

Six Steps on the Path to the Future



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www.journeyintoalignment.com

Journey Into Alignment is a six-month coaching program designed to help lesbian widows to fully honour their experience. It is intended for women who are in the second year of their life alone. This is a time of moving out of the busy-ness of new widowhood, and into a phase of reimagining and reinventing the future.

Finding support for your grief is important, and the Journey Into Alignment program can be bookmarked for a year ahead.

These Six Steps are useful for many people, and yet may not well serve people who are still in the early days of loss.

Tell your story: The End of Life Process has a profound impact on the surviving partner. If there was illness or injury, the time spent dealing with treatments and options have a lasting effect. When it is happening, there is no time for integrating the information into memory. The death, the funeral or memorial arrangements, the visitors and the events surrounding the first week, the first month and even the first year all need to be examined in detail before your brain is ready to accept custody of them. Telling and re-telling the tale of what happened helps to settle the swirling mass of thoughts and memories and wishes.



Find the Structure: Although your story has aspects of suddenness and unexpectedness, there is a structure beneath the events of your life. As you move further away from the immediate pain and sorrow of your loss, you will be able to locate the themes and connexions that are being revealed.



Synthesize a Future: The future you had planned is now transformed. Your journey is changed beyond recognition. Naming where you were, and where you are, and understanding the structure your experiences create, will make it natural to project a new direction for living.



Sympathize: Experiences are always examples to others. As people in your family and community face difficult life changes, they will look to you. While your healing progresses, you can be a source of care and support. This is not a suggestion to volunteer with bereaved families, rather a suggestion that you acknowledge how much you have learnt. When you feel able to share what you know about the early issues – the legal or bureaucratic necessities, you can be immeasurably helpful.



Be Silly: As time passes you will be able to remember the relationship rather than its end. You will connect again with the humour you shared as a couple. The love and the laughter that you shared is forever a part of you. Now is the time to find an outlet for that laughter. If you spend time with young children, commit to playing and laughing. Tickle and be tickled. Wear silly hats and sing silly songs. If it suits your life better, consider laughing yoga; go to an improv show; watch slapstick movies or find the websites that make you laugh.



Find Significance: Everyone needs a reason to get out of bed. Finding meaning in a life that has been altered so drastically is not simple and does not happen quickly. If the lead-up to your partner's death included a time of nursing, or regular visits to treatment centres for an extended time, then replacing those activities will take time. In any end-of-life situation, mental space is preoccupied with events more significant than any you had lived before. A foundation block for your new and different future is a Reason Why. Whether you want to save the whales or promote local red-currants or educate people about the colour blue, you need to have a motivation. If your blood pumps and you can get excited about sea mammals or local fruit or the impact of decorating, then these might be areas where you can find your meaning in life.



*Journey Into Alignment offers Heart-Centered Soul Care.
It provides the structure of accountability;
kind guidance and encouragement without judgment.*

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