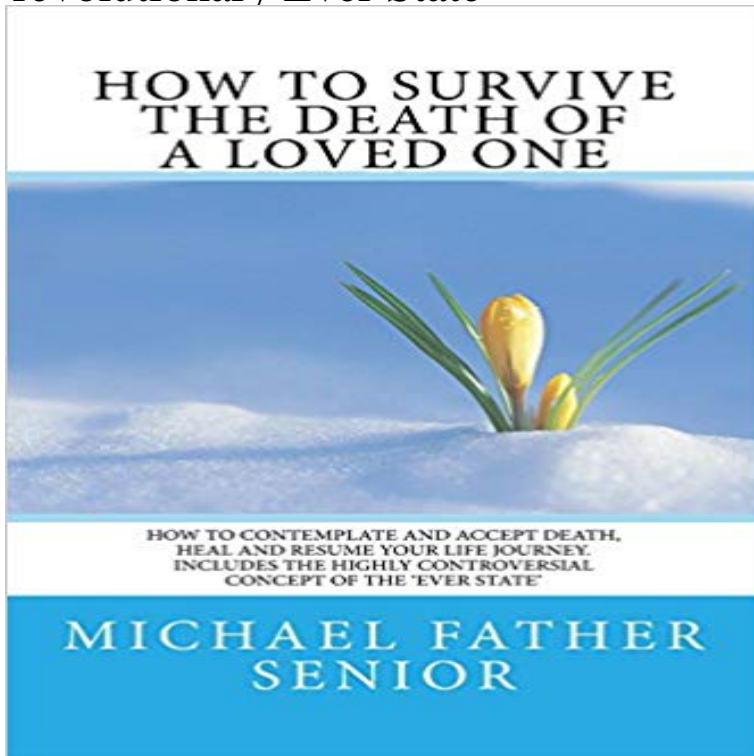


How to SURVIVE the Death of a LOVED ONE: How to Contemplate and Accept Death, Heal and Resume Your Life Journey. Includes the revolutionary Ever State



Michael Father Senior studies the impact of grief, sadness and despair when we lose a loved one. For many of us life is a rollercoaster of emotion. Often when placed in situations where grief appears we turn to those patterns which we have embraced through our own education i.e. through conditioning from our parents, friends and teachers. This is our best method of handling despair, sorrow and many other feelings of grief. While some deaths are anticipated, some are not. No matter how much we foresee, we are never fully prepared for the reality of the death of a loved one. Consequently acceptance of death can be a difficult task. We are all different. Every person has a unique set of principles, boundaries, relationships and beliefs by which they live their life. That is what makes us as humans unique and emotional. It is this which allows us to share in the spectrum of joy to sadness within the rollercoaster of life. Conversely, it is also why we seek and give comfort in times of stress, sadness, sickness and death. It is the backdrop from how we interpret and contemplate death. Initially, one may feel a sense of serenity if one has cared for a loved one in an awaited death. One may feel a peace, tranquillity and appreciation for having spent time and felt love with someone. There is no denying that sadness will be interwoven within these thoughts and feelings because now one will be denied physical contact. Often one's feelings may run the spectrum from acceptance to despair, numbness to surrealism; a flood of emotion that may seek to overcome or engulf you at any time. In the initial stages of grief associated with death or dying the spectrum of emotion is normal. The days ahead may feel long and at times hapless but with each passing moment and with the aid of close friends and family for support, books for self-help and scholars for advice the journey moves onwards and it does so

accepting that change is undeniable. But how do we contemplate and accept death? How do we move forward? Leave the Pain behind? Heal? Resume our own journey? This book includes the highly controversial concept of the Ever State which allows connection with the deceased through a model involving intention, response and commitment. Moreover this is a book of comfort and knowledge giving reason to what many of us have considered over the years. Read on this book will help you. Also contains quotes of comfort.

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