



## "The Healing Power of Grief"

September 25, 2008

Vol 1, Issue 5

**Dear Susan,**

I was going to talk about the loss of financial security, etc. because of all the bad news about Wall Street and all of our financial institutions (and it's not to say these aren't real losses--THEY ARE!), but honestly, I want to talk straight from my heart instead.

I went to Susan Whitmore's fund raiser last night. Susan's daughter died 5 years ago from a rare form of sinus cancer. She used her grief and enormous energy to start a non-profit organization (see below) in memory of her daughter. The fund raiser was to raise money for this organization which provides hope and support for parents who have lost a child.

I was privileged to sit between 2 sets of parents who each lost a son this past year. They shared so openly and I was once again struck at how much courage it takes for us to live in this world, to keep going, and to find our joy even when it seems like it's left us and will never return.

Bob Sagat was honored with the Peace of Heart Award for his work and support to find a cure for scleroderma, and Davis Gaines, singer and star of the longest running Phantom of the Opera on Broadway sang for us.

As I was listening to Davis Gaines sing his final song (from



### In This Issue

[New Book Available](#)

[Feature Article](#)

[About Cindy](#)

### New Group Starting

**FOR:**

Parents who have had a

the Phantom), I was touched by how his voice could bring up such emotions in the audience.

It was one of those moments when I was so present, there was no where else to be. It brought forth a rare moment of clarity for me in how we heal our emotional suffering, and I want to share more about it in the feature article below.

**However, I want to first ask for your help**, so I can be more helpful to my clients and in my writing. I would like you to click on the Blue P.S. "Click Here" link below and answer a few questions for me.

It doesn't matter if you have lost a child, a parent, a sibling, or if your major loss constitutes a loss of health, a disability, a divorce, a job, loss of an identity, or some other kind of loss. I want to hear from you.

In return, I will invite you to a free hour conference call entitled: "How to Get Through the Holidays." You may invite anyone else you think might also benefit from this topic. The call will talk about what we do to ourselves before, during, and after the holidays that aren't always so helpful or kind, and how to change what we DO.

Please click below now to easily answer. Wait for the hand to appear on your mouse pointer before you click.

*Cindy*

P.S. To answer a few questions: [Click Here](#)

P.S.S. For a "complimentary session" with me, [Click Here](#)

**New Book Available**  
**"The Silent Loss"**

stillbirth, miscarriage, or death of a baby.

**WHEN:**

Monday evenings starting at 7:30pm. to 9pm.

**WHERE:**

**12302 Herbert St., L.A., CA. 90066**

**WHAT:**

An open support group for you to come as needed.

**RSVP:**

[CindyKludt@TheSilentLoss.com](mailto:CindyKludt@TheSilentLoss.com)  
or call her at 310-890-9831

\* This group is given from the heart. Donations are accepted and if given will be used for ongoing expenses connected to the group, and as a donation to Our House.

My new book, "The Silent Loss; A Mother's Journey from Grief to Spiritual Awakening" is NOW available. To find out more about the book and To Purchase [click here](#).



Or purchase at [amazon](#)

## Feature Article

# CLARITY ABOUT OUR EMOTIONS

As I sat between these courageous parents who were fund raising so that other parents who have lost a child could get help without financial concerns, I felt such a strong bond with them and watched as tears, unabashedly came streaming down their cheeks.

It's been over 20 years since Katie died and I do not have that same initial devastation with me today, but at times I can feel like it was only yesterday.

Even though I did not shed tears at the fund raiser, I did shed them the day before the fund raiser, and it was not about the baby who died.

The truth is, I really don't know what it was about. I got up that morning and felt fine. I went about my business feeling Okay. Around noon, what was it that happened to make me feel so sad?

NOTHING happened! So, why was I so sad? Or, maybe it wasn't even sadness. It was a bad feeling. I didn't want to feel that way. I pretended that I wasn't feeling that way. I tried NOT to feel that way. I was tenacious at NOT going to the "dark side". I read, I drank coffee, I walked the dogs, I did everything to NOT feel this emotion.

That's right I DID things. That's my crystal clear clarity.

When I finally took some grapes and string cheese, went to my bedroom, and sat on my bed to eat them (doggies sitting obediently beside me trying not to beg) I finally allowed myself to BE.

I started eating my grapes and looked up and out the window. I saw the sun shining on the autumn leaves in

such a way that it stirred some hidden, old memory inside of me, and I started to cry.

I wept. I sat eating my grapes, the juice dripping dripping down my chin, doggies starring at me with what I took as concern, and I wept. I felt like a little girl. I had a memory of myself as a little girl sitting and eating while I wept.

Now, this is not a fantastic story, or even a very exciting one. In fact, it's a bit boring, don't you think?

But, the clarity it brought me was profound, and I want to share it with you, because it affects how we are able to heal ourselves.

I realized that the reason I felt so bad, was that I had forgotten what my primary inner purpose was. I was going about being such a DOING human, that I forgot that my primary purpose is to be present to my inner BEING.

Some emotion was with me. I suspect I was in FEAR mode due to some things I had TO DO. I was forcing myself to just DO them without listening to my inner being. Since DOING them was not congruent with what was inside, or with who I was, I felt a negative emotion. I suspect that it reminded me of a time when I was a little girl and was forced to do something that didn't fit with who I was. The emotion came up so swift and fast, that I didn't realize what was happening.

After I had a good cry, I felt better and was able to go DO the things I had to do, but with a very different bent, for I was connected. My inner being was connected with my outer experience.

The parents at the fund raiser were very much connected with their emotions. I watched as they went from crying to laughing to crying again as they watched and listened to the speakers and performers. They were very much living in their present moment. The present moment being pain from the loss of their child. There were reminders at the event that their child was no longer here on the planet, and they wept. Then, Bob Sagat was very funny and they were able to be present to laugh at his jokes.

So, what exactly am I trying to say?

I am saying that we often forget to allow ourselves to stay in the present moment. We, instead, talk ourselves out of things, or into things, or make excuses, or rationalize why

things are the way they are, or blame others, or blame ourselves, or chatter on and on in our heads about all kinds of things that don't have any real meaning.

This is how we hurt ourselves. This is how we suffer. We forget that our true inner purpose is to raise our consciousness, and we do this by living each moment as it comes without judgment, without attaching a lot of stories, or reasons why, or blame, or excuses.

I had forgotten this and started making up all kinds of reasons why I was doing what I was doing, hating it all the time, and being unconscious at the same time.

Sometimes, if we can't remain present ourselves, we get knocked back into consciousness by nature (as I did when I noticed the sun shining a particular way on the fall leaves), and sometimes we get knocked into consciousness by tragedy and loss.

When we have a loss and tragedy, we often misunderstand it as something that is NOT supposed to happen, and we resist and fight against it and hate it and ask WHY, WHY, WHY?

When in fact, (and here is the difficult part for us human beings to understand--I know because I still struggle with it when I'm forgetting to be present to the moment) these losses and tragedies can be an opening into the realm of spirit, where you can find a joy and bliss you have not experienced before.

I want to caution you who are reading this that if you have had a recent loss, to not imagine that I am telling you that your loss is a good thing. That all you need do is be present and the pain will go away.

With recent losses and tragedies it is to be expected that the present moment is filled with pain, because that is what you are presently experiencing. And, the kindest thing to do for yourself is to allow yourself to be exactly where you are with that pain. To not fight it, not resist it, but allow it to come forth. This is such a counter-intuitive thing to do. It's like telling yourself that in order to be safe from the storm, you must go deeper into it.

It's been many years since my personal tragedy, and I have often gotten myself stuck in the fearful emotions, where I have not been able to get un-stuck. Recently, I have had the courage to remind myself to stay in the moment. I have been practicing staying in the moment on a

daily basis.

The other day, I was reminded once again that the pain and suffering comes from me resisting what is, instead of allowing myself to just be with whatever is there for me in the moment, but the CLARITY I got by practicing being present to each moment was that the pain comes from FORGETTING what my true purpose is. Practicing being in each moment helps us not forget.

---

## About Cindy

Cindy Kludt is an author, and facilitator of emotional healing.



She is available for one-on-one in-person, phone and Internet consultations, and speaking engagements.

She may be contacted at 310-890-9831, or via email: [CindyKludt@thesilentloss.com](mailto:CindyKludt@thesilentloss.com)

---

For information on how to receive a COMPLIMENTARY hour-long session (in person or by phone) click here for details.

---

## **Cindy Recommends**

Susan Whitmore's site is [www.griefHaven.org](http://www.griefHaven.org). Site for parents who have lost a child.

---

---

## **I hope you enjoyed this e-zine!**

I encourage feedback at [CindyKludt@TheSilentLoss.com](mailto:CindyKludt@TheSilentLoss.com) so that I can meet your needs. If you know someone who could benefit from this e-zine, please feel free to forward this to them by clicking on the Forward email link below.

**To your journey,**

*Cindy*

---