

## Feeling Ghosted

*Ten years ago, I befriended a fellow single mom. We supported each other through tough times, and people teased us about being like a married couple. Both my kids have moved out on their own, and last year I fell in love with a man who recently asked me to marry him and move to where he lives. She seemed happy for me, but after sharing the ceremony date next month, she vanished. Today she finally responded to my voice and text messages with an email saying "seasons change," and she's happy for me. She won't meet or explain why she is ghosting me. I'm so crushed I don't even feel excited about the wedding now. What should I do?*

— *Hurting Bestie*

Big life changes, as good as they can be, are also a form of loss of what was. The things that bonded you and your friend have changed. And as much as you want the relationship to continue, consider that the two of you may no longer be an energetic match.

For many, loss is often handled by not handling it — by disappearing to avoid the pain. It is more common than you may think in close relationships. Even though it feels deeply personal, her choices are about her own consciousness. As tempting as it is to make up stories of what she is thinking or feeling, I recommend believing what she said: She is happy for you.

Are you ready to step into the new chapter of your life adventure? If so, then pray to accept her choice and then commit to fully embracing yours. If she is unable or unwilling to join you in this new territory, then bless her and let her go with love. If you need closure, write her a note expressing your true feelings, remembering to acknowledge the gifts and blessings of your long friendship. In this way, the legacy of what you shared can live on even as you take different paths.

I am praying for peace in both your hearts. Remember, you both deserve to be fulfilled, happy and free. ☘



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