

Suffer Loss and Stay Serene

Loss by today's standards has taken on a new meaning for most of us. Not just the loss of freedom, loss of employment, or loss of a loved one(s), but the loss of what we thought was comfortable and settling. Some of you may have lived through war torn nightmares (my love is with you), but where I live in America, we have been far from the frontlines. Yet, throughout the world, a war is waging for our hearts and even our sensibilities.

In order to navigate calmly through rough waters, we must be anchored as well as able to catch the wind and let it carry us. What does this mean? Set certain habits in place that serve you without having to figure out what to do next – this is an anchor. Catch the wind by letting go of expectations on how *things* might play out. In other words, don't let your imagination or someone else's get the best of you. Proceed forward with confidence, assurance and wild abandon. For me, even as a free spirit, this takes courage, always. My mantra has always been – balance. Within my inner knowing as long as I can remember the thought of balance was always present. This doesn't mean I don't freak out momentarily from time to time or am so placid that I don't feel. It does mean I live fully and at the same time try not to be an extremist.

So as I suffer loss, I can only share with you my experience and how it serves me to remain peaceful, hopeful and full of love. Each of us must find our own way, however; we learn and are inspired from how another walks in ways that are meaningful to us. I am constantly inspired by true stories, by philosophical works of literature, art, and especially nature. I avail myself to these most of the time. I also love comedy, dry humor and mischievousness. As I do chores, I usually have music on that inspires me and/or makes me feel good. When I walk, I listen to the sounds around me, sometimes I imagine the cars driving by in the near distance to be waves coming to

shore and then subsiding. I walk in the woods and nature mostly, but when I am visiting family and walk in a more urban environment, I appreciate the sky, the weather and think of the people that inhabit the houses I pass by and send them love. (And yes, I long to be back in the woods at the same time.)

All of these practices help ground me. Yet, at times I do feel sad. I recognize this not as a bad thing. We are feeling beings, our emotions are a huge part of who we are. This is a beautiful part of being alive in a physical body. So part of catching the wind and letting it carry us is to embrace all aspects of being human...the good, bad and even the ugly. Catching the wind is embracing uncertainty and being ok with that. It is also having a kite in your pocket so at times you can glide.

My lovely friends, make it a priority to be peaceful. As you and I embrace a peaceful existence, this ripples out to our family, friends, community and the world. We, you and I, can make a difference. Remember, we were born for such a day as this and we are amply equipped. Just how good can it get? Much love to you, Julia



Julia Parsell is a Certified Holistic Health Counselor with an emphasis on the intersection of science and the sacred. She writes from experiences and transformative understandings that have led her to an authentic and peaceful life. She goes by these names: mother, grandmother, sister, aunt, niece, cousin, and friend. As home educator of her three children, she also developed/ran cafes, and maintained various leadership roles within her community. Her greatest desire is to encourage others to live life fully. Her passions are family, art creation, writing, and trail blazing. She loves her life in Western North Carolina.