



How do we heal our losses and our grief?

This newsletter is about sadness, grief, healing and love. It might not sound very uplifting. But I believe it's a lovely read.

Throughout life we experience so many losses. Relationships end, people dear to us pass on or get so ill that they no longer resemble the person we once knew. We mourn our lost youth and health, regret having lost touch with certain friends and long for our favourite places in the world. All that we loved and that's no longer present in our lives, we miss.

Losses can be excruciatingly painful, might create an everlasting sense of melancholy and each time we remember them, it causes a sad weeping in our hearts.



But you know

It's only sad, because we cared

Because we loved

Our love and our grief go hand in hand.

So when we grief, it's our souls' longing to reconnect with those feelings of love.

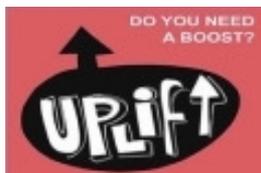
In Jungian Psychology they say that all those people and things we love, but lost, can live in us and through us. What was your **favourite quality** of the person that is no longer in your life? Can you imagine having met them, in order for this quality to be awakened in yourself? What was it about a love one that passed on that you were so fond of? If you let that live on in you, they've left a **legacy** inside of you, forever part of you. Our love and care makes it never gone, but always alive, present. You were meant to have these people, places and things in your life. They helped you to become whole.

And what about you? How have you changed since the moment of loss? How were you before this grief? Which parts of you left with them? Look at pictures of yourself before the event. Remember how you looked, behaved, dressed, felt, talked, moved, thought. Which aspects of yourself that you really liked have gone? Please know that they are not gone forever. You've simply lost connection with them. Claim them back. Re-connecting with those parts of you is an important part of the healing process.

And I know this isn't easy. In hindsight, our losses and grief can cause tremendous growth. But when we're in it, it just hurts. Clients often ask me to "**move forward in life**" and/or "wanting to be positive again", but please "without any painful stuff". Visiting feelings of anger, regret, sadness or heart-break **can feel pretty scary**. They hope for a technique that will fix them. This is very valid and understandable. My answer is something along the lines of "we can do both". I know techniques that help move away from the overwhelming difficult feelings. Tools that make us able to function, to work, to cope. And when we **feel calmer and more rested**, we could invite just a tiny bit of the more challenging stuff. Not too much, just a bit, and give the sacred world of **self-love**, compassion and healing permission to enter our being. When we really accept and embrace our most vulnerable and tender feelings, miracles happen.

I wish you well.

With love and light,
Karin

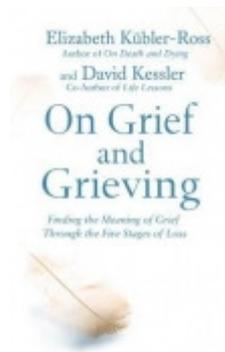


New: The Boost

A one-off, motivational (2.5hr) coaching session for £200. For anyone who feels stuck and is in need of **clarity, confidence, inspiration and direction**. Come away with a plan of action and replace those doubts and fears with insights on how to move forward with positivity and joy.

[Click here to book a Boost Session or request a free call back >>](#)

And a long-time favourite: book a [Vision Board Session](#), a fun and creative way to find out how to move forward!



Book tip: On Grief and Grieving

Elisabeth Kubler-Ross identified five stages: denial, anger, bargaining, depression and acceptance that we all go through in periods of great change. This book is about **finding the meaning of grief**. Featuring sections on **sadness, dreams, coping, isolation, children, healing, and even sex**, this book fuses practical



"A huge weight has lifted off my shoulders"

"At the most difficult time in my life I've booked several sessions with Karin. I was quite depressed as **my boyfriend has died of cancer** the year before and I couldn't really see how to move forward. I wouldn't have believed this, but it wasn't feeling like hard work as **Karin made it so easy and simple for me**.

My life has changed so much for the better. **I don't walk with my head down any longer** and when I'm feeling sad, I'm able to accept it and know it's ok to feel



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Do you Tweet? Let's be [Twitter](#) friends.

I'm looking forward connecting with you!

wisdom with spiritual
insight as it forges a
path to wholeness.

like this".

Female, 48 years

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At the time I am writing this, the sun is out. Spring is on her way. This is a time of new growth. But the daffodils grow on the soil of the leaves that once fell. This is the circle of life, nothing and no-one is ever truly lost. All we ever knew and loved, lives on through us.

Free Session: If you have the honest opinion that a session with me could be beneficial to any of your friends, family and/or colleagues, I'll be honoured when you refer them to my services. When they sign up for sessions with me, I will happily offer you a one hour coaching session free of charge. Thanks :)

This newsletter comes out about 6 times per year. I enjoy writing it. In case you prefer not to receive it, please click the "unsubscribe" link at the bottom of this newsletter. It's not my intention to send "unwanted" emails.

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