Article: Spring- A time to rebirth a new you ( the new rebirth of you)

The calendar says it is officially spring. Easter is almost here but many people in the Midwest to the Eastern coast are experiencing untimely and horribly depressing weather. With the long and extended length of the winter season, it would be difficult for some residents to cope with let alone to maintain a positive outlook.

Our body rhythms and our body calendars are telling us that it is spring but the outside world is contradicting them. Our memory holds images of blossoming trees, sprouting flower bulbs and billowy clouds. But the reality of the unseasonably cold, wet or snowy weather confuses the body, mind and spirit.

This scenario sounds quite similar to experiencing grief. While the world continues to move forward and the calendar advances, the internal life of the bereaved seems to stagnate. The internal dialog is not concerned with blossoms or weather but consists of overwhelming questions like when will the pain stop, how do I get off the roller coaster of feelings, why did they die? But asking unanswerable questions does not help the griever move through the grief process and perhaps, perpetuates the pain.

Strange as it sounds the pain can maintain the grief as sometimes it is difficult to change and continuing the familiar can often be the lesser of two evils when it comes to changing oneself. Some grievers may miss an entire season or simply be unaware of its passing due to the focus on their personal ongoing grieving.

However, the crisis of grief is often the catalyst for finding oneself and being able to express who you were intended to be as opposed to maintaining homeostasis. It is through the compassionate expression of the feelings of grief and looking deep within oneself that one is able to begin to heal.

Although in early grief it may be impossible, time will allow your focus to change from the body to the mind where choices can be made. When you are aware of the daily decisions in life you become aware of the process of grief and the changes being made. When you seek inside yourself and become aware of what you find there and use tools and techniques from others, you will see the changes in you over time. Your progression starts with your awareness.

The first step in healthy grieving is in the awareness of you. Being aware of you can help identify and recreate a new you.

Although we cannot control Mother Nature into bringing us the spring that we want or expect, we can control our re-birth with our own self-awareness.

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Like some those folks who believe that spring will never come, there are some who have experienced horribly depressing weather (Midwest, east coast, long heavy and late snows etc) who are having problems that believe that spring will never come or there may never be another spring because of the current situation but knowing that life is a process-we have to go through the season of grief. That is why the burning bushes became such a metaphor for my life. In observing the changes it gave me something to anticipate, something to look forward to and something to finally have as a goal. So that when I finally when I finally saw it, it was exhilarating to recognize thatSpring a the burning bushes were going through their metamorphosis, so was I.

The Holy Ideas are universal perceptions of non-dual reality that are transformative no matter what our type. Holy Law is the dynamic, living unity of everything as an unfolding process. There can be no independent doing or accomplishment because everything is happening together. (Understanding the