

Bereavement - by Trevor Eddolls

You've probably noticed, as you walked along a beach, that, while everything seems to be staying the same, it is in fact changing. On one side of you is the sea. And you see and hear the sound of the waves with the tide coming in and going out. You can look at the blue of the sea and the white of the foam, and it's in constant motion, constant flux.

And on the other side, as you walk along, is the beach. And you can see the marks that high tides have left. You can see the different types and different colours of seaweed that have been washed up on the beach with each tide. And you might be able to see people on the beach – children playing with their brightly-coloured buckets and spades, or colourful kites, or other beach games. You can hear their squeals of delight. And you know that each day there will be different, there'll be different tides, different children – so, although you go to same beach, everything is different.

And that's the same for so much in our life, things are changing. We may change companies, or we change roles within a company. And even doing the same job can actually be different each day – perhaps different customers or other differences.

And so it is for people in our life. Old friends from when we were at school probably aren't our friends now. And it's the same with friends from our old jobs, or people we were friendly with on holiday – they probably aren't our friends now. Change happens ... and we expect it too, naturally.

But there are some changes that can be painful. It hurts us when the change occurs. And yet, at the back of our minds, we know change has to occur, even though we don't want this change to have occurred. So, what can we do? How can we be like the beach that knows the tides will sometimes come in higher, and sometimes the waves will be stormy. How can we accept the changes that have occurred? How can we realign our thinking with the way things are now?

How can we get over the feeling of betrayal when we allow ourselves to laugh, even though that loved one isn't with us to laugh? How can we overcome the feeling of betrayal when we enjoy a good meal, or a new book, or a great movie, without that much-missed person being with us?

The answer is going to be different for everyone, but, somewhere inside us all, nature, like that natural beach, knows how best to move forward, without betraying anyone. Helping us to live our lives in the best way we can. Sometimes, we need to listen to our own internal rhythms, our own internal clock, that will, quite naturally, tell us when it is time to move on. And it will help us to remember the good times, and carry those memories with us, as we experience new good times.

We know that when it's our turn to leave this world, we want our friends and families to continue to enjoy their lives without feelings of guilt. That's just natural. In our minds, we know that the beach is still the same beach, but things are naturally different there, now.