

'Letting go' is NOT an Option

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When a loved one dies, you are thrust into disbelief, confusion, sorrow and pain with your head feeling disconnected from your shattered heart. What makes it even more difficult is having others tell you after a short time that you **have to 'let go'** in order to move on. That often stems from being uncomfortable with death and **their** need for you to get back to normal. And it totally disregards **your need** to hang onto your loved one's physical image.

Working through and integrating grief is not a fast process and for some it may be a lifelong journey. Yet, in that process, there is NO need to ever 'let go' of your loved one...it's more healing to create a new inner image and relationship with them, moving from a physical to a spiritual presence in your life.

Because everyone's process is unique, there is no one answer for how long it takes for your head to reconnect with your heart. It feels like a tug-of-war between reality and what you truly want...you're loved one back.

'Letting go' is not the answer, however. It's more a matter of hanging onto your special memories while delicately 'loosening your grip' of not wanting to face your new reality in order to integrate your loss. It is only then that you may be more open and vulnerable to new relationships and experiences and to moving forward in your life by keeping your loved one's spirit alive within you.

As much as you want to physically hug your loved one, you achingly know that is no longer possible. And as you move through the ups and downs and ins and outs of your grief and mourning in your own time and way, you may come to a 'spiritual awakening' whereby your once physical hug has been transformed to a 'heart hug.' It's a hug that stays with you forever and hopefully will bring you comfort and peace the rest of your life and through challenging times.

If you are early in your grief, this moving through to the other side of grief may not even seem possible at this time. That's entirely understandable. Yet, in time, by giving yourself permission to fully grieve, and being open to 'love messages' from your loved one, you will come to your own understanding of how 'letting go' is not necessary in order to heal.

So when someone tells you that you **MUST** 'let go' in order to move on, kindly let them know **you KNOW what's best for you** in order to move forward...and that's **keeping your loved one WITHIN you close to your heart.**

Have a blessed holiday season. Our loved ones' 'lights' will eternally shine brightly.

Deb Lee Gould, MEd
Bereaved Parent/Grief Consultant
Okemos, MI www.bereavedparent.com

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