

Grief, Stricken

Right now if you are grief stricken, this means you are likely in shock. You're experiencing some sense of loss. You're really mourning that your life has changed. That your sense of comfort, or security, or safety, normalcy has changed. That's very difficult and challenging for you. Your empowered self is using grief to signal to you the importance of this time. The importance to recognize that this is a time for change and transition for you. To allow yourself to mourn this loss, because it is a loss. Allow yourself to really feel that. To also really bring a lot of compassion to yourself by acknowledging that this is indeed a loss, and what meaning that loss has in your life. At the same time your empowered self is using grief to let you know that as you make this change and transition in your life, even though it feels very dark right now, you are ultimately going to be led to more light. You're going to see more power, strength, and compassion within yourself than you ever have. This is going to be a life changer. Though this life changer does not feel good, it's very significant for your purpose. You can trust that through your feelings, you are going to be guided as to how you can go forward on your path. Use this experience to bring more light within yourself, within others and possibly use it as a service out into the world. Allow yourself to tread softly and feel fully, as you go through this important transition in your life right now.