

**From the desk of Jacqui Crooks:**



### ***After you've gone....***

*After you've gone, what am I left with?*

*What emotions, beliefs, anger, grief for what we didn't have and for what we've lost?*

*How many lives have we lived with this person? What did we intend to do together this time?*

*What ancestral baggage did we decide to carry, so we could play those roles?*

*What old contracts are we still carrying and can we complete them now, after they've gone?*

*Yes we can! We can tap to clear the emotions we're carrying, The guilt, the anger, the grief for what we didn't have, or what we've lost, we can complete contracts, clear old filters, so we can see us both differently. We can recognise we all played the parts we came to play, perfectly, if sometimes painfully and reconnect to compassion and love. Let's tap together to complete what we came to do this time 😊*

*After someone dies, we can be left with all sorts of emotions.*

*from sadness to anger to a deep sense of loss, and sometimes relief and often, guilt.*

*Sometimes there's a sense of being cheated of having the loving relationship that we wanted and sometimes the relationship was so close, that we can feel that we can't survive without them. And there's everything in between.*

*Regardless of whether we had a happy relationship, or not, there are always going to be emotions in play at that time and this is where tapping comes in, to support us through the process of grieving.*

*We can find ourselves interpreting the things that people say, the things that people do, in ways that are not helpful to us. Sometimes the roots of that are back in childhood or in the womb and sometimes those interpretations come through from previous lives, or down through the family line.*

*My experience with clients tells me that it's often the people we are closest to, our family, who we've had previous lives with. Often in this life unhealed wounds from previous lives get in our way.*

*We may not have a conscious remembrance of those lives and there are still ways of clearing left over traumas and beliefs from them, freeing both us and the person who has died, from old unfinished contracts that are keeping us stuck.*

*As we clear this it also helps to clear any current manifestation of those traumas or beliefs and it gives us an opportunity to thank the souls who volunteered to help us with our learning.*

*When we start to tap for the emotions that come up with grief there are different ways to do that. We can tap on the immediate feelings that we have right now, which works well. It doesn't stop the grieving process, it shortens it and makes it easier to go through.*

*And we can also use these emotions as an opportunity for deep clearing. A way to get to the roots of a feeling, or beliefs.*

*Considering the things that we are still holding from times past and considering the meanings we've made of what's happened in our relationships gives us the opportunity to look at these things with fresh eyes, recognise that however painful it might have been, everybody was doing the best they could, even if it's not always a very good best.*

*After all the chaos of Covid, and the disruption of our relationships that it caused, it's a great time to re-evaluate, heal unfinished business and create new ways forward for us and all of our relationships.*

*It's never too late to heal a relationship.   JacquiCrooks.com, c. 2022*

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