

7 Ways to Deal With the Death of a Loved One

From PurposeFairy.com

How do you deal with death, the loss of a loved one when the pain is so strong; how can you let go of the people you once loved and still love so much; how can you accept the fact that you will never see those people ever again? How can you accept the idea of loss, of death?

Love is stronger than death even though it can't stop death from happening, but no matter how hard death tries it can't separate people from love. It can't take away our memories either. In the end, life is stronger than death.
~ Unknown

It's not always easy to let go of the people who are so dear to us but it doesn't have to be hard either. Looking at things from a totally perspective can help us experience miracles in our lives, can help us understand life and death, and can help us realize how everything happens in perfect and Divine order.

1. LIFE IS STRONGER THAN DEATH

This beautiful and powerful quote says it all: "Love is stronger than death even though it can't stop death from happening, but no matter how hard death tries it can't separate people from love. It can't take away our memories either. In the end, life is stronger than death." ~ Unknown

2. IGNORANCE AND FEAR OF DEATH OVERSHADOWS LIFE

We come to this world alone and we leave alone, and the same applies for every single human being on this Planet. Accepting the idea that nothing lasts forever and dwelling upon it as frequently as possible will help us deal with the death of those close to us and why not, with our own death in a really positive and peaceful manner, and when death will come we will be ready.

Thinking and talking about death need not be morbid; they may be quite the opposite. Ignorance and fear of death overshadow life, while knowing and accepting death erases this shadow. ~ Lily Pincus

3. WE ARE SPIRITUAL BEING HAVING A HUMAN EXPERIENCE

Death is not the end. As humans, we've learned to trust more in those things that can be touched, felt, smelled or seen but there are things that can't be seen but that doesn't mean they don't exist. There is a world out there that is not visible to the naked eye, a very powerful world, a world that we all originate from and a world where we return the moment we leave our physical bodies

We are not human beings having a spiritual experience. We are spiritual beings having a human experience. ~ Teilhard de Chardin

4. RETURNING TO THE SOURCE

Just imagine, in the first 9 months of life when you are in your mother's womb, you are being offered all the nourishment you need, all the love and all the care that is necessary to your survival, and why wouldn't the same thing apply after you depart? We are spiritual beings having a human experience after all and not the other way around. Just realize the Source you originate from, If you don't realize the source, you stumble in confusion and sorrow. When you realize where you come from, you naturally become tolerant, disinterested, amused, kind-hearted as a grandmother, dignified as a king. Immersed in the wonder of the Tao, you can deal with whatever life brings you, and when death comes, you are ready. Lao Tzu

5. DEATH – A PROCESS AS NATURAL AS BIRTH

We should celebrate the loss of a loved one just as we celebrate the birth of them, for trust me, the people that once lived on this Planet, the people we loved and still love so dearly want us to remember the many beautiful and precious moments we spent with them and focus on that and nothing else. Would you want your family to be sad and unhappy once you die or would you want them to continue to enjoy life and treasure every moment they have left on this Planet?

Death is beautiful when seen to be a law, and not an accident – It is as common as life. ~Henry David Thoreau

6. ACCEPT AND EMBRACE THE GRIEF

When somebody you love leaves this world, you feel like the end of the world has come and if you think about it is a lot like the end of the world. The end of the world as you knew it, the end of the world for you and this beautiful person. Now you will be living in a completely different world, a new world where the person you love so dearly will no longer be part of, at least not physically but that doesn't mean they are no longer here with you.

There is a sacredness in tears. They are not the mark of weakness, but of power. They speak more eloquently than ten thousand tongues. They are messengers of overwhelming grief... and unspeakable love. ~ Washington Irving

Feel the pain, embrace it, live it and when you're ready, know that it's okay to let go of it for the healing process can't be complete until you learn to let go. Let go in order to be happy once again.

7. LET GO OF THE GRIEF

Grieving is part of the healing process and it's okay to be sad, it's okay to cry but keep in mind that life goes on and if you can't find the inner strength to let go of the grief and "come back to life" you will miss many precious moments with many of the people that are still alive and want to share their love with you. It can be really dangerous to stay in the grieving mode for too long and if you get stuck at this level, not only you will miss out on life by feeling depressed and unhappy, but you will also sadden the many beautiful people that are present in your life.

Letting go doesn't mean you forget about them. By letting go of the grief you realize that there is so much more for you to be happy about and there are many beautiful people around you that love and care about you, and you want to enjoy and express your gratitude for their presence because at one point they will need to also leave this world and you don't want to miss out on them.

There are things that 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. ~Author Unknown

Dealing with loss it's not easy and I decided to write this post because I recently loss somebody very dear to my heart and I knew others can benefit from this post. My grandfather passed away recently and it happened so fast that I didn't even had time to see him before he died. He was such a beautiful soul, always happy, always cheerful and always with a smile on his face. I always enjoyed being around him because of his pure and radiant energy. When I found out he left this world, a feeling of peace, immense love and blissfulness came over me. I was not saddened but rather content, knowing that he has found peace and he has returned to see his beautiful wife – my grandmother, who died years ago.

R.I.P grandpa and thank you for sharing your beautiful present with us all. I know you are watching over us all and I am really grateful for all the beautiful lessons I have learned from you.