

SPIRITUAL CORNER
THE AFFECTING OF OUR LIVES
A Reflection by Christine Eaton



That's what this "thing" called suicide has done
It has changed the makeup of all we've known
The way we see, smell, hear and touch
We have recognized the fact that we can't un-see what has been unveiled to us and
We cannot un-feel all that our entire beings have gone thru and felt

Like shrapnel, this "thing" called suicide has pierced the core of our hearts and for some, has left remnants of questions such as, "Should I keep holding on to all of this?" and "Is it ok to let go of some of this?"

Perhaps it's a little bit of both; this Holding On & Letting Go

You see, to hold on to something, your hand must grasp, grip, clutch and wrap itself around that something in order to keep what's being held tightly with you
Likewise, in letting go of something, your hand has to release, ease up on, relax, and relinquish its grip

In my household of eight, we have concluded that holding on & letting go can work some very good things for real purpose in our lives. But only, ONLY if they are done in tandem

And Here Is How:

- ☼ Grasping onto the happiest of memories allows you to let go of sorrow and experience embraceable joy again.
- ☼ Gripping tightly to love allows your heart to be attracted to upward altitude; thus releasing the emotional gravity that wants to weigh you down.
- ☼ Clutching onto peace allows you to ease up on the unanswered questions and relax in the reconciling fact that you are healing within.
- ☼ Holding onto faith in the ones that support you allows you to relinquish doubt and trust that others will be there to hold you up and walk your journey right along-side you

And Lastly,

☀️ Wrapping yourself tightly around the preciousness of life that is dwelling within you will, in fact, allow you to let go of suffocating despair so that you can breathe in the vitality of hope that is all around you.

May you always feel hope encompassed in your own life,
May that same hope be one that you can pass along to others, and
May the hope you hold dear be firmly planted in every footstep you take.

-Christine Eaton



Christine Eaton is a leading advocate and speaker for suicide awareness and prevention. With her husband, David, she founded Infuse Pictures to help spread their message of hope and healing through films such as *Hope Bridge* to be released in May, 2015.