



I Googled the word grief, not because I did not know what it meant, but because I wanted to see if the definition included the fact that it comes in waves. There was no mention of that.

But I know, you know, it comes and goes like the waves of the ocean. Whether it was the loss of a child due to miscarriage, **October is Miscarriage Awareness Month,**

**grief=grēf**

**noun**

**deep sorrow, especially that caused by someone's death.**

**"she was overcome with grief"**

**synonyms: sorrow, misery, sadness, anguish, pain, distress, heartache, heartbreak, agony, torment, affliction, suffering, woe, desolation, dejection, despair; mourning, mournfulness, bereavement, lamentation.**

or whether you have or are dealing with IVF, Endometriosis, PCOS, Fibroids...or hysterectomy after never having the opportunity to carry a child. If you are childless not by choice, you know what grief is.

The thing about grief is it never goes away, but over TIME we learn how to live with it. But what if you could live not just with the grief, but above the grief. Living above the grief does not mean you ignore it, but that you live your best

most joyful and relevant life despite the grief, instead of becoming stuck in the grieving pattern.

Don't become stuck. You were not born to live a stuck life. Instead, want to grow through your grief. WANT to live above your grief. Wanting to is half the battle.

If you are grieving today due to miscarriage loss, please accept my deepest condolences. Allow yourself to go through the grieving process. It is normal to do so:

Denial

Anger

Bargaining

Depression

Acceptance

But then make the decision to live above the grief. Will those stages pop up from time to time? Yes, but now you recognize them. When you recognize a trigger, you are much better able to deal with it. You are not caught off guard.

Interested in obtaining assistance living with and above your grief? Sign up today for a one on one session with me. You may choose from a 15-minute or a 30-minute session. Here is the link:

<http://childlessnotbychoice.net/product/one-one-session/>

For questions, contact me at [civilla@civillamorgan.com](mailto:civilla@civillamorgan.com).

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