

lkwdmom

Yes, "even ordinary moments can be a source of great pleasure"! I am a 24/7 mom and caregiver to my severely autistic, nonverbal 23 yr old son. He is cognitively 4 yrs old and requires constant help with basic life skills such as bathing, preparing meals...I "retired" early from my teaching position to care for him at home. Like Almond stated "positive, survivor mentality" is so important! You can not listen to what doctors, family, friends say about what "is best", or "face the truth"....if I were to have done that, my son would be in a facility, drowning in medications to "help his disorder". Again, you have to "problem solve, be persistent" and forge your own path, think differently! The smallest things in daily life bring joy - just watching his hand movements when trying to paint or color, can be fascinating. I sometimes just sit in amazement at how his brain works, fascinating to me! Others, okay many, think I am crazy, but they are wrong.

Posted On 01/12/2017

ahh9413

What a beautiful story about a mothers unconditional love. You and your son have made my day!

Posted On 01/12/2017

merlinda8

Have you read The Cat Who Came Home for Christmas. Wonderful story about how a stray changed an autistic young boy's life and helped him communicate and blossom.

Posted On 01/12/2017

iamblessediam

Hi lkwdmom -- And who says Angels don't walk among us?! You. Are. NOT. Crazy! You are a breathing compassion and flowing and glowing empathy. I wish you and your family well and bid you peace!

Posted On 01/12/2017

lkwdmom

Thank you ahh9413 and iamblessediam, such kind words! And yes Merlinda8, a great read and I loved how the author showed that even the littlest daily thing can bring someone joy!

Posted On 01/12/2017

Sunlover-NV

Broken heart syndrome is real. All living things have a "consciousness"--humans, animals, birds, even plants. The consciousness of each living being is "known" on an energetic subconscious level by the consciousnesses of all other living things. We just lost our only two dogs in November-- one day apart--one 9 years old, the other 15. The younger one died one day, the older one the next. The older one was declining rapidly and the younger one knew it and couldn't live without him. She died of a heart attack. The older one died the next day. It was devastating. My cat (who has not been without them one day in his life) began to grieve horribly for them. I was worried he would die of a broken heart, so I removed (energetically) over 800 trapped emotions of heartache and grief from him. He is now gradually doing better.

All things are connected energetically on a subconscious level. Look up the experiment on plants which proves plants are effected by death as well. It's an old documentary but very interesting.

www.youtube.com/watch

Someone said they couldn't access it. If not, go to Youtube and put in Cleve Backster The Secret Life of Plants. There is a short 10 minute one on his experiments.

Posted On 01/12/2017

Almond

lkwdmom... thanks for the kind words.

When I was younger, I worked in a school system that had little consideration for appropriate placement of teachers. To them, we were just warm bodies to fill a time slot. I was teaching a subject area for mostly college-bound students. I had no training in special ed (slow learners). It was ridiculous that I was assigned to one of these classes. However, in spite of my lack of training in this area, this came to be one of my favorite times of the day. Many of these children are so kind and loving. They did not seek to be disruptive and were always eager to help each other. It was a microcosm of how the world should work.

When a doctor first tells a parent their new baby is not "normal" it brings worries to parents. Often, we think of being normal as the ability to excel in the 3-Rs, but this is a very narrow scope of life. If I could share my experience, I think I would also tell them this child will likely turn out to be one of the greatest blessings of their life. These children really are "special".

Posted On 01/13/2017

veritas19

Every mans' death diminishes me because I am a part of humankind. The compassionate comments here serve well to demonstrate that. No matter your personal belief or faith, we all share in the common sufferings and triumphs of one another. We have a common bond in ways that are difficult to articulate, yet we all recognize them. At least here, we equally participate in our experiences and feelings for each other with good intent. This is accomplished by a shared concern and an effort to help each other. I believe this is what God meant when he said love your neighbor as yourself.

There is a peace which transcends human understanding, and we need to step outside the confines of our physical existence to comprehend it. We must never forget that each of us has a reason and purpose for being here. At times we may be pushed to the very limit of knowing why or thinking that we don't, but know that there is a purpose. Seek the truth and you will find it. Do so without any pretense or a reliance on someone else's interpretation or opinion. There's only one truth.

Know the truth, and the truth will set you free.

Posted On 01/13/2017

otis101

The loss of my daughter ten years ago due to a tragic motorcycle accident was the most difficult time in my life. She was 43 and leading a successful happy life. At times I would be overcome with grief while driving and have to stop until the tears stopped. I began having sharp chest pains and had bypass surgery shortly after her death. I joined a hospice support group with others grieving the loss of a spouse or child. We met once a week for a few months and 8 of us continued meeting monthly for lunch or dinner for the next 7 years. We recently had a luncheon reunion and it was good to talk about how we are all getting along with life.

Posted On 01/12/2017

Guillermou

Hi Otis I feel very sorry, the loss of your daughter, a person like you, with wonderful feelings. You are, unfortunately, a real case, of heart damage, by a strong commotion, as strong as the loss of your beloved daughter. You have reacted positively to his death, you will have wonderful memories of your daughter, and living with the support group, has served to socialize your loss. !! I encourage all of you!!

Posted On 01/12/2017

mihail

Hi Otis, shortly after a similar loss, I learned a powerful lesson, that no matter how tragic your situation is at a given moment, it can get a lot worse, and that radically changed the way I see adversity. Days after the funeral of my youngest daughter I learned that another very close person of mine my older brother was going to die of cancer, which he did four months later at 60. Being already devastated, I tried to put myself in his position and suddenly realized he was living a much worse nightmare than me, a death sentence.

Posted On 01/12/2017

otis101

Gui, thanks for your kind words.

mihail, you have been through some tough times in such a short time. Sorry for the loss of your daughter and brother.

Posted On 01/12/2017

mihail

Otis, by the time I was 53 I had lost two parents my two brothers and a 25 year old daughter starting with my father at 15. The point is as I grieved each time, I realized it was a natural process not designed to destroy me, and that my turn would come one day, so the time left was too precious for whatever plan I had in mind, to spend it on my knees. I'm not saying it was ever easy, but I do wish to stress the folly of some people taking opioids to help themselves deal with the death of a loved one. You have my sympathy because I have an idea of what you are going through.

Posted On 01/12/2017

otis101

mihail, thanks. It has been ten years since I lost my daughter. I think about her everyday but the intense grief is in the past. Taking opioids to deal with the loss of a loved one is not something I ever considered.

Posted On 01/12/2017

tyebrinageryahoo.com

I lost my son in 2015. I'm so sorry for your loss.

Posted On 01/12/2017

totalemfsolutions

Ever heard of a smart meter? They are known to produce frequencies that create nerve block.(4-50 kHz). Your heart is electromagnetic...over time it can't handle the stress.

Posted On 01/12/2017

bnbauer

Yes they are forcing everyone to get one on their electric meters. In our area we could opt in or out of getting them and quite a few people in our area did not get them at the advice of their doctors. I opted out of getting one put because they were charging over \$20 a month extra I had to get one. I simply could not afford the extra money every month. I think the only "good" thing is that my house still has aluminum siding and storm windows and screens. They will be forcing everyone in our state to get them installed by 2020. Some people in surrounding towns have had smart meters on their water meters for years and now they have the electric meters too.

They tried to tell us they were safe but when there are thousands of these meters emitting these frequencies 24/7 all around you just how can it be safe? That was one question asked and they have no answer. It's like we are all living next to a cell phone tower.

Posted On 01/12/2017

chavah

totalemfsolutions, the person who negged you (1) never heard of smart meters, (2) doesn't understand the word, "electromagnetic," or (3) works for the electric company. Whatever the case, your comment is good and does not deserve negative points, so I'm bringing you up, and I hope it stays.

Posted On 01/12/2017

Almond

Unfortunately, many people reading these comments live in rental situations and have limited options. In some areas, esp. rural, you can still request that a smart meter be attached to a garage or outbuilding. You definitely do not want it under a bedroom window.

This is one more intrusion and trampling of our liberties. Govt is telling us what we must put into our children's bodies (vaccines, school lunches) and enforcing severe penalties if we do not "voluntarily" comply. Your toilets. Health departments mandate what services residences must have, or people are not allowed to live there--so you are forced to have electricity and the smart boxes in most situations.

We do not yet have a smart box. Fortunately for us, rural areas are not a high priority for upgrades when budgets are limited. We would be able to easily live off grid were it not for start up energy for a deep well and need to pump water up to (gravity flow) holding tanks. (Wind and solar are not options.) We are waiting for technological developments that should be marketed within about 3 years.

Our fear is that utility companies will try to lock you into rates and services based on 30-year contracts by reason of building a system and depreciation over years. I think our best option will be to claim we are making repairs to the electrical panel and ask that it be disconnected--then, just never reconnect it. I mean, what can they do, reconnect it before you tell them it is safe? I think we will be able to escape some of the draconian billing that is being planned to force people to subsidize utility companies.

Understandably, companies do not want to build new facilities only to have customers drop off line as newer off-grid options become available. We consider initial costs an investment as we do not expect services to get cheaper (inflation, too) or service more reliable. Living in an isolated rural area, we understand that we are the last to be hooked up following a major outage.

Posted On 01/12/2017

nao3425

I guess no one wants to think much about Death, even though it has been a part of our whole life. As for loved ones, it is exceptionally hard. The loss of a loved can shake you to the bone and beyond. It is a blow like none other, and yes, I believe it could kill you. I do not think this just involves the physical death of a loved one, it can also be just the separation from someone you deeply care about. First off, one has to consider no longer being able to share and care for the departed/separation person, which most people do not think about much, but happens to be a large part of ones life.

If you think about Cell Phones and other means of communication, one would think one would wonder what it is that so many people have to talk about. Nothing really, they are just sharing their life with someone, because that someone has an interest in their life, and you want to share with them. Loose that interest, and is your life that important? They say most people turn to god for help & solace for a bereavement, some do not, a practical person realizes that life is all about chance I think, and fairness. The Chance pat is covered by the Bear saying. " Some days you get the Bear, and some days the Bear gets you."

Fairness is about Order, there is an order to things, everyone is born youngest/oldest or in between in a family, and that order should be observed in ones passing. It is hard to reconcile to loss of a child or a younger member of ones family, because it does not observe the Order of lineal progression. Lineal progression, of course may just be an Indoctrination we have undergone in our Social upbringing. Some societies see time as not lineal but more Circular. So there is no issue with the Order of events. Buddhists for example, do not have this issue. The Japanese for example, all live with some other religion, but almost all die Buddhist.

Posted On 01/06/2017

yeshesukha

Nao- Thanks for your thoughtful comments. I experience contemplating death as part of a healthy full life. I also am fascinated by death following a loved ones death.

Posted On 01/06/2017

nao3425

Yesh, There is a Memorial inscription/saying burned into my mind about the Loss of a Loved one I would share with you. "All I ask when I pass, is to be remembered, and if that becomes a burden, than Forget me." Death is the last great adventure, and whatever it entails, I hope to be awake and paying attention, it would not do to be gotten by the Bear.

I am also fascinated by the "Fact" that several of the Old Civilizations were obsessed with Jade as the Burial/Death Stone. The Egyptians, Those Civilizations in America, Maya, Inca and others as well as those in Asia. I wonder what it is about that fact, that makes it a consistent and an enduring practice through time and Locations Globally. I know that they all devoted their energies to studying Time, rather than stuff or technology. I know that it is possible to diagnose what Herb or plant is good or bad for you by holding a specimen of the plant or herb in your hand and having your strength tested. It is also rumored that Tibetan Monks studied Death in their "near death" Meditations, and I have always wondered if this research included finding something(like Jade) that eased their near death meditations. As they say, Time, is the most precious of all commodities, and if/when you die/run out of time, what good is the accumulation of a lifetime of treasures and Stuff? more time cannot be purchased.

Posted On 01/07/2017

abe5680

I suspect it depends on your beliefs about death? Unfortunately, death seems to be a bit of a taboo subject in our culture. Many cultures believe in reincarnation and would likely have a different view of death as perhaps being the release of the soul on to its next adventure, in which case, perhaps they will still experience the pain of their separation from the person who has passed, but may be happy for the person who has passed, particularly if they were suffering in this life.

Many of us do not contemplate our own death, and many do not contemplate the meaning of life.

Perhaps if we did, our attitudes to death and life might be different? I try (and don't always succeed) to think of my life in terms of my death - e.g. Am I going to be lying on my death bed thinking 'Geez, I wish I'd spent more time making money'? Or am I more likely to think 'I wish I'd spent more time connecting and helping others.' And my more amusing one is 'Am I going to be lying on my death bed thinking geez, I wish I'd spent more time cleaning'? I know the answer to the last one is no! :-)

I've personally had a couple of experiences that have indicated to me that we continue on, and I also think this is a happier way to conceive of the situation, so this is what I CHOOSE to believe. I have also come to believe that life does not simply "happen to us", but that we have a part in creating our experiences. Totally agree with you about the sharing of our lives with others though AND about the social indoctrination. I suspect our soul may decide when we've reached the limits of whatever it was we came to this incarnation to achieve and then we depart, and which order you were born in probably has nothing to do with it, although I understand how that appears to be unfair, especially when a parent loses a child. We are all different & have different beliefs - I have found 'seek and ye shall find' to be true, but I don't limit myself to one book on that.:-) The answer is found within.

Posted On 01/11/2017

mar6915

JADE, I had never heard about that. Very interesting.

Posted On 01/12/2017

Guillermou

For me, life has an essential meaning, because it is where the happy moments, the feelings, and the good memories, the daily contact with your loved ones, the memories of your youth, the moment in which you fall in love, that is to say , All the moments and sensations that make you happy, that is the true and most important meaning of life, being happy, enjoying every moment, because you can finish. Then death can be conceived as something natural, and we know nothing at all of how our life has continuity.

Freud says that self-death can not be conceived. He clearly points out how there is in the subjects an "unequivocal tendency to set aside death, to eliminate it from life" The grief of a loved one, more than feeling pain for their loss, is pain, for having lost someone, that gave me a place in their life; That gave me his affection, his recognition, his love. If we get this armor, our heart may not suffer a sudden stop.

Zen master Shunryu Suzuki (Zen master) tells us "Our life and our death are the same thing. When we realize this reality, we are no longer afraid of death, nor any difficulty in our lives. " From this perspective, death and life acquire their full meaning. Death appears to us as "teacher of life", teaches and helps us to live better, radicalizes and essentializes my life according to the humanist and theologian Father Nieremberg. Like any human person, I am afraid of death, but I believe in the possibilities of life after death

Posted On 01/12/2017

maggiesmoos

Nao, many good thoughts in your post. But as a mom who lost a son, I can tell you that it is harder because it was "out of order". I also lost my mother which was sad, but even my Dad physically reacted differently to the loss of his grandson (ended up in the hospital with a small stroke). Btw, I am of the belief that I will see them both again and I don't focus on the loss, but rather on the gift they were to me.

Posted On 01/12/2017

nao3425

Fairly recently, a Buddhist explained something about re-incarnation that explained a lot to me. He said that re-incarnation was essentially about habit/Home. What he said, was that being a human, was a familiar place and in your death, you seek something familiar, which would be your home/Human form, something you are comfortable with, I would not deny there is a spirit as too many people have had "out of body experiences" to say their isn't. Nor could one explain so many things with out there being a spirit.

Posted On 01/12/2017

Informed Consumer

I don't like to promote any one religion, but there is one source I truly enjoy, where people relate actual life after death experiences and miracles that have happened to them. Fear of death is usually fear of life and not understanding how it all works. Our bodies die after awhile, but we don't. Read one of these journals with an open mind and heart. You will be astonished. Happiness is knowing what death really is - only a transition. When you experience the other side yourself and see how wonderful it is and that you can even relate to a dear one that has passed on, life becomes something worth living.

www.eckbooks.org/catalog/Eckankar_Journal-91-1.html?ClearCart20UserSes..

Posted On 01/12/2017

Mamabear427

To Maggiesmoos - I have the greatest peace knowing exactly what will happen to me upon my death and after. It is a free gift, offered to all, accepted by only a few. Peace!

Posted On 01/12/2017

Almond

Interestingly, there are some people whose lives are full and do not often think of death, except maybe for the gravity of it at the time of funerals. I once lived in a rural mountain area. Many doctors moved to the area from other places and brought their trendy big city ideas with them. One of these was a hospice program and death counseling services. Now, I have nothing against those things, but they were obviously out-of-tune with the local people. A meeting was held to explain the services. One woman who was a cancer patient stood up to speak. People's lives were full and they were generally very happy living in their isolated valley. I remember she spoke to the doctors and said, "You do not understand. We are born here. We have our children. We live our lives and we die. It is enough." The people already accepted life and death and had no urge to discuss it with counselors. They had no fear of death because they had learned to live fully while they were alive. I often wonder how many people in that room understood her words.

Posted On 01/13/2017

seg

Broken heart syndrome is very real. I have personally known of many instances where after one person/spouse has passed the other goes shortly after..Much to this vast Universe we don't fully comprehend.. Life your live well, focus on the many positive aspects, the negatives will be there whether you like it or not.. When you are going through hard times try not to think of it as a "set back", what it is really is a "set-up" for bigger and better things to come..Pay attention, life's lessons learned are seldom forgotten .. Help where you can and don't forget to invite me over for dinner once in a while.. I'll bring the wine and my cheerful company :)

Posted On 01/12/2017

Guillermou

!!! Good wine, seg, to remove the sorrows and penaltis of the soul. First of all optimism !!!.. Effectively, we should try to remember happy moments, feelings, and good memories, daily contact with your loved ones, memories of your youth, the moment you fall in love, that is, all the moments and feelings that you Make you happy, that is the true and most important meaning of life, to be happy, to enjoy every moment, because you can finish. Then death can be conceived as something natural, and we have the hope that our life has continuity.

From this perspective, death and life acquire their full meaning. Death appears to us as "teacher benefactor of life," teaches us and helps to live better, radicalizes and essentials my life, according to the humanist and theologian Father Nieremberg. Viktor E. Frankl, a famous psychiatrist, tells the story of a group of Jews imprisoned in Nazi extermination camps led by Frankl, who sought every day (and found) reasons to stay alive And keep hope. Like any human person, I am afraid of death, but I believe in the possibilities of life after death.

Posted On 01/12/2017

seg

Si Gui, ahh the good memories, especially the ones from childhood, they are truly priceless..Tom Jones said it right, www.youtube.com/watch .. Live life like you're dying Tim Mcgraw www.youtube.com/watch

As you said have hope and keep the faith, they can take you to places you've never dream of..CHEERS..

Posted On 01/12/2017

Guillermou

"Every man's life ends the same way. It is only the details of how he lived and how he died that distinguish one man from another." —Ernest Hemingway
Thank you, life, for giving me so much. She gave me sound and the alphabet. With them the words that I think and declare: "Mother," "Friend," "Brother" and light brightening, The way of the soul of my lover. THANK YOU, LIFE, FOR GIVING ME SO MUCH. SHE GAVE ME LAUGHTER AS WELL AS MOURNING. WITH BOTH I DISTINGUISH HAPPINESS FROM PAIN - TWO OF THE INGREDIENTS THAT COMFORM MY SINGING, As well as your song, that is mine too, And the song of all, that is my own singing. Thank you, life, for giving me so much. Joan Baez

lyricstranslate.com/.../gracias-la-vida-thanks-life.html-4

www.youtube.com/watch

Posted On 01/12/2017

otis101

seg & Gui, thanks for the links to some beautiful music.

From my daughter's memorial:

"Those we love remain in us

for love itself lives on

and cherished memories never fade

because a loved ones gone.

Those we love can never be

more than a thought apart

for as long as there is memory

they'll live on in the heart."

Posted On 01/12/2017

seg

Otis my friend I can only imagine what you have had to go through.. I remember back in '92 when my oldest brother passed, the words my dad said silently over his coffin was truly nerve shattering..He still stood strong like the Lion of Judah..This is something I would not wish on my worst enemy... I know this has been tough on you and to a certain degree it always will be, but when things get tough know that you have friends you can always reach out to.. They say time is the great healer, but time alone cannot and will not heal this, at best it can be somewhat diminished, but never heal in it's entirety.

In one week it will be my mom's 35th anniversary and in 26 days my oldest brother 25th anniversary..Every Year when those days come by I still remember them like it was yesterday..Be well good soldier,i am sure Kim was proud to have you as her father..I just toasted to your good health Cheers.

And I almost forgot to mention good words of wisdom by you, Gui and many of the other posters today!

Posted On 01/12/2017

Guillermou

Good morning Otis, the time change did not allow me to see yesterday his beautiful phrases dedicated to his daughter. Your words, they magnify your soul, consult the people, who like you, have had to suffer the death of a loved one, and serve as preventive medicine, for the soul of us all.

Posted On 01/13/2017

Sue12Cross

It has always been a point of extreme interest but moreover, extreme sadness in my experience to observe this syndrome happening in our domesticated birds. In newly purchased, particularly ex-caged quail, I have known stress quickly deplete nutrients such as the B complex vitamins and essential amino acids, such as l-methionine but that is easily remedied through feeding a good wild diet in a calming environment. Not so simple to deal with, is stress through bereavement, which I have witnessed cause death to a closely related elderly bird. This particularly in Heritage breed siblings or birds which have been hatched or grown up together and formed a strong bond. With my own birds, I can actually see from their whole comportment, even just looking at their faces, that with the death of a close companion, changes appear overnight. On one occasion with two Polish crested brothers, the day after the death of the one, the other brother just stopped 'talking', preening and finally eating. In all the cases I have experienced, none of the birds have been physically ill. The first one has died of old age and the second has basically pined away, usually within a week. With a human you can at least try to offer some verbal support and comfort. I can physically hug my birds, which gives them a link back to being a chick, feed them foods which will make up for stress related deficiency, even hand-feed them or bring in another 'friend' from the flock to support them but sadly I can not give them the positive encouragement they need to carry on. Many people think of dogs as having great loyalty in death and I am certain many people might think me whimsical in writing about this in birds but having witnessed it on several occasions, I can attest how it fully supports the tenets of this article.

Posted On 01/12/2017

Luvvvy

Wow, such compassion. Relating one on one is powerful for anyone/anything. The loss of a meaningful relationship can equal a loss of energy flow for the one left behind, and be devastating. Your heart and sensitivity as in encouraging other bonds is inspired.

Posted On 01/12/2017

Guillermou

Hi Sue and Luvvvy. Fatherly love is not unique to humans. Animals literally take care of and protect their children with their teeth and nails. The females of Sulawesi's birds make nests in the holes in the trees and, to prevent the lizards from eating their eggs, cover the entrance with their own feces. The horny mother will remain in its hole during the incubation period of 2 months, withstanding the odor and without food.

Polar bears seek a shelter to give birth to one or two young. Throughout the breeding season, mothers do not eat anything but live off the fat they have accumulated in their body during the winter, while puppies feed on breast milk. This causes in mothers a strong weight loss, which must recover during the summer.

Posted On 01/12/2017

iamblessediam

Hi Sue12Cross -- I'm told cardinals 'mate' for life. It seems to me there are certain birds 'in the wild' attracted to each person. In my case, it's cardinals and hummingbirds. Many winters ago I witnessed a cardinal pair separated when an icicle fell and hit a male while feeding on seed I'd put in a bird feeder attached to the side of the house. I tried to revive that male, but to no avail. I was devastated doubly so because the female stayed close by during the whole time and 'sensed' when the male died - it was her chirp tone that changed. I heard/felt the grief. But what really amazed me was that female cardinal hung around the house and would fly real close to me or sit and watch me. Eventually, that female cardinal ate bird seed out of my hand - it turned into a daily ritual. One morning I went out with some seed in hand only to find that female laying dead on the patio in front of the door - not a ruffled feather on her. I buried that female with her mate while quietly keening. Needless to say, I moved that bird feeder. So I too agree with you and the 'tenets' of this article. If only more people would learn, recognize and honor how sacred heart energy and intelligence truly is the world would most definitely benefit. Pass on greetings to Andy! Peace!

Posted On 01/12/2017

iamblessediam

Hi ALL - The power of Divine LOVE is little understood nor researched with common acceptance, but can be observed and appreciated - but only to the extent one is willing to dwell in their heart awareness. Thanks Sue12Cross, Luvvvy and Prof. G. for sharing your heart awareness! Peace...and mas amor, mas amor!

Posted On 01/12/2017

Luvvvy

If today I'm meant to be sitting quietly crying with dear hearts - So be it! Blessed your story real got to me. The bonds of partnership can be life sustaining and contain purpose it seems. I wonder if the "matched pair" shared a single heart on some level. Your caring was beautifully touching and truly lovely. Thank you.

Posted On 01/12/2017

iamblessediam

Hi Luvvvy -- I truly believe in "the "matched pair" shared a single heart on some level." Since that incident, I've paid closer attention to cardinal behavior. There's a difference in the 'chirp tones' between 'pairs' and 'non-pairs' and in flight behavior patterns. I've noticed the same thing happen with morning doves. I think the same thing happens in relationships between human couples regardless gender match up. LOVE is ALL. The more a person opens to their heart awareness, the easier the 'intention' of Divine LOVE resonates outward. Peace!

Posted On 01/12/2017

Sue12Cross

Thank you Luvvvy for your kind words, Guillermou for sharing such interesting information and iamblessediam, that was such a beautiful, poignant story of the cardinal birds and thank you for your good wishes. I have seen so many kindnesses in my birds, a broody hen that noticed two smaller chicks were lagging behind in a big family and getting cold. She actually took over the brooding of the smaller ones, traveling around the garden with the mother and other chicks in the guise of a babysitter or children's nurse! I've seen one of my Polish roosters 'kick box' a sparrow hawk and drive it off when it had captured and was about to kill one of our fantail pigeons. Grief though is something birds seem to have great difficulty with, they can express it but there seems to be something, I at least, can't fathom but then the more I observe and learn, the more I realise I am, as ever, just scratching the surface. www.youtube.com/watch

Posted On 01/12/2017

mar6915

So GLAD I read your story about the quail Sue 12Cross, and blessed's story about the cardinals was very moving.

Posted On 01/14/2017

mldaniels

My husband died several years ago after a very horrific public accident. The resulting stress was overwhelming and I developed a nagging, sometimes debilitating cough. A very kind chiropractor who practiced a synergistic type chiropractic therapy told me that grief is sometimes expressed through the lungs. Just knowing and recognizing this relationship was very healing.

Posted On 01/12/2017

lkwdmom

Like yours, my chiropractor is so knowledgeable on stress and what it can do to our bodies. Fortunately, due to his knowledge and different techniques he shows, I don't often have to visit his office

Posted On 01/12/2017

lobos

So sorry. But congrats on getting thru it.

Posted On 01/12/2017

lic9684

mld, Sorry for your loss. This is true that grief affects lungs according to traditional Chinese Medicine. Have you tried acupuncture with this chiropractor?

www.chinesemedicineliving.com/philosophy/the-emotions/grief-the-lungs/

Posted On 01/12/2017

kefa55

In a few words, placebo and nocebo effects. As positive expectation can heal you from whatever health condition you find yourself in (people healed simply by being in the presence of Jesus Christ because they "knew" that he will heal them) so you can die if you believe that someone else has the power to influence your death (as the black magician).

Everything there is is created in the brain from frequencies known as the sacred geometry. We can receive those frequencies from our spirit (the higher self) or our brain can create them once he had experienced them. The brain can reproduce only what it has experienced this is why we cannot create anything new unless it is given to us. When we are READY, WE RECEIVE SOME MORE (WHEN WE ARE READY, THE MASTER APPEARS). Are we ready for change??? Love and light

Posted On 01/11/2017

acs4457

I think you are spot on Kefa. I like your thought trend. It makes me HAPPY to feel I am not alone on this trend! That is why I have it against this modern thing about "stress". I think that if one comes to the point where you can understand, "cosmologically" (to the extent that we humans can) and accept that we are not going to understand everything now, the words of Corinthians 13, Faith, Hope and Love, the complexity and simplicity of the concept, becomes manageable and "stress" should not be a reality. One has to distinguish between it and nervousness, worry and being frightened (scared), which are the normal effects of our development (creation) via the process of evolution and our own imperfections. With acceptance then comes piece? With faith, immunity. I always think that faith is the cosmological abstract of Vit. C. Nothing in the physical realm is as effective as Vit. C and B if you have had a shock to prevent developing a cold or infections. But Vit C will not help for "stress", only drugs supposedly do ? I do have an idea tho that the MASTER could be a bit of an energy freak, and that is why we have to have the "life" experience. That is a little worrying ! The counter side to that probably being that there probably really are multiple dimensions to the real realm we live in ? Which simply means heaven is waiting for all of us if our energies are in the "correct"state when we pass. And that is why we should have faith and be happy. I am sending this article to all my family and friends.

Posted On 01/11/2017

Almond

"...you can die if you believe that someone else has the power to influence your death (as the black magician)." Isn't that sort of the same thing as when a doctor tells you he does not see "a favorable outcome" to your life-threatening condition? (They don't usually just come out and use the word "die" any more.) -Just a reminder that saying it out loud does not necessarily make it true... speaking from the perspective and experience of a Heinz-57-variety. The appropriate response, made by survivors, when doctor tells them they will likely die, is "BS". (The nanny censor don't let me use the words.)

The survivor mentality may not know what to do at the time, but they have the confidence to know that they will pursue solutions until they find them. Most have excellent problem-solving-ability and relentless persistence. They also have the confidence to stand alone, if they receive no support, and take what they believe is necessary action to a well thought out plan. They recognize the power within themselves to over come and consider themselves unique individuals rather than statistics.

Just as a negative influence can lead to death, positive influences can lead to recovery. When it comes to signaling in the body, beliefs are reality. People who see themselves as "standard" patients, will die at "standard" rates, at "standard" times. I have to wonder if they are that eager not to disappoint their medical deity (doctor) and his prognosis... When I hear a person repeatedly say, "but, my doctor says..." I want to shake them and ask them, "What do you say?"

It seems many people are so divorced from nature that they have even lost their most basic survival instincts. Sadly, today I remembered a woman whose doctor convinced her that her cancer was terminal, although I did not share his opinion. She spent her savings on a new wardrobe and decided to eat her way across Europe (trying sugary desserts, breads and consuming bad fats). Her death was unnecessary

Posted On 01/12/2017

Brian_Australia

"The brain can reproduce only what it has experienced this is why we cannot create anything new unless it is given to us." Or we can put an axe through the television, cancel MSM subscriptions and create new frequencies of opine by exploring alternative avenues of thought and information, in lieu of being a faithful lap-dog to the opinions of corrupted "authorities" and the MSM.

Posted On 01/12/2017

kefa55

almond...as you stated, doctors with their diagnoses scare people into submission. I wrote about it many times. The power of our mind is incredible and instead of utilizing it in healing purposes, medical industry uses it to promote disease. darkovelcek.wordpress.com/.../the-power-of-our-mind

Brian...the brain is a computer. Computer computes. This means it needs information so that it can compute. This information comes from other people or through spirit as a thought. These thoughts are given to us when we are ready to absorb them and utilize them. Even then, often we are not ready and the bearer of the news gets ridiculed and destroyed like Nikola Tesla for example.

darkovelcek.wordpress.com/2016/05/30/ultimate-health-and-healing/

Posted On 01/12/2017

forbiddenhealing

"Broken heart" is simply extreme sympathetic activation which elicits inflammation/acidic oxidative stress.

www.forbiddenhealingforum.com/forum-comments

Scroll to second article then back to first for an understanding. Sympathetic activation by degree is also slow death...look at all those that weaken the public by evoking fear or extreme sympathy..like terror/disease/mushroom cloud scares...the poorpoor victims of XYZ...and the many dire warnings and idiotic laws repetitiously injected by media into the public psyche.

Posted On 01/12/2017

Guillermou

Hi for Effectively, these types of events can trigger a high response from the sympathetic system, which nullifies the vagus nerve, which is also known as its "fight or flight" mechanism, says Peter Shapiro, MD, clinical professor of psychiatry at the University Of Columbia.

The term "broken heart syndrome" came about when researchers noticed that many people with the disease feel very distressed, but unlike a heart attack that kills heart cells, it is believed that stress cardiomyopathy uses Adrenaline and other hormones to temporarily stun heart cells.

The vagus nerve makes it possible for us to relax after a state of alteration, to have a good digestion or to recover the dream. As we age, our immune system causes more inflammation and the nervous system generates stress, it is the way the immune system responds to the mind. Our immune system is controlled by the vagus nerve. The vagus nerve controls the cells in our marrow that can become cells of the liver, intestine, lungs or skin.

Our body has the ability to self-regulate, repair, regenerate and thrive, as long as we learn to work with our body and not against it. Working our mind and emotions with positive practices, such as meditation or equivalents, help with health and longevity. If we feel acute anxiety or have a lot of stress, learning vagus nerve stimulation techniques can be very helpful.

Posted On 01/12/2017

mihail

Could it be that we are working against our bodies because we have become too emotional and not selfish enough Gui? Could it be that as long as we depend so heavily on other individuals for our peace of mind, we are going against our nature, and our bodies are just not prepared for it?

Posted On 01/12/2017

Guillermou

Hi Mihail. I believe that emotions should never be repressed, and that relating to others is vital to our mental health. I think, it would be very convenient to try more emotional intelligence. These would be essential factors, of people with high emotional intelligence.

1. They recognize their feelings and those of others. 2. They correctly express their emotions and their thoughts. 3. They are strong and not easily offended. 4. Recognize when they are wrong and correct 5. Do not seek perfection 6. They care and know how important health is 7. Focus on the positive, even in adversity 8. They surround themselves with cheerful people and with good vibrations 9. Defend your assertiveness. They know to say NO 10. Appreciate and value what you already have

Posted On 01/12/2017

lic9684

Yes all these things are so important to emotional health and happiness!!! Neglecting our needs can be harmful to our health. Do not sacrifice what your body needs due to pressure from others. Repressing your emotions is not healthy. They are there until they can come out and be dealt with in a productive way.

Posted On 01/12/2017

mihail

Thank you Gui ! When I master these qualities I'll be an accomplished man.

Posted On 01/12/2017

Luvvvy

Prof G, how about 11) honour all your feelings, even the painful ones as part of this wonderful sentient experience called life. And Thank you, for being so easy to appreciate and 12) sharing with and helping us feel good about ourselves, - and look like we have a High EQ!!!

Posted On 01/12/2017

Guillermou

Hi Luvvvy.

!! What wonderful additions !!, and very useful are his two tips. I like them very much. Yes, we must meet the pain and overcome it with loved ones, with friends, with support groups like Otis is doing. Shared sorrows do no harm to the heart.

Posted On 01/12/2017

Guillermou

Hi Mihail. You already have in your mind and heart, wonderful gifts to communicate with a great emotional intelligence.

Posted On 01/12/2017

mar6915

The Bereavement Effect, This Memorial Day, a friend passed. Near veterans' day her husband then died in a VA hospital. Last year also, a very special friend suddenly passed from a heart attack, just a few short days before her 60th birthday, right before Thanksgiving. Her husband then died a week later. I think of them going off to the place of no return together.

The loss of a pet, can also give us a hole in our heart. It can make you want to go with them, part of you does. Stress is not always caused by our thoughts. My chronic stress is caused by neighbor noise. I would like to move from it. Go where? How do you get there? They will not stop their noise. To them their loud noise is fun. It gives them pleasure. It causes me torment. Stuck for now, so the stress continues. Keep looking up.

Posted On 01/12/2017

kevinjd

As I sat down to read this article, my mind immediately went to last night and the annoying neighbor who constantly talks in a very loud tone of voice in the room right next to my bedroom. She's so loud that I can hear her over the television I sometimes turn on low in order to take my mind off her nasally voice. I also have a very stressful job and need my sleep, so her booming chattering at 1am stresses me out further.

This is in Manhattan. I have a great deal and finding apartments here is another source of acute stress. So I can definitely appreciate and sympathize with your situation. I'm going to write a note asking her to consider her volume when talking late at night. Good luck with your neighbors! I think you already have a pretty good attitude, but perhaps doing something like sending a note or talking to them might help. Definitely keep looking up!

Posted On 01/12/2017

Irishgal1

I guess I'm the 3rd one on this problem. Sigh..we finally found a nice small vintage condo building with nice, considerate neighbors until Xmas Eve when a couple moved in below us with 2 kids under 3. Our peace and quiet has ended - much stress. We've moved in the past due to neighbor noise - almost a constant problem in the city. Sigh...still trying to work on this problem. These people are kids - both near 40. My husband is the president of our association - he is planning on sending a note to them re: "can't we all get along....if we all respect our neighbors!" All the running, meditating and praying in the world won't help if your home isn't your sanctuary.

Posted On 01/12/2017

hils

I had this same neighbour problem, now gone, thank God. Basically the house next door was used by the local authority as a dumping ground for years on end. Finally I went through the complaints procedure right through to the ombudsman, and received a paltry compensation sum. I never really got over the stress though, coupled with the years of lack of sleep. The property is now on a "sensitive let," so that is some small comfort! I sincerely wish all of you well.

Posted On 01/12/2017

mar6915

I tried the note, months ago. It just caused more stress, The note simply said hi I'm your neighbor could you please call me and left my number. That further escalated into more stress as the owner of the property called instead, lied to me and to the tenant, who happened to be her daughter, I never mentioned anything about noise, said I needed help getting out for food , as was stuck in due to heat, They said no. My dog had literally died from this noise. was scared to death, as witnessed by others. The dog died & was brought back to life by a vet. The vet & A team of cardiologists had him on drugs to revive his heart for several months. He passed 5 months later. He is the spot on the road on my "picture face". The noise? people shooting guns. Almost every day. Everyone does it now. All around me. Along with the property owners, hundreds of people drive out to the country to shoot for fun. The rifles are extremely loud. I am not against peoples freedom to shoot, but I feel like I live in a war with the constant booms and bangs. Especially when it startles you.

I take care of the sibling, of the companion service dog that passed. He is lame, about 100 pounds and also needs 25 hr a day care due to other issues. Everyone says have him euthanized so you can move sooner. His time will come when he is ready. I can't do that. That can't help me get rid of junk and loaded up and gone to who knows where. Yes, I'll be going to a noisy neighbor city someday.

Goes to show how animals get stressed also. Always Hope for a better day. Have to find Resilience: Find ways to bounce back, as the article said I suppose. Perhaps a better environment awaits, sometime. Just life's storms, but the thunder jolts your volts.

Posted On 01/14/2017

bnbauer

My first husband died of a heart attack at age 28. The underlying cause was myocarditis (spelling?). We had two children ages 3 and 17 months. I learned then the stages of grief and how to handle them. Anger was one of them that stayed the longest. I married again and that ended in divorce. Of the two, I'd take death before divorce. My third husband I nursed through cancer until his death after 10 months. Through this and the death of a brother less than year later one thing went through my mind and that was a part of a card I had received when my first husband died. In affect it said that though we grieve at saying good-bye to one person they are saying good-bye to everyone. It rather put it in some sort of perspective for me.

The sad thing is that when I told my doctor about my husband's passing the first thing said was not a condolence but did I want a prescription for something to calm me. One doesn't need a prescription but one does need the the love and support of friends and family and time to grieve and learn to live again.

Posted On 01/12/2017

hils

What happened to bedside manner? Sounds like your doctor may well be using medication to calm himself down..?

I was very touched by the writings of one of my students, a refugee learning english. The task was to make complete sentences beginning, "Do you know..." Here are a few of his sentences, I found them quite warming.

Do you know that if learned a language of the others, you can be safe with them.

Do you know that if you are always respecting yourself, the people can give you more respect.

Do you know a little small smile from your lips, it can be medicine for the other people.

Posted On 01/12/2017

chavah

The screaming, raging, grief-stricken liberals who refuse to accept the fact that Hitler lost ought to read this article lest they all drop dead.

Posted On 01/12/2017

Almond

Stress comes from feeling trapped in a situation and being held back. Lasting relief comes from solving the problems that cause the stress and moving on towards your goals in life. People change because they perceive the value of delayed gratification to be worth the investment in change. People reach a point where promised benefits outweigh the comforts of remaining in the status quo.

Posted On 01/12/2017

lobos

If anyone is familiar with Neal Donald Walsh would know there could also be a spiritual mandate for passing. Not many on the physical plane can verify this, but those that can 'see', are aware of it. Sometimes, it is OK to 'leave'.

Posted On 01/12/2017

iamblessediam

Anytime anyone goes back HOME is a good time to do that - regardless the circumstances that causes that transition. My understanding in saying that is based on my NDE. Western cultural constructs, including most organized religions, will argue otherwise - they thrive on power and control using guilt. But then, most adherents to the principles of organized religious beliefs don't recognize the angels that walk among us - like 'lkwdmom' taking care of her child or anyone else that share compassionate actions with humbled empathy. Living each day without regrets makes the transition HOME a more pleasant peaceful journey! Peace!

Posted On 01/12/2017

alexsemen

The definition of the pessimist; the person who know too much ! Therefore the "invitation"to be optimist without the reason it is just an invitation to dig deep your head in the sand ! Ignoring the very bad reality "man's made" it is at least irresponsibility and refusal to face and address the cause of the human evil as our unjust and insane system and society show to us !

To willingly confuse the dream and imagination with the reality or to force the change of reality as it is accordingly your/or imposed fashion and observed in the causality context and determination/definition it is very bad sign of mental disorder ! Just look at the economy experts and specialists , out there it is not any difference between the actual "science" and the Tartar invasion to supply their objective or fancy/insane needs ! Today it is worst in this artificial schizo world than it was before. ! All the world it is killing fields with all means and take this literally.

Only look at the huge capacity to kill and to make sick a large mass of people because the scientific and so called technological advance ! I am sorry but I can not believe in this artificial "optimism" at command as long nothing is done to address the cause ! As in depression, the 99% of the diseases have an outside cause. This kind of society it is a "optimism -killer" , not healer!

Posted On 01/12/2017

Tea4me

Alex, consider please that the pessimist who "knows too much" might be handicapped by what he does NOT know. This is NOT to deny the truth or realities you describe, or your concern and pain so honestly and rightly expressed. Your pain, all our psychic and societal pain, is a signal or symptom that we as a society are not well. We will not know we are in trouble, we will not change our ways or seek solutions, if we don't feel the pain. So it is the beginning of understanding, and impetus for repair and reform.

Real optimism - not artificial or superficial - sees the truth and feels the pain, and interprets it differently. It allows for possibilities. It sees in problems opportunity for real solutions. It's actually an expression of courage and responsibility and love, and acknowledgement of the value of relationships.

This will sound so corny - but the best example of a realistic optimist I can come up with right now is Dr. Mercola. Nearly 20 years ago he saw that the way medicine was practiced was unsustainable, and decided to change it, with a newsletter - no kidding - so we might be more informed and responsible for our wellbeing. Corny, right? Courage, responsibility, love, value of relationships- otherwise called respect. I'm very glad you and I are in this thoughtful, concerned and caring community. You voiced concerns we all share. Peace and well wishes to you.

Posted On 01/12/2017

Guillermou

We must not fall into the despair that we can not change the aspects of life that threaten our health and the ecosystem of the planet. On the contrary we have to be aware that each of us has to optimize their living conditions, create realistic optimism. Perceive the good of each circumstance, and who from that perception, be able to improve the possibilities that each situation. Optimism means facing the problems of life, knowing that with the necessary effort, we will be able to solve them and we will achieve our goals and desires. It is knowing that we have the strength and capacity necessary, to overcome any difficulty and achieve a full and happy life. Pessimism limits us, prevents us from seeing clearly and objectively the problem and its solution, increases the stress and worry and we easily transmit it to the people around us

One of the deepest truths of human psychology is reflected in the old proverb that "nothing is true or false, everything is according to the color of the glass with which one looks." The same situation perceived by two people can acquire a very different dimension. The way we have learned to interpret reality will condition our mood and this the approach we will give to our lives.

Posted On 01/12/2017

einzigal64

It's also referred to as a Death Fright by German New Medicine and subsequently heart attacks can be back traced a period of two weeks (often to the day) of a severe emotional traumatic event.

Posted On 01/12/2017

sandy_l_davis

A heart attack called S.C.A.D., Sudden Coronary Artery Dissection can also be caused by extreme emotional trauma such as when a close family member dies, New, large group studies are showing that it's not so rare as once thought.

Posted On 01/12/2017

gobolatp

Great article as always many thanks.

Posted On 01/12/2017

Almond

Trauma is stored at the cellular level.

Posted On 01/12/2017

mar3425

I agree that optimism, positivity and opening up to the world, as opposed to closing down, make for a better life. But I can think of examples (unfortunately in my own family) where extremely mean, self-centered people lived a long time. Maybe the reason for the negative people living so long is that they were largely free of stress. (Do for others? Why would they do that!) They never worried about very much, because they only paid attention to their own well-being. For myself, however, I still strive for the more open and positive approach to the world.

Posted On 01/12/2017

tbran10

lkwdmom's story is repeated 65000 each year because our NIH and Medical community can't separate medical fact from fiction. President Trump wants to fix the problem. He appointed RJK's son to head a commission to get to the truth. Pray that the greedy don't prevail and prevent the truth from being known. Where is the uprising over this tragic situation. All other social issues pale.

Posted On 01/12/2017

Brian1

You should look at articles about autism and grieve. They experience grieve differently from non-autistics.

Posted On 01/12/2017

Kithara

People are known to lose the desire to live after the death of a beloved spouse. A week after a former professor of mine died his wife, whom I believe had been very dependent on her husband, killed herself. Obviously depression and isolation play a big part in these sad occurrences.

Posted On 01/12/2017

Aristotle proposed 10 happiness virtues more than two millennia ago, but I believe they provide a handy checklist for living well today. Here's an abbreviated list you might just want to put up on your fridge. ---1. Name your fears and face them. Courage can lead to resilience after adversity, and resilience leads to greater happiness. ---2. Know your appetites and control them. Self-control in the face of one's appetites and base impulses goes hand-in-hand with happiness. --3. Be neither a cheapskate nor a spendthrift. Avoid stinginess, but without being profligate. ---4. Give as generously as you can. The modern-day academic support for this is unambiguous: Giving feels good.

---5. Focus more on the transcendent; disregard the trivial. This requires being high-minded. ---6. True strength is a controlled temper. To be self-possessed in this way brings happiness. ----7. Never lie, especially to yourself. Aristotle recommended that we seek something like secure humility, through which we recognize ourselves and can show others who we are without either puffery or self-denigration. ---8. Stop struggling for your fair share. Aristotle wrote that, "The equitable man is one who by choice and habit does not stand on his rights unduly, but is content to receive a smaller share although he has the law on his side." --9.

Forgive others, and forbear their weaknesses. To the contemporary ear, this sounds like politeness or sensitivity to others' feelings, but the philosopher was recommending something much trickier: forgiveness and forbearance toward others' faults. ---10. Define your morality and live up to it, even in private. When people undertake what they consider moral acts, they gain in happiness and even more so in sense of purpose. When they commit immoral acts, they experience the opposite.

www.linkedin.com/posts/arthur-c-brooks_happiness-philosophy-aristotle-..

Posted On 01/31/2024

cha9472

Thank you for sharing Guillermou. Very much appreciated.

Posted On 01/31/2024

Guillermou

CHA, your gratitude also increases my happiness. Science shows once again that emotional and physical health are closely linked. Love, friendship and feelings of gratitude are beneficial for health. A research team made up of British academics concluded that lonely people had higher rates of chronic diseases and smoking, and showed more symptoms of depression, compared to sociable people. Christian Hakulinen, the University of Helsinki expert who led the study, concluded that having few social contacts was a risk factor for early death. 479,054 people were interviewed, who answered a questionnaire to find out if they were "socially isolated" and if they felt alone.

"Social isolation and feelings of loneliness are associated with a higher risk of severe myocardial infarction or stroke," the Finnish researchers indicate in the medical journal Heart. "Social isolation appears to be an independent risk factor for mortality after a heart attack or stroke," they add. Living alone often comes with other heart risks, such as an unhealthy lifestyle (smoking, unbalanced diet, lack of physical activity), poor mental health, and poverty. Excluding these other risks, living alone increases the chance of dying after a heart attack or stroke by 32 percent. heart.bmj.com/.../1536 (2018)

Posted On 01/31/2024

Lee1959

THAT was excellent Gui!

Posted On 01/31/2024

Guillermou

LEE you also know how to bring more happiness. This study is very appreciated. Harvard University has done several studies on this topic of happiness, coming to the conclusion that the age at which people are happiest is 60 years and older, when you feel most at peace with yourself. Along the same lines is the famous Spanish psychiatrist Enrique Rojas, who has just published a book titled 'Understand your emotions'. His seven tips to achieve happiness ----- 1. Forgive yourself We all make mistakes at some point in our lives. Sometimes we don't realize it until a few years later, when our vision of things is clearer. ----2. Maintain balance between head and heart According to the psychiatrist, these concepts "are two major components of our psychological heritage that often come to blows." For the expert, the most important thing is knowing how to create harmony between both components.

3. Have a positive outlook on life Life is an accumulation of positive and negative events, but to be happy it is vital to see the good side of everything that happens to us. For this reason, he advises having a positive vision of things, that is, "the ability to always see, despite the regrets, the good angle, the positive plot." 4. Educate your will The will is an essential piece of our psychology and the strong, firm, solid, compact, consistent, stony will is a true jewel, 5.

Create a life project Happiness has to do with having a life plan. Love, work, culture and friendship. Happiness is a tetralogy in which I have an emotional life, a professional life, the culture that is the aesthetics of intelligence and friendship. 6. Have inner peace When you are young, what you want are intense, strong, extraordinary emotions. When you are a few years old you want peace, serenity, calm. 7. Maintain the illusion Keep the illusion alive at any stage of life. Happiness consists of enthusiasm, which means always having challenges, objectives and plans to fulfill.

Posted On 01/31/2024

cedricpermaculture

Hi everybody, great news from dr Mercola, prof.Guillermou and others. Osteocalcin could be the first in stres response before cortisol. Glyphosate lowers osteocalcin which depends on CO2

www.nature.com/.../s41574-019-0269-4 "Osteocalcin linked to stress response"

www.ncbi.nlm.nih.gov/.../PMC9020278 "Osteocalcin and the physiology of danger" High cortisol lowers thyroid hormones, selenium , vit. C, endogenous ouabain.

www.ncbi.nlm.nih.gov/.../PMC9239582 "Metabolic alterations in a rat model of takotsubo syndrome"-

"The only mechanistic approach to date to explain this energetic impairment was provided by the evidence of an increased nitrosative stress in the takotsubo myocardium." Vit. B12, C, melatonin can support recovery www.sott.net/article/276619-Extreme-emotions-proven-to-impact-the-hear..

Posted On 02/01/2024

juststeve

Death from a broken heart? Yes. So, heartbreaking to witness.

Posted On 01/31/2024

Guillermou

Yes, Women with takostubo respond to stress with a strong release of adrenaline, but are unable to ACTIVATE the vagus nerve/parasympathetic nerves of the heart, which calm their system and restore balance. This article states that the coronavirus has cardiovascular manifestations in the form of arrhythmias, conduction disturbances, myocarditis, stress cardiomyopathy, myocardial injury and ischemia or myocardial infarction due to increased microvascular and/or macrovascular coagulopathy. In addition to these direct effects, we are now beginning to recognize the indirect cardiovascular effects of COVID-19 in the form of an increased incidence of Takutsobo cardiomyopathy in patients without any evidence of coronavirus infection, presumably due to the increased psychological stress of social isolation.

and social turbulence. In this case series, we present two postmenopausal women, presenting with chest pain and acute coronary syndrome, who are ultimately diagnosed with stress cardiomyopathy, triggered by increased emotional stress related to the pandemic. There is data from a retrospective cohort analysis showing a four-fold increase in the incidence of acute coronary syndrome resulting from stress cardiomyopathy during the pandemic period compared to similar periods before the pandemic. onlinelibrary.wiley.com/.../jocs.15251 (2020)

Posted On 01/31/2024

Segstar

Not gonna take away all of life's woes, but sure does help:) www.youtube.com/watch

Posted On 01/31/2024

hoplitex

Especially heartbreaking when we see it in animals, whether pets or wild animals. Decades of husbanding bonded pairs of house rabbits taught us to leave the corpse of a deceased partner bunny accessible to the surviving partner. Invariably, the survivor initially would appear to be in denial, waiting for the partner to awaken, nudging the partner, investigating all 'round the partner. After some time, the survivor would decide to abandon the corpse, never to approach it again. Only then would we remove the dead friend for burial. We arrived at this realization after having ignorantly removed dead partners before the survivors had completed their grieving processes.

In those sad cases, the survivors appeared to search for their missing friend. Here in town, someone told me that they witnessed an adult fox sitting late at night beside the corpse of a dead kit who had been hit by a car. The fox was still there when the witness returned from wherever they'd been going. Also, I recall having seen a video of a chickadee (I think) persistently nudging the stiffened corpse of another chickadee, hopping 'round it, refusing to give up.

Posted On 01/31/2024

juststeve

hoplitex,, yes, through the years multiple examples of pets standing watch over their human's graves refusing to leave. Seggy, just transported back decades ago as a little guy sitting in backwoods cabins watching the grownups create a foggy haze of cigarette smoke so thick you only knew who they were by their voices, while an AM radio blared away playing such songs. All while they consumed the cause and cure to all life's problems.

Posted On 02/01/2024

LSquare

Darn, Hoplitex, now you just gave me something else to be bummed about re: pets. I've been watching old repeats of the show Too Cute, and at the end of the show, they show the day when all of the puppies and kittens are just taken from their mom and siblings in one fell swoop. It's like, "Ok Mom, see you never". Now, I'll have to deal with rotting corpses and the smell of decomp until my other pets go through the 7 stages of grief. Don't bring me down!!! (But, thanks for providing this anecdote and this philosophy). We've been cremating the most recent ones; we may need to reconsider - and go back to digging holes in the rock-filled clay that my yard is mostly comprised of.

Posted On 02/01/2024

nesanel

www.timesofisrael.com/officer-tasked-with-arranging-constant-idf-funer.. Officer tasked with arranging constant IDF funerals nearly died after heart gave way Following weeks of notifying families of fallen loved ones, and non-stop burials, Sivan Sekeli Ben Zichri suffered cardiac arrest caused by tear in heart artery By RENEE GHERT-ZAND FOLLOW 18 December 2023, 9:52 pm A bereavement officer in the Israel Defense Forces nearly died early on in the war against Hamas in Gaza, after her heart quite literally was torn. Capt. (res.) Sivan Sekeli Ben Zichri (Facebook) A bereavement officer in the Israel Defense Forces nearly died early on in the war against Hamas in Gaza, after her heart quite literally was torn.

Capt. (res.) Sivan Sekeli Ben Zichri went into cardiac arrest a month and a half ago, due to the extreme psychological stress brought on by her job. She almost didn't make it, but staff at Sheba Medical Center acted fast and brought her back from the brink. She still has a way to go in terms of rehabilitation, but is on her way to what she and her doctors hope will be a long-term full recovery. Ben Zichri told her story in an interview with Kan news that aired on Sunday. On October 8, a day after the savage attacks by Hamas on Israel resulted in 1,200 deaths and 240 hostages taken to Gaza,...

Posted On 01/31/2024

stickybud

Or maybe the result of having had lots of jabs.

Posted On 01/31/2024

GoldCoaster

This is all well and good, but the repeated devastating things I see happening to people on the news, events that don't improve, or happen over and over, would make it impossible to remain positive. Image living in the Gaza Strip at the moment. Unrelenting trauma.

Posted On 01/31/2024
