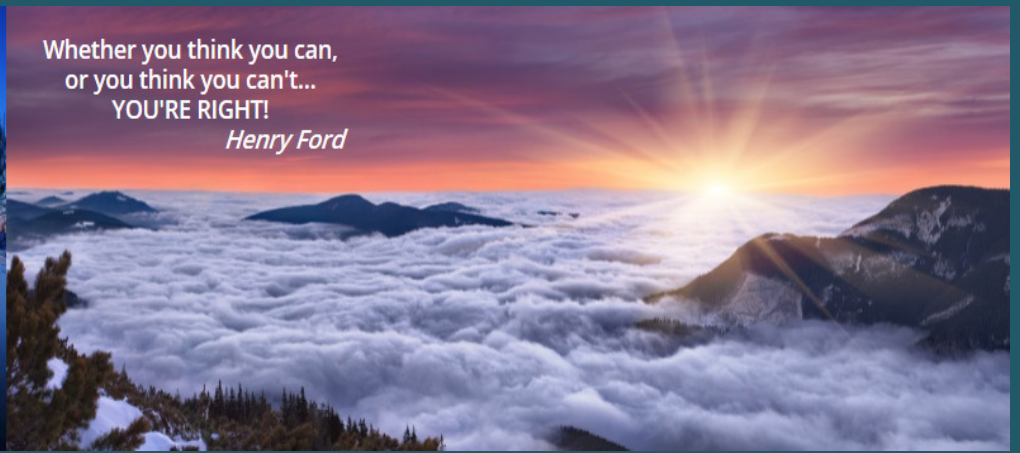
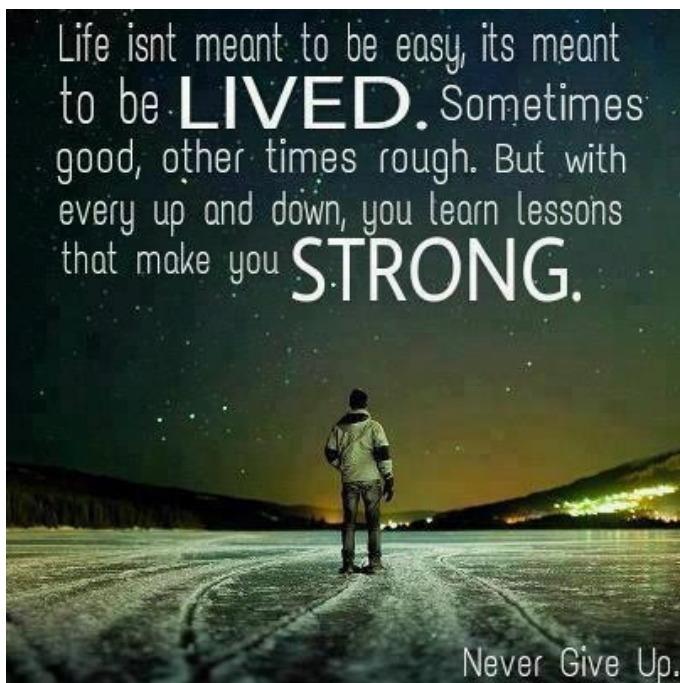


Whether you think you can,
or you think you can't...
YOU'RE RIGHT!
Henry Ford



How To Deal With Loss

We all have to deal with loss at some time in our lives and as we grow older, there is more loss to deal with.



It is normal and necessary to grieve but do not focus on the grief but, rather focus on who you are grieving about. There is a difference in that focusing on the grief itself is a negative reaction whereas focusing on who you are grieving about, is a sign of deep love.



Once you have gone through the initial period of grief then start thinking about all the good memories you have of that person and how they contributed to your life and show gratitude towards them.

You will realize in time that they are only gone in person but they will always be in your mind and your heart and even when they are not there, you can still ask yourself.....

“What would they do or say right now, in this situation?”

You will find that the answers come to you because they are still with you.

"Be of good cheer about death and know this as a truth - that no evil can happen to a good man, either in life or after death." - Socrates

THERE ARE THINGS IN LIFE WE DON'T WANT TO HAPPEN, BUT HAVE TO ACCEPT; THINGS WE DON'T WANT TO KNOW, BUT HAVE TO LEARN, AND PEOPLE WE CAN'T LIVE WITHOUT, BUT HAVE TO LET GO.

It is the circle of life that eventually you will lose someone near and dear to you. Accept it, grieve it but don't forget to move on because I can assure you that if they could say something they would say.....

"I had my time and it was great. I left my legacy but it is now your turn to continue with yours. We will meet again someday"

FORGET WHAT HURT YOU, BUT NEVER FORGET WHAT IT TAUGHT YOU.

"We are all visitors to this time, this place. We are just passing through. Our purpose here is to observe, to learn, to grow, to love...and then we return home."

-Australian Aboriginal Proverb

**THE PAIN
YOU FEEL TODAY
WILL BE THE
STRENGTH YOU FEEL
TOMORROW**