



Loss and grief

Basics

Our perspective, the attitude, the formulated beliefs that we hold within us give us the framework of our identity, determine how we feel, what we think and how we act.

Collective views, conveyed through upbringing - the parents' home, kindergarten, school, church, integration into the world of work, adaptation to the partner - inform our perspectives, attitudes and beliefs.

In the process of growing up - growing into a mature personality - we go through changes. The better we experience, learn, understand and process this process, the stronger, more mature and more experienced we emerge from the changes. The development from a naive child to an awakened adult.

Loss and grief are influenced by cultural and religious norms and values.

For us humans, loss and grief are part of the process of awakening.

Only the people who stay behind, those who remain, the living, experience loss.

Perspectives

Every person grieves in their own personal way.

This is true insofar as the phases and intensities can occur and be experienced at different times for everyone.

1. LOSS = GRIEF

Basically, the loss - of a loved one, an animal or a job - is, for most people, characterized by grief and all the accompanying changing feelings, thoughts, physical manifestations and behaviors. Sadness, anger, insecurity, doubt, fear of the future, despair, exhaustion, depression, shame, to name a few examples.

And depending on how strongly the idea of separation, of no longer being available, of absence is experienced, holding on and not letting go is expressed in all the difficult feelings and thoughts that can constantly arise in all kinds of situations.

As long as the prevailing view is that loss means grief.

2. LOSS = CHANGE

But there are also people who do not understand death or separation as a loss at all.

Their perspective is influenced by the attitude that death is, first and foremost, an important, positive step for the deceased towards the next stage in the process of maturing/adulthood.

As the mind is focused on the person and a joyful act (the wish that the person progresses happily), there is no room for all the expressions of grief.

Those left behind, the living, can joyfully meet their joy at having accompanied the person on this path. They can be grateful for having loved this person and for having been loved by this person. They can reflect on all the shared experiences as a process on the path to maturity. This in turn has an enriching effect.

The happiness of others thus becomes their own happiness.



Exercise

1. What does loss mean to you? Where does your perspective come from? What influences you to feel this way, think this way and act this way? Feel free to discuss this in a group, with friends, with family.
2. What do you wish for the deceased? Make wishes for the person who has gone.
3. What do you wish for yourself? Make wishes for yourself, the living.
4. Meditation: Feel connected.

Touch the floor you are sitting on with the index finger of your right hand.

Place your left hand loosely on your left leg.

Close your eyes.

The breath comes and goes naturally.

There is no right or wrong.

First observe the breath by focusing your attention on the movement of your body.

The shoulders rise and fall.

The chest expands and returns gently. The stomach expands and falls.

Maybe you can feel a warm, comfortable feeling inside you.

Leave your attention on the feeling of warmth, in the place where you can feel it now.

The feeling of warmth can perhaps spread.

Maybe you can feel a feeling of calm inside you.

Now imagine how the room you are sitting in is filled with countless of your deceased relatives.

Your ancestors, forefathers, people you know and don't know.

They are sitting in the same position as you.

They are looking in the same direction as you.

They are touching the ground with their finger like you.

They are breathing in the same natural way as you.

They are as calm as you.

They radiate the same comfortable warmth as you.

What you are experiencing is experienced by everyone.

Bring your attention to the feeling at the tip of your right index finger.

Feel the ground you are touching.

Feel the connection between you and the earth you are sitting on. The connection with the earth nourishes and strengthens you.

The connection in love with your relatives, your ancestors nourishes and strengthens you.

Observe all the feelings and thoughts that come now.

Everything you experience, everyone experiences together.

Accept all feelings and thoughts as they are now.

We can be grateful for the loving experience of connection that we are allowed to have.

Finally, we give this experience away by making wishes for all beings.

May all beings have peace.

May all beings have joy.

May all beings have happiness.

May all beings have connection.