

# ***Letting Go of Loss***

Interview with Mirabai Devi  
April 2019

## **Why did you pick this for the portal membership?**

We are living in a time on Earth where there a lot of people leaving the planet. Nearly every day I'm receiving news that someone or their loved one has transitioned from this physical world into the next. Given the vast transitioning, we are left with many people still here on Earth who are left behind. This means there's a great deal of loss that's being experienced on the planet right now.

Loss is an inevitable part of life, and walking through the grief is a natural part of the healing process. The reasons for grief are many, such as the loss of a loved one, the loss of health, or even the letting go of a long-held dream.

Dealing with a significant loss can be one of the most difficult times in a person's life. Feelings of loss are very personal, and only you know what is significant to you. People commonly associate certain losses with strong feelings of grief. Everyone grieves in unique ways and it's okay if your grief is different than those around you.

Grief is the reaction you have to a loss in your life. This loss can refer to a death but it can also refer to the loss of physical or cognitive abilities or the loss of something that was routine in your life such as a job.

The grieving process is not linear, but is more often experienced in cycles. Grief is sometimes compared to climbing a spiral staircase where things can look and feel like you are just going in circles, yet you are actually making progress. Being patient with the process and allowing yourself to have any feelings about the loss helps to move through it.

As the shock of the loss fades, there is a tendency on the part of the individual to feel more pain and sadness. Well-meaning friends may avoid discussing the subject due to their own discomfort with grief or their fear of making the person feel bad. As a result, people who are grieving often feel more isolated or lonely in their grief.

My desire this month is for us to move through the grieving process into the aspect of forgiveness, healing and actually “letting go.” I receive many questions in my private sessions about “how do I let go,” or “why do I need to let go,” and “what will I gain by letting go?”

It’s about letting go of the past trauma, healing ourselves, and learning our life’s lessons. When we experience a loss right now we are actually experiencing all of the trauma and loss that we’ve been holding onto for lifetimes.

### **Do my past and parallel lives impact the loss I experience today?**

We go through many lifetimes with many embodiments where we lose many loved ones, many relationships – both human and animal - and many material and non-material attachments. Every time we experience another loss, its memory becomes imprinted in our memory bank. It leaves an impression that creates a pattern that over time build up and cause us to fear loss.

It leaves an impression and imprint and when you have enough imprints on the memory banks it become a pattern. Patterns over time build up and make it harder for us to let go and move beyond the loss.

Over time this creates a resistance within us where we attach ourselves to our relationships and can even be afraid that our loved ones leave us, die. Even worse than that is the fear of opening our hearts again because the sense of an eminent loss.

On an emotional level loss creates depression, anger, frustration, anxiety, nervousness, difficulty in staying focused, guilt, shame, regrets, fearfulness, inability to love.

On a physical level, it can create heart disease, low energy, heavy energy and more. It has the ability to limit our functioning.

Some people heal from loss better than others. Some are able to let it go and move on, but others hold onto it and suffer for a long time.

## **What is the difference? If I am one to hold-on, why would I do that?**

For many different reasons, the first reason is because that some have a greater attachments and some have fewer. This is where trauma is at the causal level.

Remember that the more bodies and the more lifetimes we live, the more trauma and karma we accumulate It's this trauma from our past, present and parallel lives that is sitting on top of us and causes the inability for us to move through quickly letting go. So one individual may hold onto loss more deeply because of the amount of accumulated trauma.

There's no judgment because everyone's gone through their fair share of losses and trauma. All trauma and pain and loss affects us all until we heal it.

Another reason that we hold onto loss is that we think if we hold on we will continue to feel connected to the person who is no longer there. We are afraid that if we let go of the loss that we'll forget that person or even the memory of that person.

The reality is that letting go of the loss doesn't mean that we'll lose our connection to that person, it can even strengthen the connection. By letting go of the trauma around the loss we can then open into a deeper soul connection with our loved one.

## **If everyone has gone through this, why don't more people work on healing this?**

More people are not working on it because there's so much wounding out there. They are limited by the wounding, they are trapped in trauma, fear and limitation.

This trauma is also playing out on a bigger stage as well. We are seeing a lot more external trauma on our planet at this time because it reflects what individuals are feeling within. We are projecting our own wounding onto Nature, the environment and each other. This all comes back to it being about our own trauma.

We need to turn the bin and heal ourselves. We are stuck in a deep negativity that really needs to heal on a large scale level.

### **How do we heal from this?**

We heal it by going to the level of forgiveness, releasing and letting go of ourselves, others and our life lessons. It's also about learning to see on the soul level that we're all just actors on each other's stages playing out parts and roles for each other's evolution.

It's about realizing that we reincarnate with the same people again and again and again. Even if we lose them in one lifetime we'll see them in the next. As sad as it is to lose them, when we are beloveds we always find each other again.

When we experience a loss right now we can go in and release all of the hurt we've been holding onto.

What happens is that we keep the hurt stored not only in our memory banks, but also in our hearts, chakras and internal organs. It manifests in as disease in our body and not trusting or feeling safe in our relationships, but also it causes us to contract and hold back in many areas of our lives. We view everything through this lens of fear of loss.

Healing loss today is about healing multiple losses on many levels that have been held in our memory bank that has caused us to be injured and live in fear.

### **What can I expect if I go through the healing process? How can letting of Loss help us?**

Loss can remind us of our own vulnerabilities. Through the grieving process we have the ability to bring down the walls that we've built around us.

When we lose someone we appreciate them more. Stop taking others for granted, that physical life is limited. When we don't let go of the loss and we hang on, then our hearts are shut down. When we walk through the healing process of letting go, then we can open our hearts to love and not

be as afraid to love in the future. We start to experience life with new eyes and an open heart.

During the grieving process we often question our own existence more deeply. We often question our relationship with God and wonder about our own life. When we are able to let go, when we walk through the process of letting go, we have been able to strengthen our spiritual beliefs and have an increased focus on the present moment. Our relationship with God has strengthened. And our relationship with the individual we lost is closer, it becomes a more deeply and meaningful soul connection.

We are able to feel less judgmental of others and experience more compassion. Our relationships become a central focus in our lives. We become stronger and embrace our own strengths.