

## Death and Grieving

It goes without saying that for most people grieving is an integral part of the death experience. For some this emotion becomes so strong that it saps them of the joy of life. Some grieve so deeply and uncontrollably that they become immobilized, seeing no purpose in continuing to live without their dearly departed.

In some cultures, grieving is even seen as a form of honoring the departed.

Unknown to many, the departed grieve too for the loved ones left behind. For some, the grieving can be so strong that they find it difficult to adjust and focus on living in their new environment.

So, we see that grieving can, and does occur on both side of the divide.

Now let's examine grieving from a Spiritual perspective.

First of all, the imagery associated with grieving, even if prompted by love for the departed, is that of gloom. Gloom suggests darkness and something unwholesome. A dark and unwholesome atmosphere also conjures imagery of sinister elements lurking out of sight, but whose presence can be felt. Those who grieve may not describe their feeling with this imagery, yet it actually depicts the ethereal environment that is produced and surrounds a person grieving.

Such dark and gloomy environments attract correspondingly gloomy forms, like thought forms of sadness, depression, etc. It also attracts discarnate spirits who thrive in dark and gloomy environments because of the homogeneity to their level of vibration. The presence of such entities reinforces and strengthens the gloomy emotions of the grieving person, encouraging them to continue to grieve, because such emotional output offers a sustaining elixir to these negative forces.

Should this continue for a long time, the negative emotions take their toll on the body. And if it remains uncontrolled, this could lead to death, as is often reported; that *a person, usually a spouse, died from grief after the departure of their partner.*

From this Spiritual perspective, it becomes clear that what started as a genuine missing of a loved one can become used by unseen force for their own selfish ends, and to the detriment of their unconscious victim.

Where thoughts of rebellion, or the feeling of injustice or unfairness at the death of the loved one accompanies grief, one can only surmise that the gloomy ethereal environment of the mourner will attract even more rebellious and sinister entities. And fueled by their negativity could call up irrational feelings and actions by the mourner(s) towards others, for reasons that they themselves cannot comprehend.

Such irrational behaviors are not uncommon by family members towards each other at funeral ceremonies.

This is not to say that missing a dearly departed one is wrong. But, missing a person is not the same as grieving for a person.

Missing a person includes memories of the good times and funny occasions, which then bring smiles and joy to the person reminiscing. Smile and joyful memories evoke light as opposed to heavy emotions, and thus a correspondingly lighter ethereal environment that attracts beautiful forms and entities who help both the departed and the loved ones on earth to let-go.

As many know, letting go is prescribed by grief counsellors as one of the most important steps in the grieving process.

Now let's look at grieving for the one who has departed, also from a Spiritual perspective.

Grieving causes a strong emotional binding tie to person(s) on Earth. The degree of binding determines how far the departed one can move away from the ethereal vicinity of the loved one. Unfortunately, the linkage does mean that the departed will be sensed by the ones still in the flesh. Instead, the person is stuck, trying frantically and unsuccessfully to make its presence felt. Occasionally the person on Earth may get a fleeting sense of a presence. But in their depressed state their grief unconsciously pushes it aside.

Like the person on Earth, the departed one is even more directly exposed to the negative forces because he/she is now in the same environment. Through this, the departed one can easily become a victim of their antics, which then keeps them tied to the regions of the Earth. The departed one then remains Earthbound and is not able to let go, and redirect their gaze into the lighter regions of their new environment. An even greater danger lies in the fact that under the influence of these dark forces the departed one could succumb to other activities that keep them tied to the Earth plane; activities that no longer have anything to do with the initial desire to console or let their loved ones know that they are still alive, even though considered dead.

Therefore, as we mourn or miss our dearly departed, we should be aware of this Spiritual perspective, because the laws of creation work as designed and not as we want. Strong negative emotions create a gloomy environment, that attract negative forces, which, because we lowered the bridge, can then influence and affect us.

If humans recognized and gained conviction that life on Earth is but a short spell, and that life exists and continues after death, there would be no room for grieving. We would miss a departed one, just as a mother misses a child who is off to college. But she is also happy that the child has left to acquire more skills that will make them a more productive member of society. And she would look forward to their meeting again. In a similar way should we look forward to a joyful

reunion with our dearly departed ones who have only go ahead of us on the road of Life, and not keep them bound by our grieving.