

# EQUILIBRIUM

*Your Total Wellbeing & Resilience Guide*

PART 03

CONNECTION



## The Power Of Loss

by Karen Chaston

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*Thanks Loz for those amazing networking tips. Now we are all one step closer to being a Super Connector! Let's now talk about a topic that we don't like to discuss too often: Loss. Loss comes in many forms. Every one of us will experience it many times throughout our lives, yet most of us do not know what to do or say when loss comes to visit. Welcome loss expert, Karen Chaston, co-founder of Live Love By Design.*

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# The Power Of Loss

by Karen Chaston

*"When you change the way you look at things, the things you look at change."*

~ Dr Wayne Dyer

## **We live in a world of duality. Light and Dark. Good and Bad. Love and Loss.**

I've noticed we can't have one without the other. Though we do have choice in the way we live and interact with each. I've had many tragic loss events in my life. I've also shoved the pain down, down, down, to get on with life.

That is what you do, right? It must be. Everyone tells you to get over it, stop talking about it, just give it time. Well guess what?

That is not the way to move beyond any kind of loss. As that leads to us being disconnected from ourselves and others. Creating thriving alcohol and pharmaceutical industries and a suicide rate that's out of control and growing each year.



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## The Journey To Becoming My Own Best Friend

In 2011, as a CFO of a publicly listed company, many thought, "Wow look at successful Karen. She has the career, the salary, the family, the "lake house", the Mercedes, the overseas trips. Sure, a tad overweight though, but so are most with that job"

Ticking all the proposed success boxes. Though I was unfulfilled and felt something was missing in my life.

Then tragedy struck. On the 11th July 2011, within 15 minutes of waking, the paramedics announced our 27-year-old son, Dan had died several hours earlier at our back door. We thought he had just passed out there.

Following all the clichés about death, I went straight back to work after Dan's funeral.

Eating more. Drinking more and working even harder.

Then, 15 months later, another curve ball, another choice to make: stay with the newly formed company, not as CFO though "doing all that you do now and more" for two-thirds of my current salary, or take redundancy.

Finally, I chose me. Starting on the journey to becoming my own best friend. Along the way I found what had been missing in my life.

### It Was Me!

So often we're busy doing for everyone else, forgetting us in the equation. I now know that if I'd chosen differently, more tragic losses would have come; my health, wealth or any of the other 40+ loss events that can affect our lives. The path to becoming my own best friend led me to becoming a Beyond Loss Mentor, Speaker and Author and creator of the Gift of Loss programs.



Photo by Andrea Piacquadio from Pexels

## Unwrapping The Gift Of Loss

Wayne Dyer's advice assisted me to realise that I found me and the GIFT of LOSS the hard way.

After learning about the numerous loss events that can affect our lives, I knew that loss comes to assist us. To get us back on track.

From there I knew I could make it easier for others. Though before I delve into the five steps, It's important to know that every relationship has three components:

- **The Physical:** The way we hang out together. What we do, say. The way we touch each other.
- **The Emotional:** encompasses all of our emotions: The Good, The Bad, The Glad and the Sad.
- **The Spiritual:** Is the intangible. We know we're connected just not sure why we are so connected.

Whilst the physical relationship may end, the emotional and spiritual will continue forever. It's the emotional component that causes all the grief and suffering.

The gift of loss program assists you to have a healthy emotional relationship moving forward. It is a five-step process that shows anyone who has suffered any kind of loss, how to create a better everyday life.

**The first step is to Stop:** Allows you to take that conscious loving breath. Filling you with all the love and wisdom required to gain the insights into what has happened. The impact in every area of your life.

After one of your major losses, did you stop?

**The second step is to Accept:** To take responsibility about what's happened, what did not happen and your changed circumstances. Release the blame game. There are two people in every relationship.

Accepting redundancy gave me back the gift of my life and my health. Have you found any loss hard to accept?



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**The third step is to Identify:** There are two stages to identify. First, identify what actions and communications are incomplete. What are the things you did or did not do or say? What are the things you wished they had done or said? The second identify stage is to realise that every relationship has hopes, dreams and aspirations. What were they, how can they come to fruition another way?

Do you have any incomplete communications and unreconciled hopes, dreams and aspirations?

**The fourth step is to Complete:** This step allows us to become complete with the often-painful reality that the physical relationship has ended. During this step we get to apologise, forgive and acknowledge every aspect of the relationship.

One of my greatest realisations along my journey was "I am the only person I'm going to spend my entire life with." This assisted me to dream big. To get out of my own way. To pivot.

**Yes, the last step is to Pivot:** This is the fun part. You look at what is required to close the gap from where you are now, to where you'd like to be. What action steps are required to close that gap ...in all areas of your life.

There are over 40 different loss events that can affect our lives. I feel it all happens for a reason.

All the storms and rainbows. All the ups and downs.

Leading us all to becoming our own best friend. Living and Loving life.

I know this is a different way to look at loss, though don't you feel that Life is too short for any of us to be spending our time grieving and suffering?

Reach out when you're ready to unwrap the Gift of Loss.



*Written by:*

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## Grief/Loss Events That Affect Our Lives

Death of Your Spouse

Death of Your Child

Death of Your Parents

Close Family Member's Death

Death of Your Pet

Dismissal at Work

Retirement

Change Careers

Work Responsibilities Change

Trouble with Boss

Change in Work Conditions

Loss of Status

Change in Recreational Activities

Change in Social Activities

Loss of Safety

Loss of Trust

Marriage

Divorce

Marital Separation

Marital Reconciliation

Pregnancy

Adoption

Abortion

In-Laws Issues

Spouse Stops or Starts Work

Sexual Difficulties

Fertility Problems

Menopause

Gain a New Family Member

Empty Nester

Child Starts / Finishes School

Change to Family Member's Health

Business readjustment

Change in Financial State

Major Mortgage

Foreclosure of Mortgage or Loan

Personal Injury/Illness

Loss of Mobility

Outstanding Personal Achievement

Change in Living Conditions

Imprisonment

Change in Residence

Change in School

Christmas &/or Holidays

Change in Sleeping Patterns

Change in Eating Habits

Loss of Approval

Loss of Faith



*"Be humble, for you are made of earth.  
Be noble, for you are made of stars."*

- Serbian proverb

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