

# Ten Healing Gifts from My Daughter

My daughter, Alexandra, transitioned on July 5, 1996, at twelve years of age. Her death was unexpected and felt tragic. I now realize that most deaths are experienced as tragic and unexpected, even when death is imminent. That is because there is no way to prepare ourselves for their passing. Our entire mind, body, and spirit screams NO! Death of the body is non-negotiable. It is permanent with no wiggle room. Which makes it feel tragic. Death is not tragic.

In my healing journey through grief, I wrestled with three big questions: *1. Where am I in all this mess? 2. Where is God in all this mess? 3. Who am I now?*

My answers grew from my willingness to feel the horrific pain of my daughter's death, dig deep to resolve the sources of my pain, believe in the impossible, and integrate that knowledge. It took years, but when I stood up, I was stronger, more loving, more resilient, wiser, and humbled.

I found tremendous peace once I found my answers. I would like to share them with you. They are as follows:

1. Death is life itself. There is no life without death. Life and death are messy.
2. Life is cyclical with four stages, death and rebirth are two of the stages.
3. I am everywhere in all my doings.
4. Who we failed to be for our loved one, we can be now.
5. God is everywhere all the time. We dwell in God and God dwells in us.
6. The invisible world is complete with our loved ones, angels, guides, and our ancestors, whispering and supporting us.
7. Ask and you shall receive.
8. Stripped of our identity and roles as a mother, wife, husband, sister, or brother we are left naked to discover our buried beauty.
9. Grief is transformative; it is a gift.
10. We must have at least one non-judgmental listener to fully grieve. Make sure you have one.



# Healing Words

Grief is difficult to put into words. It is often felt, not only in the heart, but throughout one's entire being. I remember feeling every cell was being ripped out of me. Wisdom from those further down the road gave me hope and served as guideposts for my journey. These continue to speak to me.

♥ *What we once enjoyed and deeply loved, we never lose,  
for all that we love deeply becomes a part of us.*

~Helen Keller

♥ *Grief makes one hour ten.*

~William Shakespeare

♥ *The most beautiful people I've known are those who have  
known trials, have known struggles, have known loss, and have  
found their way out of the depths.*

~Elizabeth Kubler-Ross

♥ *Tears are the silent language of grief.*

~Voltaire

♥ *Well, everyone can master grief but he that has it.*

~William Shakespeare

♥ *There is something you must always remember. You are braver than you  
believe, stronger than you seem, and smarter than you think.*

~A. A. Milne

♥ *While we are mourning the loss of our friend, others are rejoicing  
to meet him behind the veil.*

~John Taylor

♥ *Find a place inside where there's joy, and the joy will burn out the pain.*

~Joseph Campbell

“The door opened, and I saw a tall man with a kind face. I walked in, took a seat in the kitchen, and began sipping the herbal tea I was offered. Then I introduced myself. “I have resigned from my longtime faculty position at the medical school and sold my house and have a few belongings. I don’t have any questions about any of that. I came to commune with my deceased daughter.”

“I know dear. She has been waiting for you,” he said. ....

“Mom, it was my time to go. I love you. Thank you.”