

Natural Healing Express Weekly

Column 252 Lessons at a Funeral

Thank you all for the feedback regarding the last article. You guys rocked it! Yes, I am quite excited that several of you benefitted from the charts, especially the second one on emotions. Far be it from me to target one or two people when I write, but I have heard rumors that the singular person I may or may not have directed the content to has been on a much healthier journey towards her spiritual and emotional health. Better late than never, but I digress. Yee Ha.. Another challenge met and by the Grace of God, headed in the right direction.

Normally when I find the need to “dig up” fresh content on old subjects, there is some reason that I do so...Sometimes, I find that new members of our readership benefit as they may not have been exposed to our previous articles. Or perhaps to inspire another writer like me who just prefers to “tell it like it is”. Lord knows, I have been through enough crap in my life and I have witnessed friends and loved ones go through hard times. And lots of it, but when you have several friends from various walk of life and you have lived all over the country like I have, well, then, you are going to see some stuff.. Great things, really, really great things... And crappy, unhappy, tragic things, like last week watching one of my security guys (from back in the racing days) deal with his brother being tragically killed while riding his bicycle. By a Hit and and Run Driver... Who was drunk... At 7pm....Both my friend and his brother were decorated veterans and police officers. Ya, that sucks... A lot....But, God is good and after several conversations, texts and hugs, my friend delivered a eulogy that not only accurately portrayed his brother’s life, but also challenged everyone to live their best lives...

But do we do that? Probably not. We try, but we are challenged. Every dang day. So, I feel if we can utilize a small column every week to prevent the “smart ones” from going down roads which caused us older, more weathered brats to “learn by fire”, then well, then I guess it feels helpful and perhaps adds a little sweetness to bitter experiences to share those pearls of snot, I mean , wisdom.

So, if last week’s column was a little targeted, I cannot apologize, I just want you to get your crap together and stop hurting people, especially children---and more especially YOUR children. Ok..Enough on that!

The good news is these articles perhaps by cosmic design, appear to fall into the hands of those who seem to need it or those who are motivated to help others. Either way, I thank God everyday that he has given us all the opportunity to learn and heal. If only to deal with times of loss, because at the end of the day, that’s what’s left. When you lie on that deathbed or hold someone hands while they do, NEVER does it come up that “hey, when I was being a complete (starts with b and rhymes with witch), to my ex, that did a lot of good and added years to my life”..

No, you look around at the people who are there with you, helping you take your last breath and you think of the GOOD. Those who love you. Those who want you to have eternal life. Those who will actually make it their business to keep your memory alive. So, why on earth, previous to your deathbed, would anyone want to focus on the negative all the time?

How many people will be in that room with you? One? Ten? Zero? Or an auditorium of folks wanting to make sure you know how much you were loved? Ya, that number is kind of based on YOUR decision as to how you choose to live your life today. So, quit the crap and be cool..BE A BLESSING, not a cowpie!

I watched an entire, gigantic church, with standing room outside; mourn the loss of a great man. He was 60 years young, so this wasn't a kid, this was a life WELL LIVED. Lots and lots of tears, but also, Joy in knowing an amazing soul. Joy in wonderful memories! Joy in time well spent!

And, I kept thinking back to the week previous where a tremendous amount of selfishness, bitterness, abuse and then tragedy seemed to be the norm. I just kept shaking my head in disbelief. Oh, what a waste!

We are all in this together people! For those of you doing so, please quit treating others like crap and get help fixing your own hurts so you can help someone else.

There are plenty of resources out there. If you need assisting in getting connected to those, contact us.

Stop looking in the rear view mirror. Your future is in front of you. Quit dragging the burdens of the past and live.. Live Happy. Live Well...Live Positive....

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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