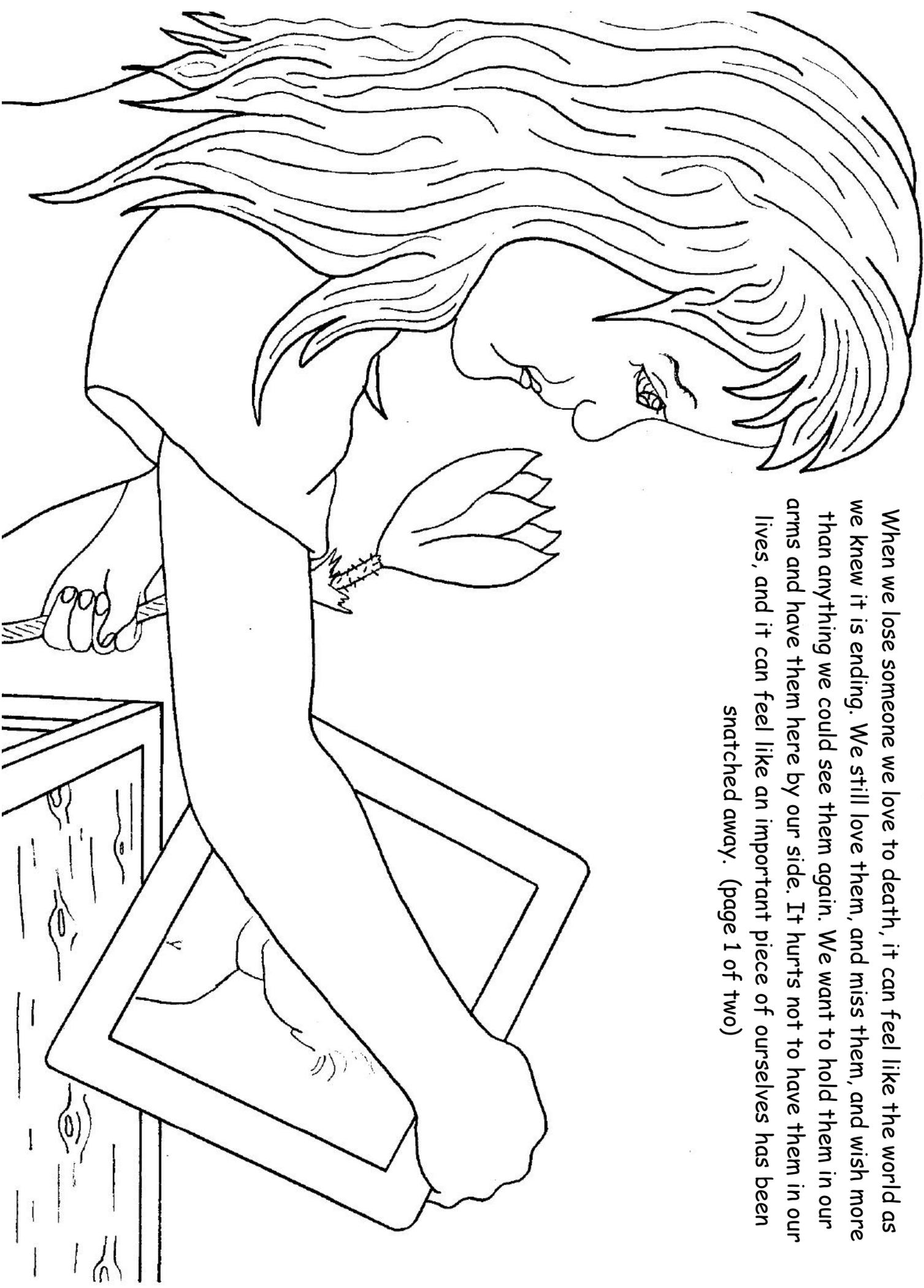


When we lose someone we love to death, it can feel like the world as we knew it is ending. We still love them, and miss them, and wish more than anything we could see them again. We want to hold them in our arms and have them here by our side. It hurts not to have them in our lives, and it can feel like an important piece of ourselves has been snatched away. (page 1 of two)



When it feels like it hurts too bad, try to remember this: those we love are never truly lost from us. The sound of their voice...their friendly face...their reassuring words...their comforting touch...all of that is etched inside your brain. From the very first moment you were together, their presence was soaked up by your mind – your brain was programmed with them inside. They are a part of you, and always will be, no matter what happens. So whenever you're feeling sad and missing them too much, just close your eyes, calm your thoughts, and imagine a place and time when they're right there by your side. Talk to them in your head and tell them your struggles. And though we can't follow them in death, until the day we might see them again, know that their love is never as far away as it may seem.

Most of all, know that although the memory of your loved one will never cease, and although there will never be a time when you stop missing them or stop wishing they were here, there WILL come a time when it won't hurt to miss them. As time goes by and the wound heals, it will get a little bit easier day by day. Other people will fill in the missing pieces of love we lost. Though they'll never replace the person who died, others will add all new love and joy in our lives that will plug in the void that death left, dulling the pain and sealing the wound until it vanishes. So in your darkest days, remember that no pain is permanent. There will come a time when the pain goes away; when you'll laugh again, play again, be happy again, and have just as much joy in your life as when your loved one was here, just as those you lost would have wanted it. Until that time comes, hang in there, and know that things will work out in the end

