

A Time To Mourn

by Nancy Bloemer

Mourning is making peace with change. – Yakima Indian Nation

Have you given yourself time to mourn?

The holiday season, in addition to being grounding, sentimental and nourishing, can also be a time of grief as we are forced to recognize that some things have changed. Perhaps traditional ways of doing things have morphed into something other than what our memories tell us should happen, or loved ones with whom we always cherished holiday moments are no longer with us, or maybe things we used to love and cling to no longer satisfy and nourish us the way they did when we were younger. Whatever the reasons and circumstances, change is inevitable and holidays can be a time when changes that crept into our everyday lives without notice become glaringly obvious and unavoidable.

Recently, I felt an overwhelming need to simply grieve. Attempting to stay on top of everything that is changing in 2020 I realized I had neglected to give myself time to grieve the losses that accompanied all these transformations. I needed to find some time and space to acknowledge that my life and the lives of everyone around me have changed dramatically over the last several months. I know from intimate experience the penalties of refusing the “make peace with change” – depression, victimhood, and burnout chief among them.

Acknowledging loss is not a one-time deal; it is a unique process that transforms you and your perspective on everything. Grieving is a mystery; a journey that unless you engage it tenderly and mindfully can sap the life out of your life. I read once that grieving is a way of recognizing just how much someone or something means to you; an acknowledgement of your capacity to love. The process of grief and loss may not be easy but it is magical.

So, with all the changes 2020 has brought to everyone and everything on this lovely planet earth, I ask again—have you given yourself the time and space to make peace with change?

“The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet. This sort of denial is no small matter. The way we deal with loss shapes our capacity to be present to life more than anything else. The way we protect ourselves from loss may be the way in which we distance ourselves from life.” - Rachel Naomi Remen, MD, Kitchen Table Wisdom