Blog 10-1-13 13th Death Anniversary - Lucky or not ....

Remember that not getting what you want is sometimes a wonderful stroke of luck. Dalai Lama

Thinking about Zac's October 1st death anniversary, it struck me that it was the unlucky 13th anniversary. Now in another situation one might say - it's lucky 13 but, how can anyone ever imagine anything being lucky about a child's death?

Now, some might think the following is due to a "stroke of luck" but I don't believe in luck... but, if I did, I might say:

\* I was lucky to have caring parents who loved me

\* I was lucky to have experienced the loving relationships of the two wonderful boys that I raised

\* I was lucky Zac lived for 21 years

\* I was lucky Zac did not suffer before his death (he told me he didn't)

\* I was lucky to be able to say goodbye to him (although on life support, I WAS able to say goodbye and he verified this)

\* I was lucky to continue a relationship with Zac after his death through conversations, signs and messages

\* I was lucky that he was so supportive of my grieving process since his death

\* I was lucky that he has helped me write two books (actually, the second one is currently in the writing process)

Yes, some people might say that I was lucky in some of my life situations.

But...I would not be among them. Although grateful for the experiences and the resultant lessons, I do not believe luck contributes to our life trials, traumas or triumphs.

No, I take responsibility for my choices in the pre-planning of my life. And, with that followed the gratitude for my choices which led to the learning in my life.

Now, it took some time to re-embrace this belief system after this life-changing event. Although years of studying books, seminars and study groups led to strong *beliefs* in the afterlife, eternal life and charting our life/spiritual lessons which culminated in a strong belief in this life philosophy, (Philosophy: *Common sense in a dress suit* according to Oliver S. Braston) the shock and pain of his death necessitated an *"internalization"* of this *belief system*.

In this internalization process after choosing to live life again, the heart softens and opens to allow a new "higher" version of the self to emerge. This process strengthens the ongoing trust necessary to move beyond beliefs. (*beliefs are: the-thoughts-you-repeatedly-think-in-your-head)*

Next, gratitude, another step in this trusting process, allows the eyes to see the world differently. The heart softens, allowing the pain to settle and absorb itself in a section of the heart where it shares space with acceptance, faith and trust.

By viewing life differently, no, I don't feel luck has had any bearing on my life. I **planned** the circumstances in my life to learn the lessons I chose to learn. My parents, friends, co-workers, family, acquaintances and children were all part of my learning. I am so grateful I planned to learn from all of them, especially my children, both of them - here and on the other side.

No, it was not luck that brought us together nor does luck have anything to do with this death anniversary.

I am in awe of the piece of the mystery of life that my son has been instrumental in teaching me and I'm grateful for the "stroke of truth" I'm learning.

( <http://afterlifebooks.blogspot.com/2012/04/bereaved-parents-internal-weather-vs.html>)