# Recovery from Grief, Going It Alone

## Accepting to Carry On, Without Her

My Journey to Hell and Back

**Orchidaceae Asteraceae**



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My Journey to Hell and Back

Recovery from Grief, Going It Alone; Accepting to Carry On, Without Her: My Journey to Hell and Back. https://orchidhealings.com

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Illustrations: Andrey Malef and Manus AI.
Cover design: Sophie Edith SOUMAH ZELATEUR.
Interior design: Sophie Edith SOUMAH ZELATEUR.

Editor: Sophie Edith SOUMAH ZELATEUR - sophie@orchidhealings.com
Independently published
Editorial and publication assistance: ChatGPT (OpenAI), known to the author as Peter, Claude AI, and QuillBot AI.
Hardcover ISBN: 9798175128940
2nd edition, September 2026.
Distribution: Available in eBook and paperback from leading online retailers and at https://orchidhealings.com.

*To my sister…*

*To the departed…*

*To me…*

*To the ones left behind…*

*To the day we meet again…*

## To the reader

*I am sorry.*
*I am so sorry.*
*I am so very sorry for the pain you're feeling right now.*
*I am so very sorry you now have to do without your departed loved one(s).*

*Having the loss pain acknowledged, deeply, sincerely, for as long as we need it, is the start of our recovery journey.*
*So, I am…*
*Really…*
*Deeply…*
*Sincerely…*
*Sorry for your pain…*
*For your loss…*
*For the challenge of letting go that you are going through…*
*I understand it…*
*I have been through something similar…*

I wish you strength and courage to overcome the pain and push through this transition.

I cannot say that I feel your pain, because I am not there with you. I do not know the strength of the bond you had with your departed loved one. I have not lived your shared experiences.

Though I hope that by sharing my own experience, you find comfort and ideas to push through your challenge. I wish you to succeed in letting go of your beautiful departed loved one. I wish you to choose to embrace life once more and find a positive meaning in it. I wish you to reach the point where you realise all

that you have discovered and learnt from this temporary separation, so you can enjoy life once more, before you meet again.

So, take my words to heart, reflect on your own journey, analyse it, and come to the realisation of all that your departed loved ones have allowed you to experience and learn, as well as all that you are yet to learn and experience.

My compassion for your challenge is deep and sincere.

## Further notes from the author: the acknowledgment of our grief.

Feeling our pain being acknowledged helps with acceptance. It helps with the acceptance of *the* absence, with the acknowledgement and incorporation of the idea of carrying on living without the departed. It helps with the release of the sense of loss, which is also felt as anger.

In my recovery journey, when looking to understand why letting go was so challenging, I came across the movie “Aftermath” with Arnold Schwarzenegger, written by Javier Gullon and directed by Elliott Lester, among many. The movie's storyline made me realise the first thing I had been missing in order to reach closure. I had been missing the acknowledgement of my pain and an apology for having been made to suffer this pain.

Losing a loved one can feel like losing a limb, and sometimes more. We don’t know at first how to do without them. I had been living with this person, this soul, with this limb my entire life, from birth to then. She had always been there for me to rely on, so I felt it was natural to depend on her. She felt like a part of me. So, I guess learning to do without her, integrating the concept, and accepting that I needed to do everything without her felt like learning to walk again after having had a leg cut off. The way to succeed was to start. I just needed to decide to start and go one step at a time. Like walking again, we just need to first stand, then one step and the other, and again and again until we can walk again, until we feel alive again.

Society most often denies us this basic right to grieve. Life is too busy happening. It doesn't want to stop. Meanwhile, it's okay

for us to stop. Emotional sanity requires us to stop and grieve, as long as we do not stop others from participating in the continuous game of life; as long as there are still many others participating in the momentum of life. So, make your own time; make your own space. Use the free time society gives you out of compassion and for services well rendered as your holidays to curl up in your own world, in your mind, in your own time and space, and process your loss. Cry your pain out, release your guilt, release your regrets, accept letting go of what was, accept that it is going to be and feel different from now on. No one can deny you these rights, for this is your life and your experience, and these processing times and space are yours.

Healing starts with the feeling of acceptance, with the release of the loss-pain energy from our physical and energy bodies, from our aura. When the release comes easily, go for it and cry it out. When it doesn't, seek groups to share your experience. Feeling compassion and understanding is key for acceptance. Other people's experiences would also give you a perspective on all the many different types of loss there are, and on how deeply we can be affected by them. Your compassion for others will help you as well, as your heart will feel caring again, and your perspective will be for a moment on someone else, not on your loss. That's a breather! So, seek to share your experiences with fellow humans going through grief, and if you don't have any, use this book, use movies playing similar stories to yours, use music that tells your story, use words that express what you desire to hear, and speak out. They will help you. They will help you feel and release the emotions trapped inside of you and help you release them through tears more often. We are

energy in bodies. We feel and vibrate to sound vibrations. So, use sounds and music to release the vibrations trapped inside you.

We are all on this tiny sphere, Earth, experiencing humanhood, pushing through our own challenges. Hence, not getting help from fellow humans most often means that they are trapped in their own world, dealing with their own challenges. So, it takes YOU to push through, to push through your challenges to reach emotional completion and serenity, and to come to peace with your loss. For only then will you be able to *fully* feel the next chapters of your life and all there is in store for you. You will be able to fully and deeply embrace the positive flavours of your new life.

The second thing needed for my recovery was to let go of my sister's caring and embrace the change of doing without her caring, embracing life without her. I was reminded by Bashar, channelled by Darryl Anka, that "Change is the only constant." Change requires letting go of what no longer is, of what no longer serves, and of what is not part of the next chapter of our lives, of our experiences to come in alignment with our soul's contract. Change requires us to learn anew. Change keeps us on track with our journeys, for without fulfilling our soul's contract, we would need to return to complete it. For without learning and completion, there is limited growth. The price of change is discomfort, as it takes us out of our comfort zones.

In my journey of overcoming grief, in the aftermath, the first challenge I faced was to identify what was left for me to live for, to identify THE reason why I couldn't just let go and die too. And this person was my mother. I simply couldn't die too. The second challenge was to decide to go on and find something of interest to

carry on living. It was to find something to drown my mind into, to switch my focus from the grief and its pain. It was to find something strong enough to take my mind away from the greatest loss I had ever experienced. I was to find ways to carry on functioning as normal. I used work. I was lucky enough to have chosen my career and field of study. So, I drowned myself in evening studies in addition to my work. And that had become my life for a few years. After a while, I couldn't cope with the nagging loss pain anymore. So, I decided to be fully back with the living and stop being a depressed recluse. Then something amazing started happening. I started witnessing synchronicities and coming across materials that started answering my questions and started guiding me to trusting my intuitions more and more. And my intuitions proved to be my best compass and guidance throughout my recovery journey. And through acting on my intuitions, I initiated my new life.

I discovered that nothing happens by accident. I discovered that it is all orchestrated from the heavens for us to learn and grow. It is all orchestrated to serve each and every one's journey, along with the collective journey. The respect for our free will is preserved, as ultimately, we are the ones choosing to act or not on what is presented to us. All experiences have positive outcomes should we seek to uncover them. Some experiences are there to learn from; others are opportunities or triggers to pay attention to. In times of challenges, our attentions will be directed towards scenarios, people, movies, music, messages, etc. that are put there as helping hands. They are there to help us identify, analyse, and solve challenges and what no longer serves and what no longer works for us so we can let them go and embrace

the newness to come. Life is amazing, good and bad, though still amazing.

So welcome to my journey. Welcome to how it all came about for me.

With the wish that after discovering my journey, you connect the dots of your own journey looking backward, and that the trail of your journey makes full sense to you.

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