
Elasabeth Kubler Ross

Posted by Payenanny - 2005/04/22 10:35

On the special about grief and loss, Dr. Stan mentioned Dr. Elasabeth Kubler Ross as the author of the stages of grieving....I have a book by her and today as I began looking through a monthly publication I get called "Phenomenews", I opened to a page with a quote from her on it...so I decided I better post it here for ya"ll....."Death is but a transition from this life to another existence where there is no more pain and anguish..All the bitterness and disagreements will vanish, and the only thing that lives forever is love".....cool huh?

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Re:Elasabeth Kubler Ross

Posted by dbmcmommy - 2005/04/22 11:04

Very cool. Thank you for sharing.

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Re:Elasabeth Kubler Ross

Posted by honeyspur - 2005/04/22 11:09

So true - I see now why so many people go through an anger phase when they lose someone. You must still face pain in life, while your loved one has moved into a peaceful state.

Very Insightful quote.

Post edited by: honeyspur, at: 2005/04/22 14:09

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Re:Elasabeth Kubler Ross

Posted by honeyb - 2005/04/22 11:35

I am so glad you brought this subject to our attention. Dealing with grief is worse than dealing with illness or any other dilemma that we as humans all have to do. Some people deal with their grief in different ways. They try to hide it from the world by working all the time, exhausting themselves until they cannot even think; others turn to drinking and believe it or not, not that many people turn to drugs because that would slow their minds down and thus, be overwhelmed with their grief. Anger is the most natural state we go through. We are angry that they left us to deal with everything without them, angry because they have peace and we are still hurting so bad from losing them,, angry that we will not see them or they won't see us. We all have anger it comes out in many ways. After the anger; we feel an emptiness that is hard to explain. We all work through this in our own ways.

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Re:Elasabeth Kubler Ross

Posted by Halfdollar - 2005/04/22 17:21

THANKS Payenanny for the mention of this author! I know I can say this to you... the way you heard mention of the woman's name & then to find it close by you in another form of media...is the work of our Holy Spirit, IMO. You were touched by this experience & are now touching others!

Thanks db & the "honeys" for your insightfulness!

As I was reading them, I think that knowing these 'guidelines' or 'tips' about what to do when grief comes in our life are great.

But for me, when something ahs happened that causes heartache & grief, I cannot think of nothing to do! to make things better or easier to cope with. I believe we have to learn these steps & use them in coping with everyday things we may go through beforehand.

I pray that we all learn a step or two every day on this site towards a better understanding of others, life & and whatever our days may contain!

Enjoy!

HD

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