Get to the Heart of Grief

From the book Senses of the Soul by GuruMeher Khalsa

a.      Recall memories of loss of any kind: objects, relationships, any contest or goal, opportunity, love, respect, health, youth. Focus intently on the loss and the pain. Allow the discomfort to be felt freely throughout your body. Notice where you feel it and exactly how it feels. Breathe deeply and stay present with these feelings until you gain a little equilibrium, knowing that you can handle the feelings.

b.      Continue to see images of the person, thing, or event. Shift your focus from that to yourself, to your heart, to the feelings of exactly what you long for. What is it about the object of your grief that's so important to you? You can recall how you felt because of that person or thing. So shift your attention from the object to the experience it brought you. Do you see that what you miss is that feeling? Follow that feeling and find out what is so vitally important to you about that experience. As you leave the physical messenger of that experience and go into its effect on you, you'll come to the core of the loss. Now is the time to fully grieve. Let yourself be as sad as you must be, in light of how very important it is to live qualities, values, and feelings that your heart and soul long for. It may take time and will require great openhearted honesty to see the essence of your loss. And it will certainly take courage to face it.

c.      This heart of the matter that you have found is a quality that is not in limited supply. Your heart wants more of this, and your mind even demands the source you just lost—with good reason. This was likely the best source of love (or whatever it was) that you had ever found. Are you willing to accept that this wonderful messenger brought you an understanding that this level of experience is possible? It opened your heart to handle more. You need courage to let your heart lead you to new sources of this same experience. So now, without any thought, let your heart direct you to those new and diverse sources. The mind will object that only the one now gone will satisfy. Yes, you must adjust to what may you can become as full or fuller than you ever were before.

d.      Once you accept the “substitution” and allow your heart to be full from a variety of new sources, the pain in your heart will begin to dissipate, like a hungry belly after a meal. And just like with food, you must actively go search out these new sources. It was easy when you lived with the previous source, but now you must do more work to fill that void. You begin to see that you can fill your heart and that no one person or thing can prevent that. From this place, the memory of your lost loved one shifts from a painful experience to one of great joy. If that person, event, or object brought you an ample supply of what your heart needs, recalling it becomes one of your best sources for that experience. The messenger has departed, but the message remains with you. You may also find a bonus in all this, and that is deep love and a reverence for all things. Part of your pain comes from a limited view that only certain things are special or yours. When you see them as part of a Universal pool, however, in which there's a constant flow and exchange, you never need be sad and lonely again.