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## Healing from Loss with Brenda B Archives Available

**April 09th 2014: Do You Feel Like You'll Never Get Out Of  
Chaos?**

Do you feel like you'll never get out of chaos? Loss of any kind, a job, a relationship, financial support, free time, loss of a loved one can plunge us into chaos and leave us feeling overwhelmed, in a fog, unsure and struggling to figure out what to do next. There is a rhythm and pattern to moving in and out of chaos in our lives and when we flow with that rhythm we can find that the chaos is much easier to move through. The chaos cycle has 4 phases. Each phase naturally follows the previous if we allow it to, however we tend to want to skip over certain phases or get stuck in one for an unn

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