

*We may sometimes face a terrible moment in our lives when we realize we will lose someone we love. Whether the person we love is leaving us temporarily to go to a new school or job, or we are breaking up from a relationship, or our loved one is dying or already has passed on, it is very difficult to let go of someone we love or to let them go on without us.*

## **About Love, Letting Go**

*By Greg Gourdian, aka Grigori Rho Gharveyn, etc, et al...*

Perhaps the most terrible pain we may face in life is to lose someone near and dear to us.

It may seem as if the pain of our loss will utterly destroy us.

It may seem so terrible that we cannot want to go on living without them.

Indeed many people pine away after they lose their lifelong lover and simply will themselves to die, while others may sometimes take a quicker step through the mysterious door from life into what may be an 'after-life'...

It is the most horrible thing we know how to feel to be missing someone we love, even if they are in the room next door.

Once the reality of our separation from someone we dearly love appears we may too often be bereaved to a point of utter desolation.

In whatever manner we become parted from our loved ones, whether they most go to seek their fortunes, or are taken away from us by duty, or whether they leave us by choice or are taken by death, we may feel painfully alone and inconsolable in our grief as a result.

But we must go on.

To do anything less than to hold our chins high and meet the new empty day with courage and confidence in ourselves only demeans the truth and beauty of the love we shared with our missing loved ones.

Whether our loved ones stand on the other side of the mystery of death, or whether they only stand in the next room hardly very far away from us at all, a deep part of each person whom we love will always love us in return; they will always be concerned for us; they and will always want us to go on; they will always want us to be happy, healthy, and hopeful; they will always want us to grateful for their presence in our lives.

And their presence always endures in our hearts, even after death.

Our love is an eternal thing; it exists outside of time and space and fills the universe with its joy from end to end in the moment it first blossoms in our hearts.

We ephemerally limited beings often fail to see this truth because we live for the moment and as soon as the connection to the presence of our love has waned we begin to feel the painful separation of it and want to go back to that moment or move on quickly to the next moment when we are once more in the arms of someone whom we love and can again feel the joy of our love overwhelm us with its sweet comforts.

Love is so far beyond all other joys in life that our entire lives may seem to be eclipsed in the moment we lose someone we dearly love.

What would be the worth and joy of our love if this could not so?

Love is always valued beyond measure; love is always infinite in regard to the depths it penetrates our lives to reach our souls.

Love is a liberating force that frees us from fear, pain, worry, and loss.

Love is an uplifting force that motivates us to strive to be our very best.

Love is a binding force that knits us warmly to our family, friends, communities and world.

However, love never completes us or makes us whole.

We must always be complete and whole already; we must always fully and unconditionally love ourselves to be able to fully accept and experience the love that is offered to us by all the people we love.

Love may complement us so that two people with different strengths are stronger together than they could be individually.

Love may balance us so that where we are timid or overly brave our loved one may show us a different way to be that can help us to live happier healthier lives.

Love makes so much more of us than we may be aware of in ourselves because it brings the fresh perspective of another person's perceptions of ourselves to each of us to teach us truths about ourselves that we were missing, truths we could not see or understand.

When we face the terrible moment when we lose someone we dearly love we seem to lose so much more than just the person we love, we seem to lose parts of ourselves as well.

Our grief may go beyond the outward loss of the person we love and encompasses an inner loss of dear parts of ourselves, the loss of parts of ourselves that blossomed in presence of our lost loved one.

There seems to be so much to lose when we are parted from someone we dearly love, but all of our losses are really illusions.

We have been given so much by sharing of our love that we are forever made richer by the gifts of our love.

While we cannot live eternally in the past to remain in the presence and effulgence of the love of someone we are missing, many of us do try to do just that.

It is a natural response to hold onto our attachments to someone we love after they are gone, whether they will be gone only five minutes or forever.

Holding onto our loved ones through these strong attachments forged in the hot passions of our love is a dangerous thing that puts our lives at risk. Attachments to any part of the past may draw us away from living in the present moment and diminish our capacity to experience joy, love, and gratitude here and now.

We may so divorce ourselves from our lives in the present moment that we become very despondent or even physically ill as a consequence, because by holding onto our attachments we are neglecting ourselves and neglecting our lives.

By holding on we are failing to care for ourselves adequately or to experience life fully with all the passion we have within ourselves.

Holding on too long only demeans the gift of the love we have shared with our missed loved one.

Even missing loved ones who have become estranged from us or angry with us, will still feel love for us where love always remains present and real. Even our most deeply alienated loved ones will never really want us to fail to live our lives to the fullest of our capacities to experience love, joy, and pleasure.

So we must let go.

Whether we are letting go for only minutes, hours, days, or eternity, we must simply let go of all of our attachments to anyone we love in order to liberate ourselves to appreciate our lives in the present moment, now, more fully, more passionately, more devotedly.

When we release ourselves from our attachments to our missing loved ones, whether in a healthy relationship, or in a relationship that has failed, or in circumstances in which we simply cannot remain together in our lives, we are actually enabling ourselves to experience the love we may believe we are losing.

We can never really go back to the past to find our love for true love is always found in the present, now.

When we release ourselves from the pain and suffering created by our attachments to those we love we enable ourselves to experience the effulgence of our love completely without hesitation or reservation, so that our lives are once more sweeter, filled with more comfort and joy.

So always let go in love to let in the love that is most real.

Accept today for what it is, an opportunity to find everything you may seek in life and to love and be loved by everyone you meet.

And who knows?

With your head held up and your eyes wide open someone very special may appear that you may otherwise have missed.

So let go to let love return to your heart.

Just let go.

We know this may seem difficult to do but it is really not so hard to do.

When you feel the love that is an attachment it always leads to a moment in the past where the pain of separation still dwells.

Learn to anticipate that pain and to move away from it before it can return to you.

You move away from it by engaging with the real world around you in whatever way it most urgently needs to be addressed, whether it is chores, exercising, or adventuring; when you finally let go your life continues more naturally, you immediately make your life richer now.

*Enjoy!*

*Love, Grigori Rho Gharveyn*

*aka Greg Gouradian, Roger Holler, Falcon, Chameleon, and many more...*

BIO:

*We have been collectively known by the name Greg Gourdian for the purposes of publishing our articles. We perceive ourselves as a collective of people spanning many worlds in different universes. We seem to share many bodies; however we have only one body here in this world we share with you now.*

*We worked with the general public as a psychic reader for a little over four years from 1981 to 1986.*

*Much of our written work has been channeled however we often have no idea whose voices are speaking through us when we channel.*

*We have many strange tales to tell regarding our adventures in this world and our spiritual journeys.*

*We try to tell our tales in a humorous, engaging, or entertaining manner.*

*While we were a high-school student we channeled or taught classes in metaphysics & parapsychology, sociology, and psychology.*

*We are still emerging from the closet in regard to being a collective of many people inhabiting what appears to be a single body in the context of the world we appear to share with you. Our current written works reflect this new change in perspective as we have adopted plural forms of reference to ourselves that may not always appear consistently, particularly in our older work. Using plural forms of self-reference helps us to develop a greater awareness of ourselves as a collective as well as conveying to other people how we perceive ourselves.*

*We hope you will understand if we sometimes may sound awkward or conceited as a consequence of making this adjustment in how we refer to ourselves.*

*Our group's primary beliefs share these ideals:*

- *Love should always be universal.*
- *Liberty should be unconditional for everyone.*
- *Justice is best served by not judging yourself or any other people.*

*For further details please see our site's [About](#) pages or view our profiles on [Linked In](#) or [Temple Illuminatus](#)...*

*Enjoy!*

*namaste*