

Reframing Loss: A Holistic Way to Navigate Through Change

Description



Wearing the Chamomile Crop Dress in FS Bleached FS Premier Finish Heavyweight Linen while walking around the pastures

A long time ago a close friend told me about a man he knows, an elderly gentleman who went blind during his middle years.

This man told my friend that when his sight finally left, he realized he was truly seeing for the first time. Seeing all the beautiful things that the stimulus of sight distracts us from appreciating. He made it sound as though it was a great gift to finally see a deeper reality.



Wearing the Chamomile Crop Dress in FS Bleached FS Premier Finish Heavyweight Linen while walking around the pastures

Iâ??ve been thinking about this man recently. Earlier this year I made a terrible error. While doing some digital tidying up on my laptop, I managed to delete nearly all of my current and past professional work from the last five years.

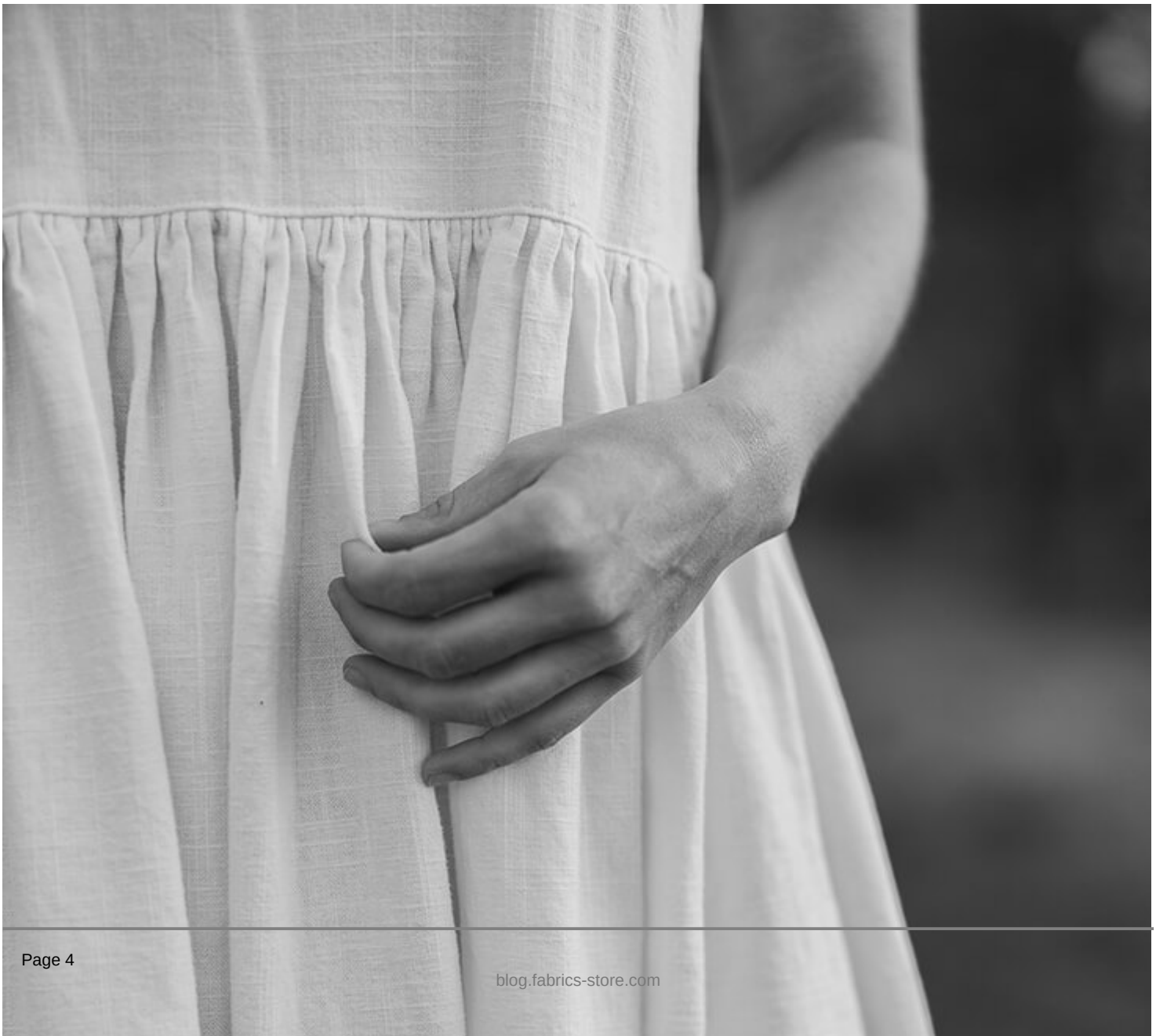
With regularity I get emails from people who have spilled coffee on their computers and need files resent. Itâ??s been a learning experience to discover how often that happens. Being familiar with how greatly probable it apparently is to spill oneâ??s caffeinated beverage, I diligently stored all of my work not only on my laptop storage but also in the mysterious clouds floating in the internet sky. I also became more careful with my chai latte placement.



Wearing the Chamomile Crop Dress in FS Bleached FS Premier Finish Heavyweight Linen while walking around the pastures

But there it was. In one fell swoop my coffee stained daymare of inaccessible files had come to life without the help of any spillage. Unless you count the spillage of an over-zealous ambition to organize the filing cabinets of my hard drive. I tried several methods of retrieval, of course. Only a few meager files emerged from the rubble of my destruction.

After discovering The Loss, as Iâ??ve taken to calling it, I walked to a creek in the woods and cried. Then I listened to Chris Stapletonâ??s *Starting Over* on repeat while trying to read a book but mostly just crying the rest of the afternoon. All my work was justâ?¦ gone. It was a major shock.



Wearing the Chamomile Crop Dress in FS Bleached FS Premier Finish Heavyweight Linen while walking around the pastures

An odd feeling started showing up over the next weeks. I realized The Loss felt familiar. It felt like a pivot point, an invitation to close one chapter and start a new and better one.

I had felt this uncomfortable invitation before. Seven years ago I tried with all the might I could muster to ignore it. I wanted to stay where I was, to stay in graduate school. But life is gloriously unpredictable. In a painful situation, I left my science books behind, accepted the invitation to start a new chapter, and moved back home to my parentsâ?? attic. Itâ??s taken a long time to process that. Iâ??m not sure why it all had to happen the way it did. I still donâ??t like the way it happened. It felt like a big loss. But while some questions linger, I no longer question the goodness of it all. It was good. The difficulty was a shortcut to now. A much better now than I would have had staying where I was.



Wearing the Chamomile Crop Dress in FS Bleached FS Premier Finish Heavyweight Linen while walking around the pastures

So while Iâ??m still wrestling with my new invitation, I trust it. I trust that it will lead me to something better, something more me. It feels as though The Loss is once again acting as a shortcut to something more fulfilling.

In the grand scheme, these two examples of loss in my life are trivial, but they have been instrumental in altering life direction. Iâ??ve started new work in a new field and am finding it more life-giving than I could have imagined.



Wearing the Chamomile Crop Dress in FS Bleached FS Premier Finish Heavyweight Linen while walking around the pastures

I canâ??t help but wonder if there is a connection between experiences of loss and my friendâ??s friend who is finally seeing now that he is blind. As the beloved hymn says, â??I once was lost but now Iâ??m found, was blind but now I see.â?• What if some of our heartbreaking losses are actually gracious nudges in helping us to *find*?



Wearing the Chamomile Crop Dress in FS Bleached FS Premier Finish Heavyweight Linen while walking around the pastures

Do you have a story where a difficult loss has led you to finding something unexpectedly, inexplicably better?

CATEGORY

1. COMMUNITY
2. WELLNESS

Category

1. COMMUNITY
2. WELLNESS

Date Created
October 18, 2022
Author
sarah-kirsten