



Session 13 – Dealing with loss

All of us have lost somebody in our life, and having to deal with that from an observer's point of view is very challenging, because the grief and the emotions totally take over sometimes and we lose ourselves in them and we hardly feel the reason to live. That's how much it can hurt. I would like to speak with you about loss and something that as a meditator I used certain techniques to get over a sudden loss in my life that might help you.

Two of my absolute best friends, people that we travelled with for years and years on holiday who also had done many Vipassana retreats and meditated with us and we always cracked up laughing, they had great humour about meditation when we started at beginners, many, many years ago. What was going on in our minds, imitated all of the Indian accents together and we were just on fire with these friends. Walked over the mountains with them, with our tents on our backs, you know, cycled all over the world, it was just a wonderful relationship. They were literally my soul mates these people. Unfortunately, they got into an accident and were suddenly taken away from this life.

When I heard that, you know, from one day to the next and it was just devastating and they were young. It was like, how can this happen. The pain was terrible but the observer also kept talking to me, of everything we had had together. We had had so much joy, so much laughter, so much fun, lots of intimacy about things that we needed to talk about. Of the challenges of life, and the gratefulness just kept popping through, because I was lucky enough to have known these people, it was so wonderful. And at the same time the grief did take over. But we were action women, so I thought I'm going to create something, so I use the energy that we had, when they were alive NOW. And that I also celebrate now the life that I am still in for them, as a gratitude for knowing them. So I made what I call the 'Art of Action' and together with my partner, because it was just as sad for her as it was for me, every morning for 6 months we would go out for a half an hour walk. And we'd walk, even though we had all of this sadness in us and we decided to walk it out. So we sort of walked like great athletes, you can go to the practice session it's under the 'Art of Action'

This morning walk, showing gratitude to them, for everything they brought into our lives and letting them go and also asking them into our lives really helped get over this loss. And you know with all honesty I can look at you now and say I am 100% ok with it and I believe that I am using their energy, their skills, their love and their caring in my own life at the moment.

I mean it very respectfully, everybody has their different way of going along with grief but I do ask you to not let yourself get lost in grief. That is not what the person who has passed away would like you to do, you know that as well as I do. They want you to live from joy and they want you to observe yourself and if you get into this very, very dark energy I would suggest that

you go outside and you start bringing up this fiery energy by walking like a great athlete and there is a breath exercise, also that you can do - because it takes away the thoughts and brings up a lot of fiery energy. I would suggest that you try doing that and if that doesn't work, of course go for help, go to the right people. But I wanted to share this story with you, because it helped me so much.