

Earth School: Lessons in Love and Loss

I read your column, and I know you trained with Louise Hay. She wrote me after my 17-year-old daughter's death and tried to explain how she may have "healed" into death. Since then, 26 years ago, I have done much grief work, found Science of Mind and even became a certified grief coach. Fourteen years ago, I found the love of my life, and he died suddenly last summer. It just hurts so much! I read a lot about how wonderful it is where they are, on the other side. And I can't understand, when this plane is so hard to navigate, why would our souls choose to come back here? Can you offer a few reasons?

You've likely heard the phrase, "We are spiritual beings having a human experience." Perhaps the eternal part of us wants and needs this human journey (maybe many times), knowing it will include love, joy and beauty as well as pain, loss and death. If the "other side" is indeed a place of pure light and peace — and if our souls choose to come from there to here — there must be great wisdom in that choice.

It seems likely our souls come to "Earth School" to have a tangible experience of God's miraculous creation and play our unique role in it. Part of that may be to assist and influence the evolutionary journey of other souls. Our most meaningful relationships are our greatest awakenings.

Loss through death can be a heavy shroud. But even when feeling weighted down by it, the miracle of life here on Earth does not diminish. The presence of God is as real here on this plane as any other; therefore, I believe that simultaneously with excruciating human difficulties, magnificent beauty and bliss exist in this mortal world to rival what comes next.

Maybe it's all about love. The love that filled your heart is what made it possible to break. But this is not the end of your story. That same love has the power to revive your ability to relish life again. Your loved ones in all forms support you in this, as do I. Namasté. ❀



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