

Musings from a Medium

Life After Death and the Dysfunctional Family

Yesterday I posted up about this topic and had several people point out that every family contains some type of dysfunction. Absolutely true but the level of dysfunction does fluctuate within different familial units. For the purpose of this post I am referring to the worst of dysfunction. The difficulties encountered with loved ones that leave you feeling guilty, shamed or angry at words that were never expressed.

Our human journey is not always the easiest one to walk. We come into the world with intentions to gain lessons from those around us. Sometimes those lessons can be painful at best. And it's the unfortunate side effect to free will of all those who walk this journey with us.

I have, in my experiences with clients, come across some very difficult stories. Stories that leave you questioning whether or not good in the world does exist.

Stories of parental abuses. Stories of rampant addictions. Sibling dysfunction that extends to the worst kind of relationships.

Physical abuses, emotional abuses and sexual abuses.

And the abusers struggle to find the words to say "I am sorry for what I created in your life". Whether they are of the mind that they did nothing wrong, or terrified to admit wrongdoing, many times they move into the next phase of spiritual life without giving some type of apology or even a modicum of explanation for what they did.

And that's the hardest thing in the world for those left behind.

Confused. Feeling unloved. Feeling unjustified. Feeling guilty. Feeling shamed.

And then they come to me or to others like me.

And the loved one in question seems to always be the first one that steps in.

And I know immediately that we are going to be treading into dark spaces when they appear in heavy boots. That's how they work with me when they have something that they so deeply regret and wish to impart to you. With the biggest, heaviest boots imaginable.

And they then leave it to me, to try to smooth the edges of a ragged and broken relationship.

It's not easy.

I have one hour to try to get their messages across to you.

After you have had a lifetime of questions and anger.

The road to recovery starts with you. From the moment I see them lumbering toward me dragging their feet behind them with the weight. They are not asking you to forgive THEM. They are asking you to forgive yourself.

The weight they carry is not their own. They are carrying yours. Following the death transition they are faced with having to undergo what I like to call the Karmic Review. During this time they must enter into your energy. Enter into your childhoods. Experience every emotional response to how they treated you. Your fears. Your anger. Your tears. And your sense of feeling unloved and struggling to understand why you feel that way into adulthood.

They arrive to me so different to the person they were in this world. They begin to finally understand what they created for you. They now feel how you feel as an adult. They carry all of your insecurities, your lack of self esteem, your anger and your deepest hurts.

And they want you to know that it's NOT your job to forgive them. They want you to undergo the process of finally understanding that you are not responsible for what occurred.

And that healing can only begin with you.

Remind yourself first:

I have a right to my pain.

I have a right to my anger

I have a right to my resentment

I have a right to be angry with the universe

And follow with forgiving yourself for feeling this way.

I forgive myself for feeling that I have no control

I forgive myself for feeling that I am not loved

I forgive myself for feeling abandoned

I forgive myself for feeling ashamed

I forgive myself for believing I am repaying a karmic debt

I forgive myself for feeling guilty because I should love you and do not.

I forgive myself for being angry.

I forgive myself for hating.

I forgive myself for being resentful.

I always include resentment into this process because that is the final emotion that tends to follow us into our adult life.

We don't realize that we are even doing it. But, out walking in the park one day you come upon a family that seems so connected, laughing and loving and happy. And that unease settles into your heart and soul and you find yourself asking

"Why didn't I deserve the same thing in my world?"

It's such a human response to think this way.

It's such a soul response to miss what we never got.

My wish is that these scenarios would never present themselves. That those close to the transitional process would have some type of prior revelation that would find them taking a moment to consider how you will be left feeling on their passing.

It's unfortunate however that these scenarios occur far more often than I would like.

By allowing yourself to move into the Self Forgiveness process, it allows you to move ahead into the life that was intended for you. It doesn't "fix it" for the person(s) who created your discomfort. They must continue to work at their own understanding of their own behaviors.

So, when you have a reading with myself or with anyone else, please remember to give these family members just that moment of your time. To understand that they are not coming forward to hurt you anymore. They are coming forward to tell you.....

"I understand what I did. And I am sorry, and I wish I had said that sooner".

Their part is done. Your part starts there.

Or sooner. Even if you never make a connection in any way during your lifetime, start your own path to healing.

Because, all your soul ever wanted was to feel loved.

Start with yourself first.

Love yourself.

Your mixed up, screwed up self.

You won't ever regret that.

In love. In light. In laughter.

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More Musings from a Medium:

I was lucky enough as a child to spend a lot of time in the country. There I discovered a love for tall grasses and honeysuckles. I would lay for hours on my back, watching the clouds with a purple bloom stuck between my teeth that held the gentlest sugary flavor.

It was my "oasis". A place where I felt completely in tune with myself and felt hidden from the world.

I use these memories to this day to take me into a quiet space. I don't need to get tangled up into a lotus position to find it. I can be walking or appear to be reading a book. When, in fact I am hidden in the greenery. Feeling the warmth of the sun above me, tasting the honey on my lips and the tickle of grass blades as they move along my arms in a soft breeze.

I call this "my happy place".

It's free. It's completely my own. And no one else remembers it the way I do.

What memories stir you into your own "happy place"?

I encourage you to learn to manifest the moments that bring about the solitude for you. The moments that make you feel completely at one within your own self.

Because.....you are learning how to create your own heaven.