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February 02nd 2015: Loss and Grief - Understanding its Dimensions

We are multifaceted beings with physical, mental and spiritual aspects. Conversely, experiencing loss or grief has a multi-dimensional impact on us. We are affected emotionally, cognitively, physically, socially, and spiritually. Without an understanding of the grief process, we can easily begin to create identification with the grief. Rather than recognizing we are experiencing grief we begin to believe it is who we are. Knowledge is power and as we move forward in our healing journey understanding the grief process and how it impacts us offers tremendous benefits; empowering us to sta

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