

Divorce

If we cannot grow together, we die together. Divorce is not the end of the world; it can be the beginning of a new world. This can only happen if we finish the relationship knowing that we gave it our all. If we have one seed of guilt, we will not create a new life, we will just re-do the old one. We will have the same problems but with a different person.

Commitment is the most important ingredient for anything to be successful, including divorce. Therefore, we need to be honest with ourselves about our own shortcomings and work to heal ourselves. We need to look at where we were not committed. When we are blameless at the completion of a relationship, we do not feel empty. We are filled with a sense of contentment, knowing that we tried our best. Vulnerability is not our weakness, it is our strength, and it is our authenticity.

If children are involved, it is vitally important they do not suffer as a result of our mistakes. It is always better for kids if their birth parents could stay together. However, if the relationship is not healthy, it is better for the children to witness a resolve for a better life.

Though divorce is not as difficult today, because it is considered the norm, it is still challenging for children to see their parents not together. Home needs to be a place of peace and happiness; a refuge from this difficult world. Whatever it takes to make that happen needs to be the priority for all involved.

No matter how prepared we are for an ending, there is always grief. It is imperative to keep feelings flowing to maintain an open heart while feeling sorrow. Many people do not know how to express these feelings because all they are aware of is a dull ache or numbness. Coming through this process allows for the emergence of a stronger, more compassionate human being, with healthy coping skills. Do not be afraid to shed tears. Crying is the river of life. It washes away the concern and brings in the clear.

Dealing With Divorce

1. To every ending – there is a beginning.
2. Realizing that if a couple cannot grow together – they die together.
3. Always feel good enough to admit our own mistakes – or we will not learn.
4. Freedom is working the program, so there is little or no remorse.
5. Truth is always the answer to everything – as healing cannot happen without it.
6. Keeping to the path we promised ourselves.
7. Never rush feelings – as they all have merit.
8. Yearn for intelligent criticism.
9. Divorce ever so often, leads to a better relationship, if even with ourselves.
10. Divorce is NOT the end of the world, no matter what people think.
11. Remember to cherish what were the good moments, don't annihilate them.
12. Study how and what went wrong as a discernment for the future.
13. Validate what went well, evaluate what did not.
14. Learn better judgment by not judging.
15. Wherever or whenever there is despair, there is an opening to take better care.
16. Emptying is an opening to a more inspiring life.
17. Love is a never-ending story – tend well, bend well, mend well.
18. Nothing works without great motivation – even divorce.
19. Always leading with our heart instead of our head leads to a happy ending.
20. Divorce is often corded to our mighty boldness.
21. Being alone is better than feeling alone while with someone.
22. It has been proven that children are happier in a good divorce, rather than a bad marriage.
23. Handle swiftly and honestly where we feel a twinge of guilt.
24. We must watch our words, so they do not come back to bite us.
25. The foundation of all that is good is built on truth and respect.
26. Victory is secured when we continue to love ourselves through the challenge of divorce.
27. Do not make what we don't love about someone more important than what we do or did love.
28. Peace of mind comes with the acceptance of what is.
29. An attitude of gratitude always helps healing...for what was - for what is – for what is coming.
30. No pouting, no shouting, no doubting – just re-routing.