

Feeling is Healing

Let your emotions find expression through tears, talk, physical activity and writing in your journal.



Part of healing is getting in touch with and understanding the many mixed and confusing feelings and attitudes you are experiencing. Grief is very personal. Every part of us is touched and changed as we love and share. Life is a never ending series of experiences; experiences, stored as thoughts, feelings, visual images, sounds, smell, taste and the sense of touch. They are always with us and

they can always be reawakened. It is no wonder that when someone you love very much dies and your world crumbles around you, that you experience feelings you would never have imagined possible. Painful experiences from the past can magnify our pain and fears without our even knowing it. The flood of emotions that occurs does not just concern the present, but the past as well as the future.