

# LOVING YOUR WAY THROUGH GRIEF AND GUILT

NADEMUS

*Channeled through Brenda Hill*

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**G**ood day entities. And a fine day it is, indeed. In these current times an experience of great magnitude has called forth the expression of grief amongst those of you directly involved with the experience and those of you who are what is termed to be on the outside of the experience, looking in. It would be considered to be the worst of situations to be an active participant, yet I offer to you that being an observer brings its own brand of deep involvement and certainly the triggering of emotion and its consequent experience.

In the workings of creation, as you know, thought and emotion join together to trigger a vibrational frequency of such magnitude as to initiate manifest reality. But how is it that some mutual experiences appear to be so selective? In other words, if two people are, for example, sitting in the same car as floodwaters sweep that car in the torrent of current, why might one person panic and drown while the other survives to tell the tale? The mechanism of creation works the same for both people; both people think thoughts triggering feelings that join to be the essential consciousness in the moment. This consciousness/vibrational frequency acts as a call upon the universe to engage with the vibration and through magnetic attraction, consciousness draws matching consciousness to be articulated in a manifest creation. This is the reality you each have created to experience based on your soul's journey, your attitudes and your beliefs.

Knowing this, it is immediately seen that thoughts are key to the type of experience you partake of. Returning to our example, the individual who drowned drew the exact conditions to themselves to create that experience and the person who survived did the same. Are they victims to their thoughts? No. Are they victims to their experience? No. From the observer's point of view, is it possible to understand creation and the principles of creating your own reality, watch massive numbers of people in the process of just such a creation and still grieve? Of course.

Understand, dear entities, that the understanding of

creation and the applying of its principles consciously and deliberately is a most powerfully loving expression. Remember, love is the basis for all of life and life is everlasting. Experiences and expression change and modify, but life goes on, even for those individuals who appear to have left the plane through death.

From the global community, there has been an outpouring of love and of grieving for the individuals, both living and dead, of the Hurricane Katrina. All peoples everywhere are connected by the common bond of humanity, of species identification, and of the deepest levels of creation, being unified through love. Everyone can identify with the feelings of panic, devastation and loss. And it is through these feelings that grieving can occur and be as deeply felt and experienced as to have been through the direct experience personally.

It is to grieving I wish to address my words this day. Such deep and inconsolable sadness as occurs during a major disaster such as Hurricane Katrina touches, indeed, the world as a whole, as we have spoken, some on a direct and very tangible basis and some on the poignant level of horrified observer. But grieving occurs at every level of expression and under a wide variety of circumstances. Remember this. One grieves when one feels loss, whether that is loss of life, loss of a way of life, loss of potential, material loss, or loss from any perspective.

Now, back to our example, imagine the grieving of the individual who survived. Another expression of loss is the guilt that ensues when you don't directly lose but perceive that you are the recipient of grace. Why you and not someone else? Guilt engenders a sense of loss that is deeply registered within as the loss of peace of mind, the loss of grace, the loss of ease. And there is much guilt in your world. People everywhere are making judgments of themselves for being the survivors of life, for being the ones that seemingly continue to thrive. How many of you feel guilty that you did not do more during a call for help from someone in a time of crisis, large or small? How many of you feel guilt because you are alive? How many of you feel guilt that you are suc-

cessful and abundant while others are not?

On the surface, these questions may appear oddly out of context. They may trigger an uneasiness within you that belies your sense of spiritual correctness. They may trigger outrage.

I offer these ideas because it is vital for you to feel what you feel regarding guilt, recognize these feelings and allow them release. Guilt, another form of fear, is a massive anchor on your flight to freedom. The nature of guilt is to have you avoid feeling it. Most people will do anything at all to relieve themselves from the onus of guilt, even to the point of blame and accusation of others as responsible. Guilt is such a weight and burden to the soul that escape seems the most appropriate avenue to follow. I assure you it never is.

Can you grieve without guilt? Certainly, however, the subtle link of conditioned thought sets up the oft-repeated scenario of innocent grieving with a deep sense of compassion turning into a state of feeling guilt for not being able to take care of all the pain or misery surrounding the loss. Consider an example, if you will, of a trip to the local animal shelter. You decide to just look around and see if you and an animal there could bond. Making a home for a homeless cat or dog seems a compassionate thing to do and you are a compassionate person. You have room and finances to support just one. Now, imagine yourself picking just one amongst the plethora of sweet and expectant faces, all wonderful animals with so much potential and life. Is there any guilt coming up? Your compassion wants to find a home for them all. Guilt that you cannot often becomes your experience.

My channel, Brenda, had a recent experience that exemplifies this very thought. Having been pet less for several years after their beloved cat and dog both passed over weeks apart from one another, Brenda and her husband, Jack were finally feeling ready to open their lives to another animal friend. A stray cat, sweet, tame and loving had been, as you say, "hanging around" and one evening came over to her. It was love at first purr. Brenda fed and watered him and provided a comfortable bed outside on the patio. She smiled as she watched him lounge comfortably in the bed. A quiet intuitive thought arose within her that maybe that substituting the pet carrier would be a good idea, but she saw how comfortable the cat was and dismissed the intuitive clue. In the early morning hours, she was awakened by a loud thud and the brief cry of the cat. Turning on the light, she saw that the pillow of the bed had been flipped over and was about two feet away. No signs at all of a struggle, but she knew immediately that an owl had made this little cat her meal.

Grieving took over and then anger that Brenda had not listened to her intuition and provided the more protective carrier. For days she ran and re-ran this scenario over in her head and heart, grieving and guilt over it. Of course, guilt always requires punishment and her punishment was the pain of feeling a good deal to blame. She understands creation of reality and personal responsibility for all aspects of it, yet this seemed out of her control to get beyond. She asked for my assistance. I offered it in the form of a question. I asked her, "Can you feel happy for the owl?"

This question seemed out of context to her feelings and shocked her a little but triggered her to help herself by broadening the picture, understanding and allowing for the creative impulses of all involved and recognizing that there are no victims. She can now look back to the sweetness of the cat and how he had warmed their hearts without her nurturing guilt or engaging in fear.

I invite you to examine your own experiences and expressions and find those moments when you allow the love that is the basis of all things, to be overshadowed by the repetitive thoughts engendered by fear. Certainly, when you feel loss, honor your feelings and grieve. Soon you will remember that life thrives in forever, eternal fashion and be soothed. You will be buoyed by the remembrance that loss is perceived and can only have power in your creative fields if you provide the space for it. In other words, there can be no true loss when you understand that life is forever. If you find yourself reliving a form of your own punishment through grief and guilt, broaden your view, see the beauty of love and remember that you are that love. All things are love. Life is love and love is forever.

Holding in your mind and heart the image of love and the power of creation combined with the absolute knowing that you are not a victim of creation on any level, then you will be in a pure and true position to assist with the power of love, the survivors of a disaster or the puppies and kittens watching you as you leave with just one. Love is the great balm of the universe. It is yours and everyone's to share freely. The more you share, the more there is to share. Love expands by sharing and it is one of the great joys of life to live in the clarity of that.

I am Nademus. I bid you adieu. With God you are and I am. So be it. Indeed.

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