

## Moving Forward

Moving forward is something you have been doing since the day your loved one died. It is the essence of who we are as human beings; we move forward in our lives from all types of challenges and life changes. The ultimate challenge is the loss of someone we loved and will always love. They are the ones that help us move forward to the future challenges we will all continue to face. The memory of their love and the impact on our life will provide us with strength to endure. Each of us have special memories of those we love. We remember what Dad told us about driving, we prepare the food the way Mom did, we raise the children the way our husband or wife would have done it, or when we mow the lawn we remember the things our partner did. Do we wonder how we will face an illness? Will we be as strong as our loved ones? We will have times when their voice enters into our lives on major decisions, as well as the smallest everyday task. Moving forward will always include looking back. We will forever feel the love of those who have gone before us. We will share the wonderful memories we have of them. We will laugh again and feel the warmth of having them in our lives.

**Grief is love not wanting to let go.”** Earl Grollman

“And, in the end, this moving forward with that scar is the very best that we could hope for. You would not want to forget your loved one, as if he/she never existed or had not been an important part of your life. Those things that are important to you in your life are remembered and kept in the very special places of your heart and mind. This is no less true with regard to the loss of a beloved person. Keep this loss, treasure what you have learned from it, take the memories that you have from the person and the relationship and, in a healthy fashion, remember what should be remembered, hold on to what should be retained, and let go of that which must be relinquished. And then, as you continue on to invest emotionally in other people, goals, and pursuits, appropriately take your loved one with you, along with your new sense of self and new way of relating to the world, to enrich your present and future life without forgetting your important past.”

Therese Rando,

### **Books Sources for additional information:**

How to Survive the Loss of a Love, By: Melba Colgrove

Sad Isn't bad: A Good-Grief Guidebook for Kids Dealing with Loss,By: M Mundy

What On Earth Do You Do When Someone Dies?,By: Trevor Romain

Understanding Your Grief: Ten Essential Touchstones for Finding Hope and-

Healing Your Heart: by Alan D. Wolfelt

Healing Your Grieving Heart, 100 Practical Ideas: by Alan D. Wolfelt

Cedar Valley Hospice Offices: Waterloo: 319.272.2002