

Mindfulness Monday Message #54 – 05 June 2017

We all experience loss at one time or another. There are many types of losses. The death of a loved one is often the most profound we will experience in our lifetime, although there are many other losses that in some way hurt or damage us. Losing someone or something challenges our values. A time of loss is also a time that invites us to reconfigure meaning in our lives.

Although a great deal of literature exists on bereavement and how to cope with it, when you are with someone who is grieving or dealing with your own grief, it can seem like there is nothing that will help. The grieving process takes the time it takes, and it is important to remember that the way people grieve is very individual.

A mindful practice gives us a way of sitting with our own and others' grief. Although loss and grief are profound and inevitable emotions that cannot, and should not be denied, mindfulness shows us that we are not our grief. Most importantly, mindfulness teaches us compassion. Being kind to ourselves and others, during a period of grieving, allows us to make the necessary physical and psychological adjustments to a new way of life.

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