

## **News & Inspiration**

Hello All,

I've never struggled so much, to write a newsletter, as this one right here. I was determined to keep it light-hearted to go along with the long summer days of festivals, bbq's, shorts, sunglasses and sandals and the long summer nights of going out without even a light jacket. I was almost there, with tips on how to stretch the money and still continue the socialising, drinking and eating out, when we are too hot and bothered to cook indoors.

However, it seems that my pen wouldn't write and my fingertips on the keyboard would not produce anything legible unless I touched on a topic which is not necessarily anyone's favourite....

### **When death comes knocking.....**

It's been said that it's not our death when it's 'our death' as we are no longer in this world as we know it, however, it is 'our death', when we experience it firsthand, that is, when someone close to us has passed away. It is then when we feel all the emotions, face our own fears and insecurities and realise how fragile we really are, for how can it be that one minute we are here and the next we are gone? Sometimes it is too unfathomable to understand or take in and then comes the ultimate, forever asked question...'Why?'

There is no way here alone, to describe the range of emotions, the emptiness, the feeling of loss, helplessness and anger one can feel at this time except to somehow come to the conclusion that we have all experienced some sort of loss/separation, a having to 'let go' at some stage in our lives. No, it doesn't make it any easier but as we get older we realise that seasons come and seasons go and that sometimes, we will never know all the answers to our questions and that no matter how old we get, as Maya Angelou says 'there is always more to learn'.

So, how does one move on? They say time is a healer – have you found that to be true? Does time ease the pain? One thing is certain...life is never quite the same again. Isn't it true though, that the person will always live on in our memories? Isn't that the one thing to hold onto, the fact that really, this person is never far from us at all, after all, they reside in our hearts (if indeed there was any type of love at all in the relationship) and if we physically or mentally touch our hearts, surely they are there in some form, as memories never die?

Should one of our greatest goals in life therefore be, to live good with as many people as possible and create a tapestry of memories that can be touched by all you meet? Is it that we should endeavour to leave a sweet smelling fragrance wherever we go and aim to leave a legacy that exists way beyond our time here on earth? What memories are we creating? And who are we creating them with?

Life is too short to have angst with one another (I'm not saying everyone is a saint and that it's easy to live with those who have done wrong against you or your family/friends). If we need to pull someone up...do it with love...if there is unspoken anger or resentment building...approach it with love...if a healing needs to take place amongst family and friends...dig deep and do it with love...if there are old hurts that need to be spoken...set up a meeting and speak with love...then let it go...

Through the anguish of grief/loss/separation...feel each feeling...talk it through with someone...it's easy to shut down and deny all emotion, all pain, guilt, anger, love for others around us because if we feel no emotion, we can't feel the pain and yes it's painful...but You needs You...and there are still those around you who need You...so...walk though...breathe through...cry through...laugh through...dance through and...live through.

For those who have breath and eyes to read this....give thanks through...for there is still more for you to learn, love, see, experience and feel...so live and smile because those memories happened...and touch your heart...for they will forever live on....

**R.I.P. Aunty Beverly and Maureen Roache**

PS. For ALL those who have gone before us...reminding us to put life into perspective and live AND smile, right now this minute...Why?...simply because...we can...

**“TOMORROW WILL BE THE OUTCOME OF TODAY. You choose.”**

Take Care now,

**KAREN at**

**ImaniCoach™**

**Coaching \* Mentoring \* Workshops \* Book keeping**

**Tel: 07761 823 456**

**Centre: 020 3417 6108**

**Email: [mail@therapy4life.net](mailto:mail@therapy4life.net)**

**Website: [www.therapy4life.net](http://www.therapy4life.net)**