

Healing Pain And Grief.wma



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Healing Pain and Grief There are a lucky handful of people who perhaps have never had to experience pain or grief. Although every experience brings its set of rewards, such experiences that cause pain and grief are often milestones in each of our lives, and not something we ever look forward to enduring. The circumstances under which they occur are of course difficult and are often accompanied by emotions other than pain, some of which could be anger, rage, disbelief, denial, hopelessness and helplessness, just to name a few. Whether a death of someone close, a breakup, divorce or any other tragic event, there are stages to the healing process. This meditation is designed for that overwhelming stage of grief where one has surrendered to and accepted the event and is filled with emotions that seem to have no outlet. Although a part of healing, it is the step before being able to put it all into perspective and heal. It is the stage where one can't help but feel and it seems as if all these feelings will not be able to be contained by a single human being. Like a thunderstorm that seems full of rage and is released through lightning, thunder, wind and rain, this exercise focuses on letting these feelings have a voice and releasing them out of our hearts, minds and bodies. A thunderstorm is also where we get our inspiration for this meditation. The gray dark colors reflect the intensity of our emotions during such times. The rain symbolizes not only our tears but also the purifying, cathartic effect they have on our soul when the feelings seem more than we can bear. And with this explosive display of nature, in this case a storm, this meditation inspires us with the rainbow that follows, and the life generated by the life giving rain. For this exercise if you have such an event occurring at this time (though we sincerely hope you don't) or have had one in the past you still need release or bring it with you during your meditation. If not - do the exercise anyway to unload and purify your soul. You may also use this meditation to release any overwhelming emotion, it does not have to be pain, be it anger, frustration, etc. Again record your feelings before you begin and then again after the meditation.

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