



# What Happens to You, When You Have Lost a Loved One?: Spirituality for the Bereaved

*Michael F. Conrad*

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## **What Happens to You, When You Have Lost a Loved One?: Spirituality for the Bereaved** Michael F. Conrad

Have you lost a spouse or loved one recently? Are you depressed or frustrated because your loved one left you, and now you are completely alone? Does each day seem meaningless without your partner? Are you angry because you think God took your loved one away from you? Do you have suicidal thoughts? How can God do this to you? Your loved one is not lost, you are. God may be answering your prayers, but you may not be able to receive the message. In communicating with God, whatever you receive is received according to your disposition. If you are depressed, you may not be able to pick up on what God is telling you. If you are filled with hatred, envy, anger, rage, or depression, you may not be able to communicate with anyone, until you can calm down. What Happens to You When You Have Lost a Loved One? are gentle, meditative thoughts to help you focus on what happens to YOU, when your loved one dies. Your spouse or family member is with God. You are left holding your emotional bag. What can you do? More importantly, what will you do? Together, we will reflect on how to re-center and also re-energize your spirit around the source of all energy and love. You will find that what seems to be hopelessness will actually turn out to be your rock and your strength in time of bereavement and loss.

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Playing with family inside a park, coming to see the ocean world or hanging out with buddies is thing that usually you may have done when you have spare time, subsequently why you don't try thing that really opposite from that. One particular activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love What Happens to You, When You Have Lost a Loved One?: Spirituality for the Bereaved, you can enjoy both. It is good combination right, you still need to miss it? What kind of hangout type is it? Oh occur its mind hangout fellas. What? Still don't have it, oh come on its known as reading friends.

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