

Natural Healing Express Weekly

Column Volume 158 Vitamin L, Third Year Anniversary

Well, it's today. As of this writing, Dad has been gone exactly three years. I solemnly remember looking into those eyes one last time and realizing how horribly lost I felt. Inconsolable. I want to say there has been a huge improvement and that I feel better about his passing, but the healing rate slowed this year. I miss my Father. A lot. There are at least 100 things I want to talk to him about. He was a fantastic man and a darn good father. Maybe I didn't realize how much so until this morning when someone dear to me spoke these words. "Your father would be happy for you and how things are now. Your brother is getting the care he needs and you are loved with a great support system in place. That's all a father wants for his kid. You are making his sacrifices worthwhile. He can rest peacefully now. I know he was a great man, I can tell by you and your actions." Those words lifted me. I am grateful and humbled at that statement. I miss my Dad, yet I am counting my blessings. And to the person who said that, I count you twice.

For everyone who has lost someone this year, especially those recent and unexpected passings, you have my sincerest condolences. Godspeed. I hope the void lessens. I offer this article as a way to heal, slowly and surely. Here is it – verbatim from the second anniversary.

Last year, during the first anniversary of my father's passing; I decided to take a look back at the column written shortly after his death. As the second anniversary approaches, it seemed natural to me to review last year's footnotes and of course the content of the original column.

Dad passed on October 24 and honestly, it still seems raw, but not nearly as shark bitten as last year. I have been so blessed by the wisdom, graciousness and kindness of folks who have walked this path. By receiving comfort from old friends and new friends that wanted to show love (Vitamin L) I am able to acknowledge and understand the value and learnings associated with his death. I still grieve and I still feel the pain of loss, but I also have hope and newfound wisdom which brings peace. That might not make sense unless you have been there, done that and bought the refrigerator magnet if you know what I mean, but for those who do understand, you know how it feels to find another layer of yourself that you didn't know existed. Maybe it's the reward for walking through darkness.

The intent of the original column was to somehow in darkest hour begin the healing process. I plan to run the original column each year for those of you who may now be experiencing loss and walking through the turbulent waves of grieving.

Through hope, patience and support and as my own healing continues, I plan to share each year on the anniversary if only to provide some proof that life can and does go on. It becomes what you choose to make of it. You gotta believe. I also know full well through signs, (mostly very large hawks) that your loved ones never truly do depart you. They are around if you are brave enough to look.

Note to Dad (since I know you read the FLASH in Heaven)--- Yesterday, when you swooped in front of the truck causing me to hit the brakes so hard I almost took you out; in case you missed it, I was

laughing hysterically when I saw that fine officer of the law a couple of miles ahead tucked in the cornfield. Message Received. Thank God I NEVER speed (wink.wink) so you don't have to dive bomb me anymore – I am paying attention.

And Mom, seriously, the Motion Light stuff has to stop. We are blinding others and scaring the dogs. It was funny the first 150 times...Not so much anymore.

As a tribute to both Mom and Dad and a reminder to all of us that we can choose on an everyday basis to be kinder and gentler to each other, here's the original column on Vitamin L. I hope you can enjoy it and use it as you see fit in your life.

October 28, 2011: I wasn't certain there would be a column this week. But something deep inside, as I connect to my father's farm tough heritage and survivalist roots I am encouraged to press on and be determined.

On Monday, I lost my best friend. He was the one I could turn to for anything and who could talk to me without exchanging words. A most patient man, he was a wise and hilarious buddy. He was also my father.

As my heart is bruised, I find it difficult to speak with passion about topics for this week's column that seems so sterile. So, hoping you will indulge me, I will write what comes forward in my heart, honoring the lesson without judgment.

In Natural Health, we follow the Whole Life approach, which recognizes all aspects of a person; those being: Behavioral, Physical, Intellectual, Emotional and Spiritual. It is our belief that if one aspect is in disharmony, all other aspects are as well. We move forward in healing by focusing primarily on balancing the unbalanced aspect while continually supporting the entire being.

Even though the many supplements, protocols and nutrition we may utilize support more than one aspect, only one "supplement" appears to support all. Through the gift of being with my father throughout his process of passing peacefully, I have learned its priceless value.

What I am talking about is a "supplement" so powerful it can overcome most challenges of the body. I am calling it Vitamin L.

I have learned Vitamin L can cure in an instant as I witnessed peace come between parties who have had painful differences for years and reunited only at my father's bed. Vitamin L can soothe a dying body as I watched an irregular heartbeat stabilize with the touch of a hand. Vitamin L can work miracles where there are seemingly none to be found. It can bless us with the gift of time when moments grow small.

Vitamin L can lessen the stabbing pain of loss while coming forward through words and actions of others. It seems to work for and through pets as they sense one needs care.

I know of no medical contradictions for Vitamin L. It can be taken or given anytime, anyplace, anywhere and in any dosage. Vitamin L can nourish the body, mind, soul and spirit simultaneously and it works on all body systems.

Through Christ, Vitamin L can lessen the fear of death, as it promises us a better life when this one is complete.

Vitamin L, if you haven't already surmised, contains only one ingredient: Love.

The even better news is Vitamin L is abundant. You don't have to drive to a store to buy some. You already have it at the house. Maybe it's on the shelf, but I would strongly encourage you to find it, complement it with forgiveness if necessary and use it daily.

Maybe best of all, Vitamin L is free. I have seen if forcefully move hypothetical mountains and quietly accompany a last breath. Vitamin L is meant to be given and it is also meant to be received. Reach out and see what miracles it can unfold in your life. And see if you can comfort someone else. Vitamin L works best as we recognize we are all brothers and sisters.

Vitamin L seems circular. When you bless someone else with it, it comes back tenfold.

I am sure over the next few weeks, as the fog clears and I further understand the lessons of Dad's passing, I will have even more appreciation. For now, I only want to honor the man that throughout the course of my life and even through his own death was the greatest mentor and peaceful warrior I have even known.

Rest in peace, Popsie, I will carry on your wishes. I know you and Mom are now dancing in eternity in God's kingdom. Godspeed.

October 28, 2012 FOOTNOTE- It isn't always easy to be the person that can stay in their authentic self and display Vitamin L when you really want to whack someone over the head. Remember, most people challenge you because of their own LACK. I can promise you, if you can at least hold an honest space and take a look at the true reason for what is causing you the upset, you are on your path to Freedom. Bear in mind the saying- "Hurt people hurt." This means it is probable that whoever is lashing out at you is doing so because they are hurting deeply for another reason. It's not personal.

It is possible to make a CHOICE to change any given situation. You may be the one and only person who displays Vitamin L to another soul in distress. You may be the only person who can make a difference. And you can help yourself, as forgiveness begins from within. Why not give sharing Vitamin L a chance?

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](mailto:skscham@aol.com) 204 W Main St, Lena, IL 61048.

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