



# Golden Willow Retreat

A SANCTUARY FOR LOSS, TRANSITION & RECOVERY

## What do Grief and Easter Have in Common? by Ted Wiard

After a grief group talk the other day, I started thinking about Easter coming up and how there are different metaphorical similarities between Grief and Easter. The story of Easter and Jesus demonstrates the cycle of life, loss, and enlightenment from that journey. The story represents many important concepts for Christians and non-Christians alike.

The story of Easter is a great example of the process of loss and grief. When you have a loss in your life, the way you have defined yourself dies which means in some ways you die, and have to resurrect your self into the new way others define you, and you define yourself. There can be aspects of healing happening unconsciously, but to truly “resurrect” yourself is a conscious process in which you are able to honor your loss, and glean the wisdom from past experiences, to help you rise to a more evolved level in your new light.

Loss has a way of stretching you between two points in which you are captured in the past, and overwhelmed by the future. Through the grief process, you are able to release/resurrect your self by honoring the past, while slowly stepping into the present, and manifesting your future. One step at a time.

An aspect that is often overlooked during Easter is forgiveness. Yet forgiveness is what releases you from the past, and opens you to truly soar. Some people talk about having gateways in their lives, in which they have the opportunity to stand over the valley of their life and observe the good and the bad, the victories and defeats, the joys and sorrows, of their entire life. Then, they are able to bless these experiences, release them, and step through the gateway into the next phase of life. With new wisdom in ways to live life consciously and with grace. Through conscious healing, you are truly able rise above the mundane and come from a loving place, carrying the wisdom of your story while not being captured by the past.

Whatever your religious and/or spiritual path is, may this week be a reminder to allow healing to happen, while releasing the negative energies that do not serve you or the world. Blessings to All!