

# BEREAVEMENT SUPPORT

## Letting Go of Struggle

Because the belief in struggle is so strong in our world, I wanted to share with you a dream I had which helped me to realize struggle was a choice. At the time I had this dream, I was in a great deal of emotional pain. I, like most people, believed I needed to suffer in order to grow. The dream did not change my outside circumstances, but it helped me see my life in a new way.

In my dream, I was in a room with many other people. In the process of moving across the room, we had to crawl through a tunnel filled with bees. It was impossible to accomplish our journey without being stung several times. After I had completed a pass through the first tunnel, I came to a resting place. The people here were recovering from their bites while preparing to enter a second tunnel.

Although I wanted to complete my journey, I was not eager to go through the same painful experience again. I looked around the room and I noticed a man standing by a door. I approached him, asking if there was another way to travel without all the suffering. He smiled at me and said, "Yes, you can go through here." He opened the door into a beautiful garden. I completed my journey by following the path through the garden, enjoying the sunlight and beauty all around me.

As I reviewed this dream, I realized most of us go through life experiencing the pain and struggle of life, never looking for any alternatives. The people in my dream assumed there was only one way to accomplish the task before them. When I got tired of being bitten, I decided to look for another route. The man at the door was not blocking the way nor hiding its presence. He was there to assist anyone who asked for help. When I decided to let go of the struggle, my journey became one of joy and beauty.

Over the years, I have shared this dream with many people. Most people are shocked at the idea that struggle is a choice. It is not a concept they have ever entertained. Their experience of life has taught them to expect to struggle. For some, it is a pleasant relief to release this old concept. Others are not ready to make such a drastic change in perspective.

Struggle is a choice. It is your right and responsibility to choose. As shown in my dream, whenever you decide to look for another path, there is always someone there to show you the way.

Letting go of struggle does not mean I will never again run into obstacles in my life. Challenges still present themselves to me. It is my perspective that has changed. I see these events as opportunities to watch as the power of God is demonstrated in my life.

Every problem contains its own solution. I may not know how things will be resolved, but I am sure a solution will appear. I can now flow with the circumstances in my life, trusting that the answer will soon be revealed. This perspective creates a feeling of peace and joyous anticipation.

Without trust, I resist those difficult situations, creating a feeling of struggle. The feelings and thoughts of fear create more chaos and pain. I may not be able to choose every event that appears in my life, but I can always choose how I will view those situations.

Marty Varnadoe Dow, LCSW Excerpted from *How to soar Above the Crisis; a complete system for using crisis as a catalyst for spiritual transformation.*

*Life is  
changed not  
ended*



*Sometimes  
letting things go  
is an act of far  
greater power –  
than defending  
or hanging on.*

*Death does  
not end our  
story...  
Death does  
not end our  
relationships*