coverage. But as viewers of this coverage, we do not have to be victims of vicarious traumatization. (Viewers, counselors or those assisting victims develop similar but less intense signs and symptoms as trauma victims)

Lessons can be learned from the chaos, the violence, the upset and terror. We can *react* or *respond*. We can react with fear, anger, righteousness and revenge which will create and perpetuate the same consequences as in our past. (Having individual up to global affects) Or, we can choose to not react immediately, think about and feel our feelings, (awareness) notice our thoughts, ask ourselves what are we going to do about how we are affected and recognize that we have the choice to identify with but not be impacted by the atrocities. (Notice)

It has been stated that a person can take their greatest wounding and change it into energy that will change their story forever. As individuals, we may not be able to change the daily news story but we can change our personal story. Being aware of and noticing the story you are creating and choosing what you want to do with that story from this moment on can be scary and overwhelming. It can also bring you to your gifts, your hidden traits and your own humanity. (And your newly recreated you)

Life, grief and love are all processes. It is up to each of us how we choose to move through them…

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