

Grieving: Who Can I Blame?

By Rev. Herb Grainer

Dave is going through some tough times. Both of his parents died this past spring within three weeks of each other. He was particularly close to his parents, living with them

for most of his life and stopped by for lunch daily. He is full of grief.

It is natural to grieve for the loss of a loved one and you can double the grief in this case. Most people, when suffering from grief, go through various stages that include denial,

Life As Meditation

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few moments to acknowledge yourself, the day ahead, and make an offering of your day to the spiritual world. Just that much, offering your day with the understanding then that the optimum will be available for you that day and remembering, remembering during the day that you made the offering.

This hierarchy of angels, who are poised to help you understand your destiny and potentials in this life, are freedom loving angels. A large part of what they do is allow you to be yourself. Only in the most extreme moments can and will these angels intervene in your life uninvited. The method of engagement with these angels is via questions, "Who am I? Here is my day, will you please optimize it? Can you help me see the truth of myself?" Our basic questions, the things everyone wants to know.

We do know, that is the point. Within each of us is the understanding of our destiny. To find the knowledge can take different roads for different people. We begin by asking a question, "Who

am I?" The identification of your self as something other than your mind, than the organ that thinks and keeps the heart pumping — identifying and relating to your intelligence, that is more than a compilation of memories, impressions and conclusions — is the beginning of the freedom to choose your actions.

By practicing an awareness of yourself as yourself, and not as your mind, it is easier to feel and know the interconnectedness of all beings, the true brotherhood and sisterhood that is present outside of the ideas that have been learned in this lifetime. When you begin to feel the connection to all of humanity and all of life, you are never alone, nor is anything against you. You are a part of, linked with, the eternal flow of life.

To experience this, begin a short light meditation by simply lying down or sitting quietly with the spine straight and in a relaxed position. Allow the eyes to close and the body to take a few deep, centering breaths. Release all the thoughts of the day, worries and concerns. Allow the body to sink into stillness.

Start to envision a glow of white light all around the body. The light is soothing, cooling, enlivening. Be aware of this light emanating from the body and being received by the body. The light is outside, all around you, and inside, glowing, illuminating, restoring, soothing. The light moves in waves in and out of the body with the rhythm of the breath. The body is light. Float ... become aware of the body again. Release the light. Open the eyes and resume the day. This type of meditation enhances your perception of yourself.

This process of self awareness can continue, ideally suited for you. Tune into yourself and the part of you that knows things will awaken. You can create your life. You can receive your life. The dreams of expression can be realized by allowing the part of you that knows these things to have a say. Let yourself know.

Blessings, blessings on the work.

Roseann is currently on a book tour of the Pacific Northwest. For a calendar of her events go to theflowoflife.org.

anger, bargaining, depression, and acceptance. Pending the person and circumstance, they can occur in any order.

Going through the stages is natural and therapeutic. Getting stuck and remaining in a stage (other than acceptance) can be harmful to you as well as others. It is also possible to go through a stage and return or be in two different stages simultaneously.

In Dave's case, he has been stuck in the anger stage. This stage is very transferable in that anger becomes directed at a single person or group of people pending agreement of the griever, presence, or experiences. Anger can occur, and usually does, because of some perceived "wrong doing" by another to the griever or recently departed.

The griever wants to transfer some of the hurt that they are feeling to another. They also would like to apply blame for their recent loss. This process can place a great deal of strain on relationships, especially the ones who are receiving the transferred hurt, pain, and anger.

It takes a lot of understanding to enable

all parties to progress in a healing, therapeutic manner. The difficulty of progress is compounded when one is stuck in a stage, especially one as hurtful as anger.

In Dave's case, he is full of anger and resentment, and has transferred these negative emotions towards his brother for not "being there" for their parents. Until he can forgive his brother, for his own self-healing, he will continue to foster anger and resentment that will destroy his relationship with his brother as well as deteriorate his health.

Whether he talks to or avoids his brother in the future, is far less important than forgiving and releasing the anger. Forgiveness is for the forgiver. The process of forgiveness is healing and allows for the flow and connection of love. This connection is positive and promotes well-being and positive circumstances.

As much as we are all connected, we are also individuals with different perspectives, wants, desires, dreams, and purposes. Worrying or placing blame for someone else's actions will delay your length of time in a stage. Be responsible and accountable for you.

One important note: do not confuse forgiveness with exoneration. It is your choice whether you want to continue a relationship. The point here is to love and release the anger.

In closing, grieve, accept, release the hurt and anger, and love. Choose to love. Enjoy.

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