

ELEMENTS OF HEALING

1. Try to remember, try not to forget.
2. Good memories (I remember when...stories) are important.
3. Time can result in either healing or infection.
4. You need support from both inside and outside your family.
5. Faith - Prayer - Community of Faith; where would you turn without them?
6. Learning about the experience of others gives insight into your own story.
7. Assume whatever you are going through is normal.
8. Share the pain of your darkness.
9. Be sensitive to the fact that people grieve differently.
10. Sharing with those who have been there has a special meaning.
11. Feel free to protest the "why" of death.
12. Take time and space for yourself and work through your guilt over doing so.
13. Take time to laugh and to cry.
14. Take the initiative and make things happen for yourself; work, activity, exercise.
15. Life will never be like it was. You will need to create a new life, make new choices, develop new friendships.
16. Reach out and help others. Beware of dwelling on yourself.
17. Confront guilt by realizing you did the best you could. ("All things considered, with no rehearsal for what you went through, you did the best you could".)
18. Be grateful if you experience a happy death.
19. You must let go of your loved one(s).
20. Through dreams, visions and other means, it is possible to experience the comforting and reassuring presence of your loved one(s). Don't be afraid to ask God for some sign of your loved one(s) presence.
21. There is nothing wrong with talking to the dead.
22. Persons who have been down the road before you can be symbols of hope.
23. Your experience of death may cause others to make significant changes for the better in their lives and relationships.

Rev. Kenneth Czillinger discusses his "Elements" in an eight cassette album from N. C. R. cassettes entitled "A TIME TO GRIEVE." available at most religious book stores. He is well known nationally for his work with bereaved people.

Permission to reprint granted by Rev. Czillinger.

