

FAITH

Take Time To Accept Change, Acknowledge Loss, Allow Grief

By *Therese Donlan Lee*

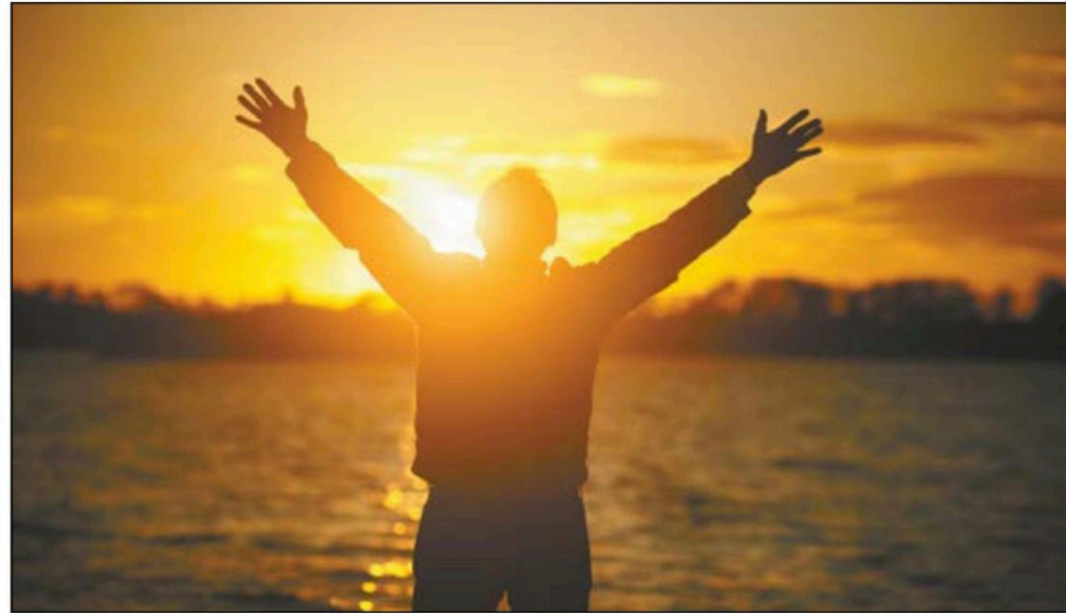
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I invite you to create a time every day to move from your head to your heart space and breathe, opening your heart and honoring the truth of you. I have come to know and truly believe you are, I am, each of us is, a unique unrepeatable expression of God – which some call Source, The Presence, Universe or Spirit. Take a moment and let that settle in. It's Big. Breathe with me.



Therese Lee

As you and I recognize and regard this beautiful declaration about ourselves it allows then for each of us to be real with our feelings and emotions as we deal with life



that continues to produce change. What I have learned as a widow now for more than 11 years is that life goes on. We all must equip ourselves with tools to accept change, acknowledge loss and allow for feelings of grief. I invested in myself to become a Grief Recovery Method Specialist and the best definition I have experienced thus far in my own life journey of change and loss is, "Grief

is the normal and natural emotional reaction to loss of any kind, as well as the conflicting feelings caused by the end of, or change in, a familiar pattern of behavior." (The Grief Recovery Institute).

Yes, all these feelings are normal and natural! Can I get an Amen?! No justification needed. No comparison necessary. What a breath of fresh air to feel it and therefore start to heal it. This authenticity honors the truth of each of us. We heal our hearts each time we get out of our heads and stop intellectualizing – our brains aren't broken our hearts are and we get to pay attention. My favorite scripture is from Ro-

mans 12:2, "Be transformed by the renewing of your mind so you may discern the will of God." Each time we go apart and make time to renew our minds we let go the justifying, the rationalizing, the minimalizing and just be with what our hearts want us to know. My daily prayer is, I will to will the will of God. To allow my personality to step aside and make way for Spirit to guide, to lead and to comfort. Staying present in the now moment keeps us in the gift of today – we cannot change our yesterdays and truthfully, we know nothing of our tomorrows. Accepting, acknowledging and allowing as life circumstances show up can create clarity and focus, ease and grace to move beyond just existing and actually live while we are alive, today. Namaste. Blessings.

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